

Oral targeted therapies in GIST/Sarcomas: Professional Therapy- and Side Effect Management as a main factor for Adherence...



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Adherence / Compliance

- In medicine, compliance (adherence) describes the degree to which a patient correctly follows medical advice. Both the patient and the health-care provider affect compliance, and a positive physician-patient relationship is the most important factor in improving compliance.

Adherence...

- 1) GIST: Because treatment-options are limited.
So: Let's get the best out of the treatment...
Benefit – as long as possible under acceptable “Quality of Life”!

- 2) Economic Factor!

Estimates from the WHO (2003)

Only about 50% of patients with chronic diseases living in developed countries follow treatment recommendations...

Estimates for the German Healthcare System:

Additional financial burden: Min. 10 Mrd. € ...

Often – the reality...

Some patient's attitudes/statements...

- I am just doing fine. I don't want to spoil my day with feeling unwell...
- Nausea / diarrhoea reminds me of having this disease – every day.
- Drug holidays: To have a great weekend or vacations...
- Doing well after time: Let's return to normal life!
- Adjuvant setting: No “detectable” tumour. It's only for prophylaxis...
- Poor packaging – complic. dosing schedule – forgetfulness

Often – the reality...

Doctor's attempts at “therapy- and side effect mgmt.”...

- 5 min. information: Basis for the therapy...
- Let's see each other in three months...
- If you will have any side effects, contact your “family doctor”
- Reduction from 12 to 4 different drugs
- Others don't have this problem. This must be psychologically!
- Underrated: Dermatology, dental treatment, high blood pressure

Often – the reality...

Side Effects...



**+ different
non visible
Side Effects...**

Insights...

- **Modern systemic oral treatments:**
„Drugs don't work if people don't take them“
- **Adherence is an issue *but* it not only a patient issue!!!**
- Very often: Medication is simply “prescribed” –
without a qualified therapy-/side effect management
 - If patients receive no information/education:
Lack of awareness about the consequences...
 - Patients are alone with their questions, problems, etc.
Results: Frustration – under-dosing – “drug holidays”

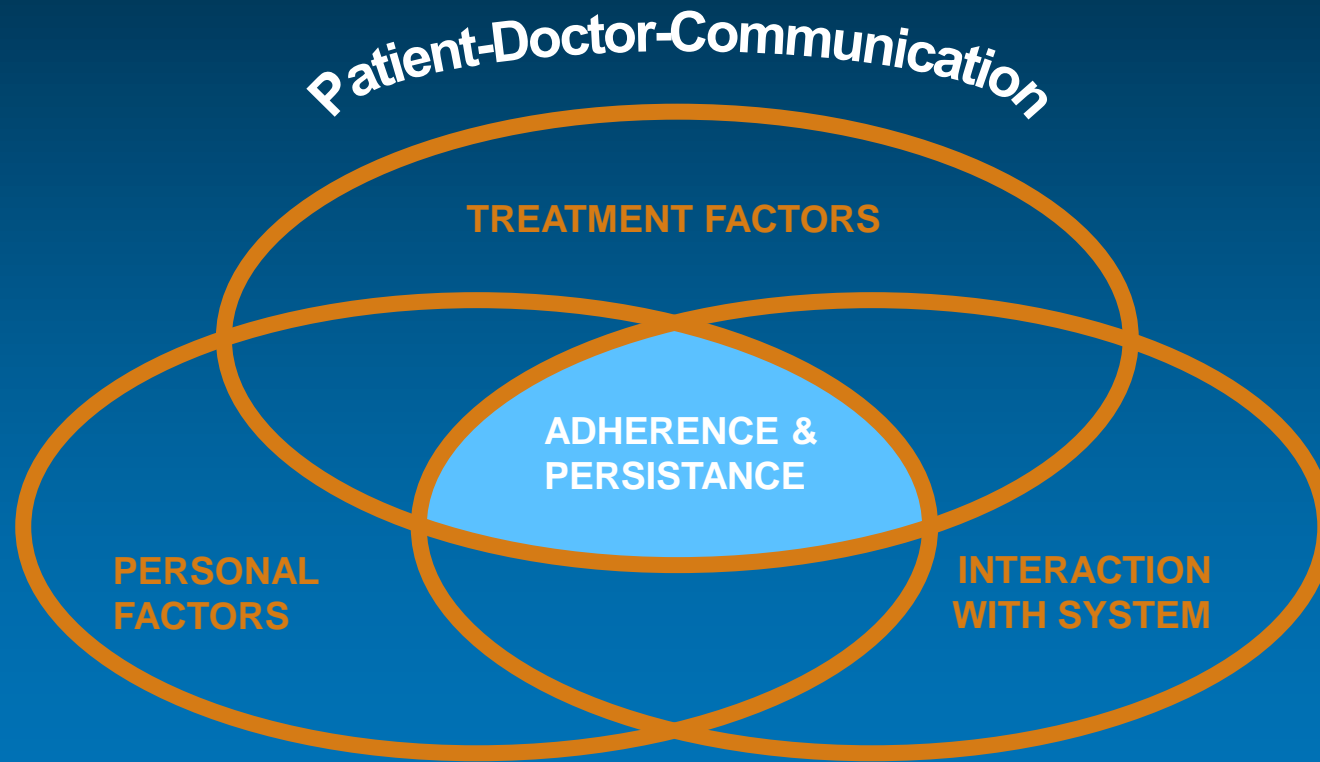
Issues for Healthcare Professionals...

- Misled assumption: Cancer! My patient is taking his medicine.“
- Often: Lack of expertise, experience, time, maintenance...
(especially in Rare Cancers...)
- No/less time dedicated to adherence and therapy-/side effect mgmt.
- Problem: Do healthcare systems incentivize maintenance?

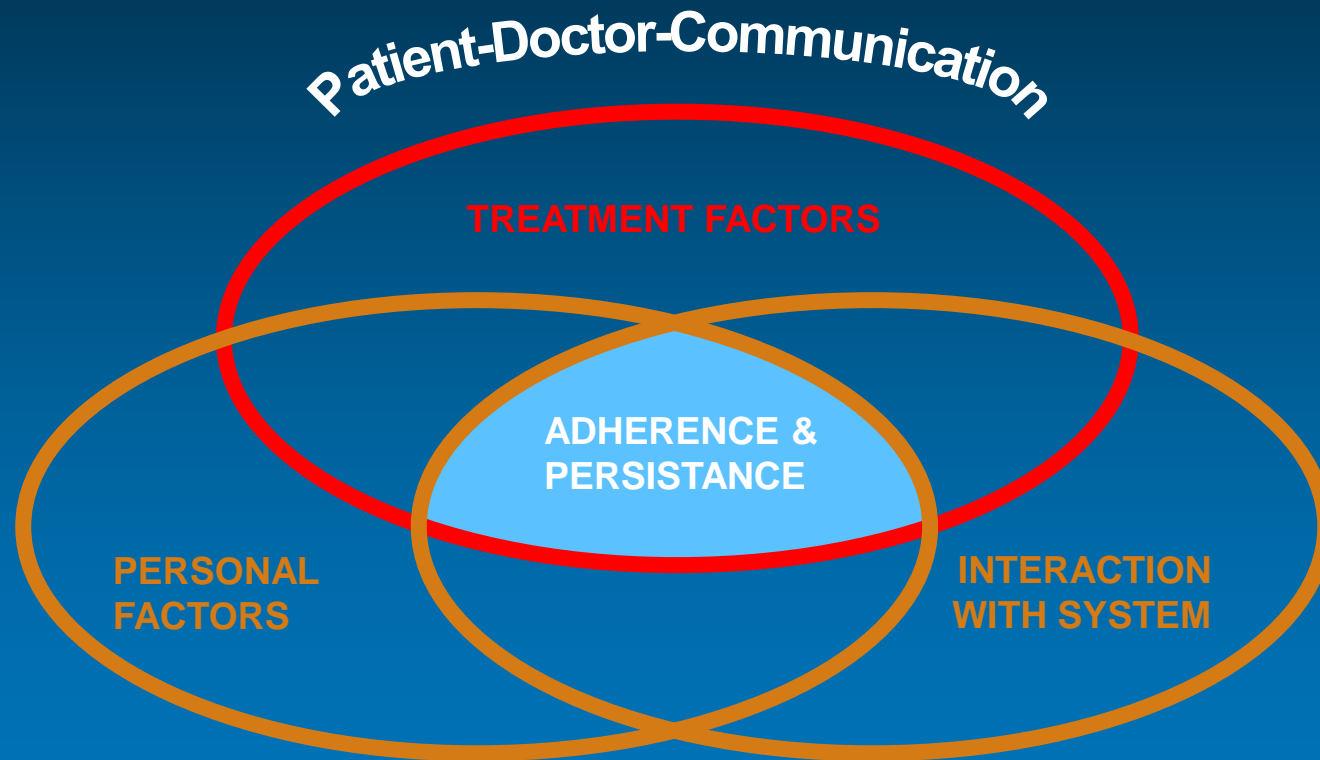
Patients may not always report:

- Side effects (or the full extent of the SE on their QoL)
- “Drug holidays” or modifications to dosing schedules
- All of the medications, supplements, treatments they are taking for side effect management...(Interactions!)

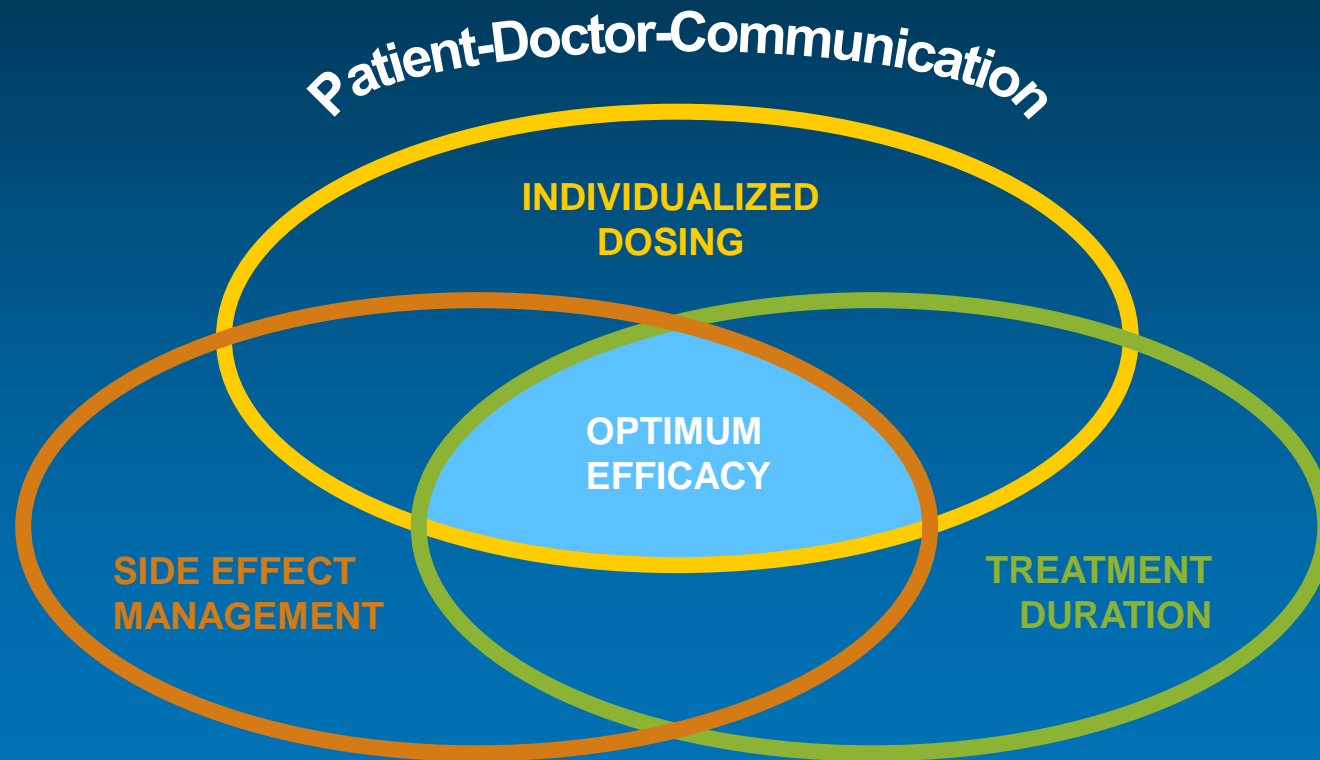
Factors for adherence & persistence...



Factors for adherence & persistence...



Treatment factor: Therapy- and side effect management...




Maximizing Patient Outcomes with targeted agents...

Target agents: A new era in systemic treatment...
Efficacy in clinical trials – and in the real world setting?



Patient need to benefit from a therapy as long as possible
>>> under the best possible tolerability!
(In many cases – limited options!)



Three “key factors” for optimum efficacy:
“Flexible” Dosing - Treatment Duration - Side Effect Mgmt.
(Treatment beyond progression?)

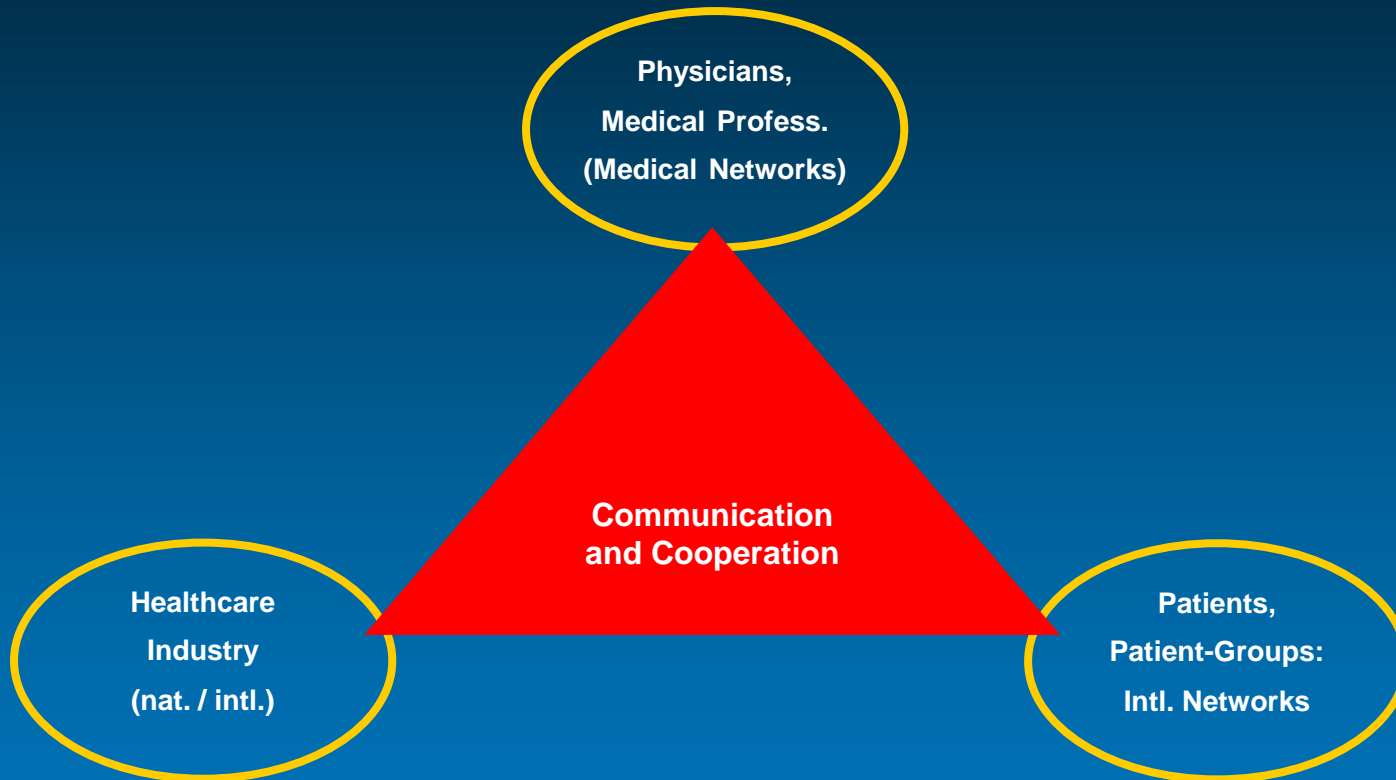


Adherence – incl. best therapy- and side effect management
is crucial to maximize the patient outcomes...



Getting the **MOST** out of your therapy!

Joining forces for access, quality, innovations, changes...



Process “Das Lebenshaus e.V” in Germany...

**Exchange with
Industry, Experts...**

**Two Patient
Focus Groups**

**Survey: Only 50%
of the patients knew
the standard
supportive actions**

**Awareness/
Support in brochures
and patient and
physicians meetings**

**Extensive collection
of supportive actions
(35 pages)**

**Roundtable GIST:
Pract. Recommend.
Therapy-Mgmt.**

**Medical team must be aware of the “problem” and motivated to support!
Needs knowledge, experience and communication skills...**

**Before treatment:
Performance Status – Lab Values – Benefits/Risks – Co-morbidities / Drug interactions –**

**Patient information/education: *Disease, Treatment, Goals, Side Effects, etc.*
Information > Identification > Motivation & Preparation**

**Next close appointment:
Experiences so far, Problems, Side effects, Questions etc. + Lab Values**

**Side Effects: Prophylaxis & Side Effect Mgmt.
Prevention - Self management & Nutrition - Medical Team Support - Danger > Physician**

**Continuous Therapy Monitoring/Maintenance:
Opportunities - Medical Imaging - Lab Values - Influencing Factors - Exceptional Events, etc.**

**Individual dosing -
flare up (cycles), to reduce side effects and to extend treatment duration**

**Practical support to improve adherence:
Traditional tools and new media tools for patients and relatives!**

