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Efficacy of an occupational therapy-based intervention in people with advanced cancer living at home: a full-scale randomised, controlled trial

Marc Sampedro Pilegaard1,2, Karen la Cour2, Lisa Gregersen Oestergaard3, Anna Thit Johnsen4, Line Lindahl-Jacobsen5, Inger Højris6, Åse Brandt1,7

1The Research Initiative of Activity Studies and Occupational Therapy, Research Unit of General Practice, Department of Public Health, University of Southern Denmark, 2REHPA – Knowledge Centre for Rehabilitation and Palliative Care, 3Department of Physiotherapy and Occupational Therapy, Aarhus University Hospital and Institute of Public Health, Aarhus University, 4Department of Palliative Medicine, Bispebjerg Hospital, 5University College Zealand, Sorøe, Denmark, 6Department of Oncology, Aarhus University Hospital, Aarhus C, Denmark, 1,7The National Board of Social Services, Denmark

INTRODUCTION

People live longer time with advanced cancer, however, they face difficulties performing activities of daily living (ADL), which may lead to reduced health-related quality of life (HRQoL).

Occupational therapy-based interventions may therefore be needed, but existing evidence is scarce. We developed an occupational therapy-based intervention, the ‘Cancer Home-Life Intervention’.

AIM

To evaluate the efficacy of the ‘Cancer Home-Life Intervention’

METHOD

A rater-blinded, two-armed RCT with 6 and 12-weeks of follow-up (N=242)

PARTICIPANTS

Diagnosed with incurable cancer, had functional level 1-2 on WHO Performance Score, and lived at home or in sheltered living

OUTCOME

1) ADL ability
2) Problems with prioritised everyday activities
3) HRQoL

ANALYSIS

Mixed linear models and regression models with interaction test

RESULTS

Intervention delivery
Home visits: Telephone contacts:
1: 93% 0: 11%
2: 26% 1: 51%
3: 3% 2: 32%
4: 6%

Subgroup effect on ADL ability
<69 years vs. ≥69 years: 0.30 (0.05;0.64), 0.09
Women vs. men: 0.23 (0.11;0.57), 0.19
Attention: Intervention apparently has better effect in participants <69 years, but results statistically non-significant

CONCLUSION

The ‘Cancer Home-Life Intervention’ showed no effect, but may have been provided over too short a period. Future studies should pay even more attention to intervention developing and feasibility testing.