



EMPOWER: Evaluating a patient designed tool to reduce harm from cancer associated thrombosis (CAT)

Chief Investigator: Simon Noble

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Researcher: Elin Baddeley BaddeleyE1@cardiff.ac.uk

Summary: Cancer Associated Thrombosis (CAT) is when a blood clot forms in the deep veins (usually of the leg) which may break off and lodge in the lungs. CAT affects up to 20% of patients during their cancer journey and is the commonest cause of cancer death, second only to cancer progression. It has a significant impact on patient symptoms, may delay or prevent the delivery of cancer treatments and decrease quality of life.

Data from the PELICAN study identified that there is currently a delay between patients first developing symptoms suggestive of CAT and patients presenting to health professionals. In partnership with patient groups Thrombosis UK and Anticoagulation Europe, a patient information video “Cancer, Clots and You” was produced and launched on World Thrombosis Day. In Summer 2017, a Welsh and English version of the video was released as a “video card” for patients to watch at any point during Systemic Anti-Cancer Therapy (SACT), and as often as they wish. Although the original video has been well received and nominated for a patient engagement award, it has yet to be formally evaluated. The EMPOWER study aimed to evaluate this video. In order to assess the efficacy of the video in improving care amongst patients at risk of CAT, we carried out a mixed methods study.

This study undertook a three-stage approach:

1. A survey of chemotherapy patients using questionnaires both prior to and following the video;
2. Qualitative semi-structured interviews with twenty patients and twenty nurses, and
3. An analysis of the clinical data surrounding radiology referral timings and associated results.

The analysis of this data will help show whether the video is effective in improving diagnosis times for CAT and providing the best possible clinical care.

Aims: The aims of this study were to explore whether the video “Cancer, Clots, and You”:

1. Contributes to the patients’ ability to recognise symptoms;
2. Encourages patients to present to health professionals at an earlier rate, and
3. Improves feelings of comfort and support in patient treatment journeys.

In order to achieve these aims, the following objectives will be met;

- To evaluate the acceptability of the video “Cancer, Clots, and You” to patients undergoing SACT as a hospital outpatient through surveys and qualitative interviews;
- To evaluate how the video impacts on CAT-related symptom awareness of patients receiving SACT through surveys and qualitative interviews;
- To evaluate the impact of the video “Cancer, Clots, and You” on the knowledge skills and understanding of oncology nurses, with respect to SACT provoked CAT;
- To evaluate the impact of the video “Cancer, Clots, and You” on the time taken for patients to present to their healthcare professional on the development of symptoms suggestive of CAT;
- To evaluate whether the introduction of the video “Cancer, Clots, and You” impacts on the number of unnecessary requests for investigation of CAT.

Progress: Reported

Baddeley, E., Torrens-Burton, A., Newman, A., Nelson, A., Pease, N., Nelson, R. and Noble, S. 2021. A mixed-methods study to evaluate a patient-designed tool to reduce harm from cancer-associated thrombosis: The EMPOWER study. *Research and Practice in Thrombosis and Haemostasis* 5(5), article number: e12545. (10.1002/rth2.12545)

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