Hear about the latest research findings of Sandra Lee Spoelstra, PhD, RN, assistant professor at Michigan State University College of Nursing. She’ll discuss her ideas to create new knowledge and translate evidence to solve society’s problems in the care of patients with cancer. You’ll also learn about her critical thinking approach to bridging faculty understanding and student learning to enrich science and how she implemented an interdisciplinary team to achieve a collaborative practice environment.

**Target Audience:** Advanced Practice Nurses

**Level of Content:** Advanced

**Speaker:**
Sandra Lee Spoelstra, PhD, RN  
Assistant Professor  
Michigan State University  
East Lansing, MI

**Full Disclosure:**
Nothing to Disclose

**Objectives:**
At the end of this session, participants will be able to:
1. Demonstrate an understanding of the problem of oral anticancer agent symptom management and medication adherence.
2. Identify new knowledge on the state of the science in care of patients prescribed oral anticancer agents for cancer treatment.

**Bibliography:**


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**The Problem**

The therapeutic outcome of cancer treatment for patients taking oral anti-cancer agents often depends on ability to manage symptoms from side effect and medication adherence.

- Adherence is often less than 80%.
- Symptoms from side effects of treatment are often so severe dose reductions or stoppages occur.

**Program of Research: Cancer**

A multi-faceted approach

- Clinicians & technology
- Assist patients & caregivers
- To “self-manage”
- Oral anti-cancer agents
- Symptoms from side effects
- Medication adherence

**Walther Foundation Study**

Determining Severity, Interference, & Number of Days of Symptoms from Side Effects in Cancer Patients Prescribed Oral Agents; How Comorbid Conditions May Influence the Symptoms, & Patient Actions & Preferences in Regard to Symptom Management

Descriptive study: age ≥21, prescribed oral agent

N = 30, Multi-site (5), 8-weeks 5-phone contacts

- FINDINGS:
  - Fatigue, sleep disturbance, & numbness/tingling in hands/feet were prevalent symptoms.
  - Younger age associated with higher symptom severity (p<.01) & interference (p=.01).
  - Those with > comorbid conditions reported higher symptom severity; and reported interference with managing.
  - Symptoms most frequently attributed to cancer & treatment.
  - > # of comorbidities, more likely patients included comorbidity in attribution.

**McKesson Foundation Study**

A Text Message Intervention for Symptom Management & Adherence to Oral Agents

2-Group Randomized Controlled Trial

Cancer patients age ≥21 prescribed oral agent

N = 80 multi-site inception cohort, 8-week pilot

- Intervention: 21-28 daily text for adherence weekly for symptoms management
- FINDINGS:
  - 98% completed the entire intervention
  - 86% read text all of the time
  - 95% & 94% found helpful
  - Intervention group reported fewer symptoms and higher rates of adherence than control.

**National Cancer Institute Study**

A Text Message Intervention for Adherence to Oral Agents

2-Group, Randomized Controlled Trial

Multi-site inception cohort 8-week, pilot

- Intervention: 21 days of texts for adherence & Symptom Severity
- Conducting final data analysis
- Protocol under review: Journal of Advance Nursing

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ONS Foundation Study

An Intervention to Promote Oral Agent Adherence & Symptom Management: ADHERE

- N=5 to refine intervention
- N=60 inception cohort 2-sites
- Intervention: Motivational Interviewing + Cognitive Behavioral Therapy + patient education with APRNs
  - 1-hour face-to-face
  - 3-weekly 15-minute calls
  - Over 4-weeks
- Weekly symptom & adherence assessments
- iPad Tablets
- Standardizing start-of-care

APPLICATION

Use of New Knowledge in Solving Society’s Problems

MI Society of Hematology & Oncology

- Collaborative: Oncologists, Pharmacists, Advanced Practice RNs (Nurse Practitioners), Social Workers, Medical Assistants, Clinic Managers, Research Scientists
- Focus: improving cancer care across MI
  - Standardize practice
  - Data collection
  - Education
  - Policy
  - Advocacy

ONS PEP Project

- Putting Evidence Into Practice-
  - Team Member
- Focus: review of evidence to improve medication adherence
  - Factors
  - Barriers and Facilitators
  - Interventions
  - Technology

Dissemination

- National Coalition for Cancer Survivors
  - Train-the-Trainer 160 RNs, SWs, & Pharmacists
- Oncology Pharmacists
  - Training 120 clinical pharmacists and practice managers
- Webinar
  - 700 patients and caregivers on oral agents

INTEGRATION

Team Science: Building Inter-disciplinary Relationships

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### Dissemination

**Systematic Reviews:**
3. Motivational interviewing & cognitive behavior therapy to promote medication adherence, *Journal of Clinical Nursing* 2014

### Summary

1. **Create new knowledge**
   - Developing and testing interventions
2. **Translate evidence into practice**
   - Working with State and National organizations
3. **Encouraging inter-disciplinary collaboration**
   - To support discovery, translation & dissemination in a collaborative practice environment