

# Identifying Patient Therapeutic Goals and Preferences to support Patient-Centered Care: A Qualitative Study

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## Background

- Clinical care is transitioning to patient centered care (PCC).
- PCC is when treatments align with patient lifestyle goals and preferences.
- Women with metastatic breast cancer (MBC) now have access to different treatment options.
- Therapies have different benefit-harm profiles in terms of side-effects, efficacy, and toxicity, therefore it is imperative to understand the goals and preferences of patients.
- Once identified, effective strategies such as mobile applications may enable communication of lifestyle goals and preferences for symptom and side-effect management at the point of care.

## Objectives

- Evaluate available breast cancer mobile apps for their useability and function in the treatment and management of breast cancer
- Identify goals for living and preferences for symptom and side effect management amongst women with metastatic breast cancer

## Methods

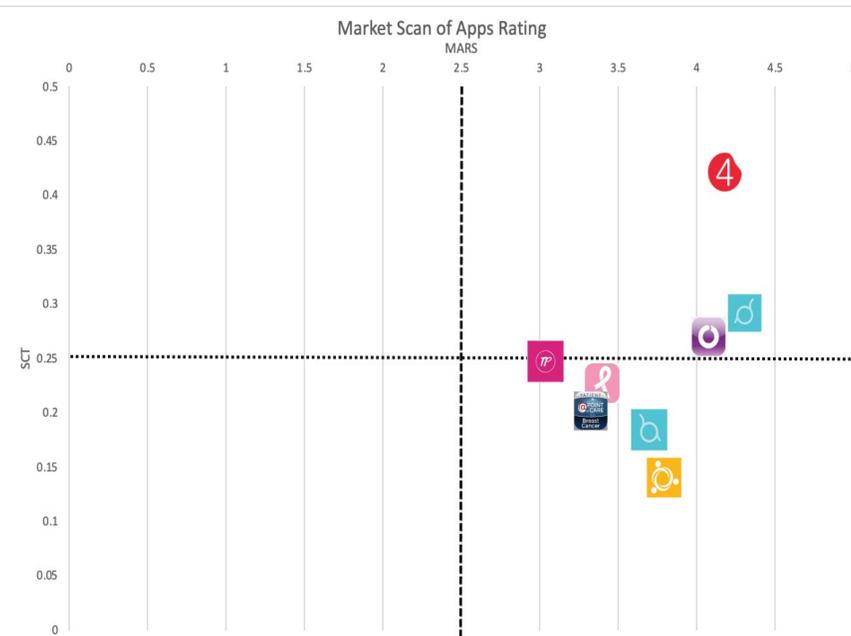
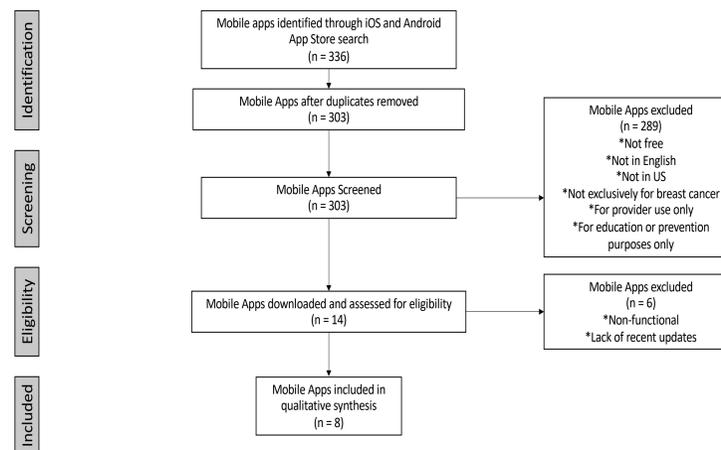
### Market Scan of App:

- Systematic Review of existing breast cancer apps on Apple iOS and Google Play stores
- Keywords “Breast Cancer” and “use in treatment and management”

### Patient Interviews:

- Prospective, cross-sectional, qualitative design
- Interview guides were constructed with feedback from patients through the Patient Engagement Studio
- Consenting patients and their caregivers are participating in semi-structured interviews
- Interviews are transcribed, checked for accuracy, and analyzed applying grounded theory until theme saturation is met

## Results of Market Scan of Apps



## Preliminary Results - Patient Interviews

“I want to be able to work it is important goal to keep me being me.”

“I want to control my symptoms to be able to get up and go to work.”

“I don’t want fatigue to get in my way.”

## Conclusions

- Mobile applications for MBC patients need to include a function to identify patient goals and preferences
- More patient interviews are necessary to understand the full array of goals and preferences
- Results of the systematic review patient interviews will guide design of a mobile application that includes a function for identifying and supporting communication of goals and preferences during the clinical encounter

## Clinical Implications

- Patients will be supported in sharing goals and preferences during the clinical encounter.
- Oncologists will have more insight to the goals and preferences of patients with MBC.
- Patients will be more satisfied with treatment and more adherent.

## References

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