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Conclusion: Patients reported highest fear before HSCT and greatest fatigue immediately following HSCT. Health care providers supported these findings, reporting stress and anxiety observed in clinic. All health care providers agreed that a mindfulness-based intervention for their patients would improve quality of life.

Introduction

- Physical dysfunction, stress, and impaired quality of life (QOL) remains an issues for adolescent and young adult patients undergoing hematopoietic stem cell transplant (HSCT).
- Few studies examine patients and healthcare providers' perceptions of QOL while undergoing HSCT.
- Aim to assess physical discomfort in patients through surveys and feasibility of a mindfulness-based intervention through provider interviews.



Methods

- Patients completed surveys (3 timepoints: pre/during/post HCST)
- Providers completed semi-structured interviews (1 timepoint)

Patients		Providers	
N = 11		N = 10	
23-38 years	5 males: 6 females	5-15 years experience	5 physicians 5 APP

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Results

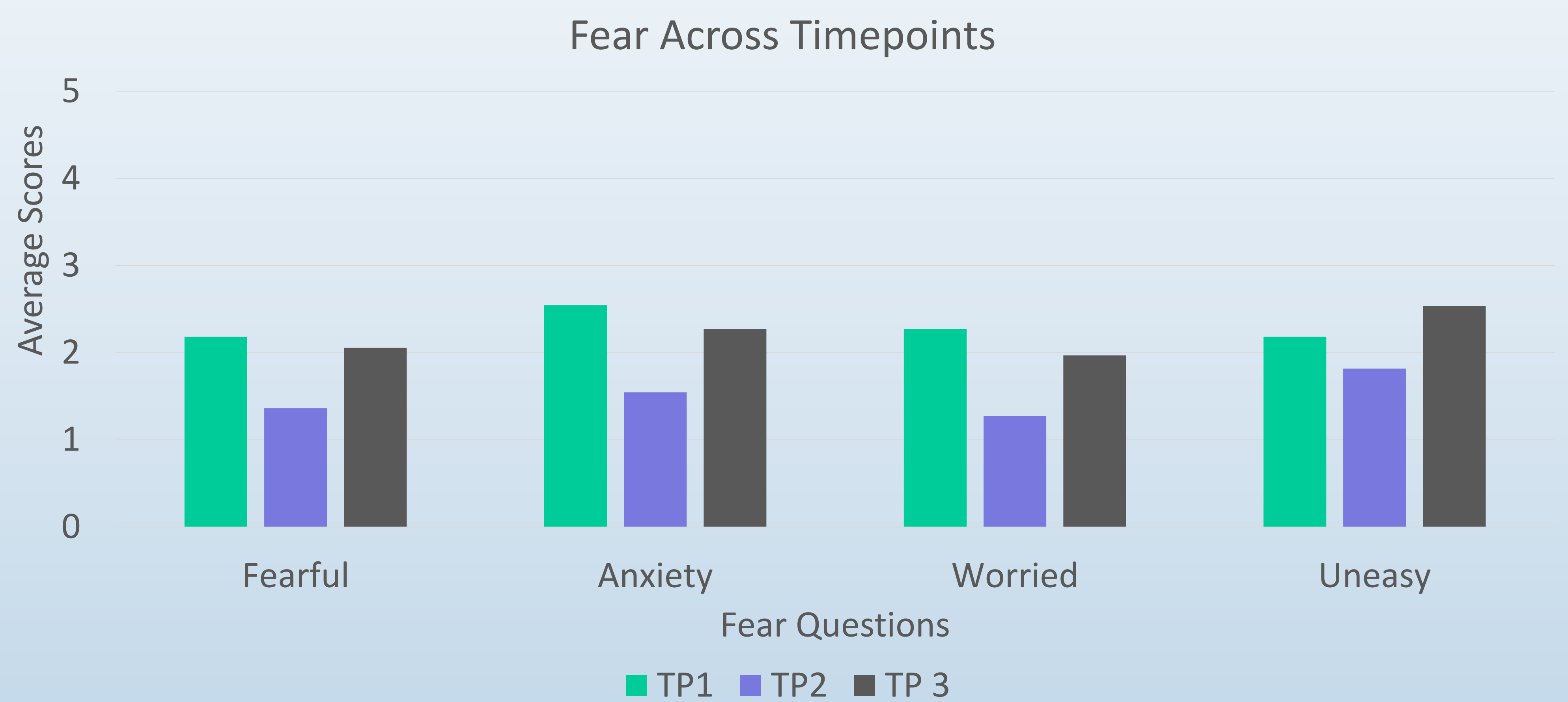


Figure 1: Average answer scores (1-5: 1 being never, 5 being always) of how often patients felt fear, anxiety, worried, and uneasy at pre, during, and post HSCT process.

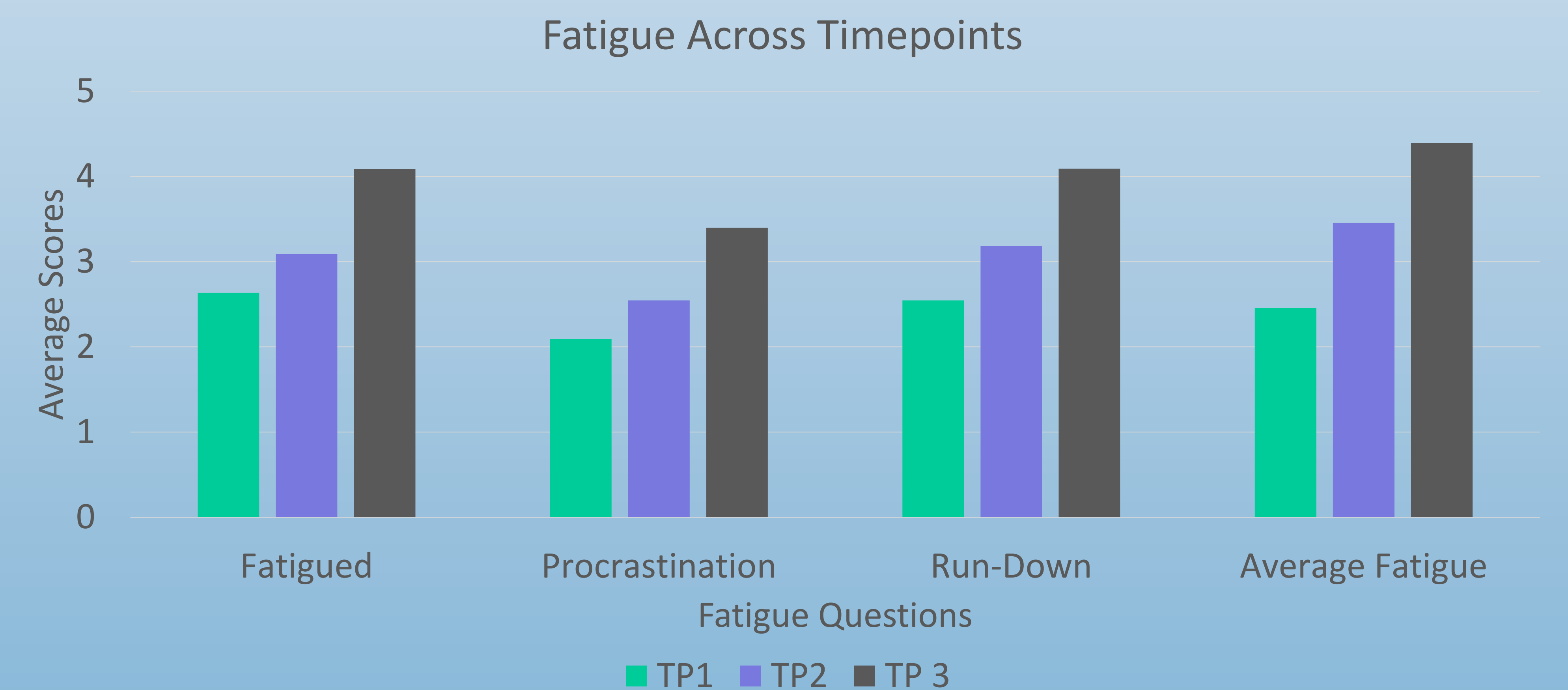


Figure 2: Average answer scores (1-5:1 being not at all, 5 being very much) on how often patients felt fatigued, lack of starting something, run-down, and overall fatigue at pre, during, and post HSCT process.

Health Care Provider Quotes

"That I think that it's also beneficial because I think you might be able to target how they're feeling emotionally because, when they're in their clinic setting and you're talking about chemotherapy and the next steps, I feel no one verbalizes that they feel that it's more important. And, their emotional health, it's just as important, but they don't bring it up in that setting."

"I think the mindfulness will also help with the anxiety component and the lack of socialization and the stress that goes with it, so that's why I think it's good."

"So, I think that that's actually a really good idea that they'll have another avenue to have some mental support that they need through this because I think sometimes when you're an AYA, you don't realize how much actual mental support you need through all of this."

