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A full-scale randomised, controlled trial

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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

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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

THE 'CANCER HOME-LIFE INTERVENTION'

Main target = problems with participants occupations
Resolved by tailored combinations of 2-6 components chosen by participant and occupational therapist together



INTERVENTION TIMEFRAME: 3 WEEKS
HOME VISITS: 1-3
TELEPHONE CONTACTS: 1-3

RESULTS

Intervention delivery

Home visits:	Telephone contacts:
1: 93%	0: 11%
2: 26%	1: 51%
3: 3%	2: 32%
	3: 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.

