

Cancer nursing: Supportive care

CN_LBA1 Uncovering the needs of lymphoma survivors: A cross-sectional study

V. Boland¹, A. Drury², A-M. Brady¹

¹School of Nursing & Midwifery, Trinity College Dublin, Dublin, Ireland; ²School of Nursing, Psychotherapy and Community Health, Dublin City University, Dublin, Ireland

Background: Despite the significant improvement in lymphoma survival rates in recent decades, little attention has been paid to researching the survivorship experience. This study sought to address this gap by identifying the most common unmet needs among lymphoma survivors and the explanatory factors influencing their unmet needs.

Methods: For this cross-sectional study, adult lymphoma survivors one to five years post-diagnosis were recruited from five hospital sites across Ireland. To measure the extent of unmet needs, the validated Short-Form Survivors Unmet Needs Survey was utilised, where high scores indicated a greater level of unmet need (scores ranged from 0 = No Unmet Needs to 4 = Very High Unmet Needs). Descriptive, univariate, and hierarchical multiple regression analyses were conducted.

Results: Two hundred and two lymphoma survivors completed the unmet needs survey. The most commonly reported unmet need was "coping with having a bad memory or lack of focus", with 21.4% of respondents (n=43) endorsing it. Other frequently reported unmet needs were "feeling tired" (19%, n=38), "dealing with people who expect me to be 'back to normal'" (17.9%, n=36), "changes in how my body appears" (16.9%, n=34), and "feeling stressed" (16.4%, n=33). The top seven most frequently reported unmet needs fell within the coping, sharing, and emotional needs or work and financial needs domains. Being female was consistently associated with more unmet needs across all domains. Similarly, being younger was associated with more unmet needs. Individuals without private health insurance reported greater unmet needs. The timing of diagnosis was another influential factor; those with a more recent diagnosis (one to three years ago) experienced higher levels of unmet needs.

Conclusions: Several factors were associated with higher unmet needs across domains. Lymphoma survivors may require additional psychological support or assistance with their work, financial or information needs. Identifying the prevalent unmet needs of lymphoma survivors in Ireland provides evidence for the development of future survivorship programmes and services for this population. This study spotlights the importance of addressing unmet needs to improve quality of life for this group and reduce dependency on health services.

Legal entity responsible for the study: The authors.

Funding: Trinity College Dublin.

Disclosure: A. Drury: Non-Financial Interests, Institutional, Advisory Board, Co-Chair Scientific Committee: EONS. All other authors have declared no conflicts of interest.

<https://doi.org/10.1016/j.annonc.2023.10.112>

CN_LBA2 A qualitative exploration of lymphoma survivors' unmet needs

V. Boland¹, A. Drury², A-M. Brady³

¹School of Nursing & Midwifery, Trinity College Dublin, Dublin, Ireland; ²School of Nursing, Psychotherapy and Community Health, DCU - Dublin City University, Dublin, Ireland; ³School of Nursing and Midwifery, Trinity College Dublin, Dublin, Ireland

Background: Lymphoma survival has significantly improved over recent decades. Yet, survivorship research has received little attention. This study aimed to understand the unmet needs experienced by lymphoma survivors through semi-structured interviews. This qualitative study investigates the individual experiences and complexities of lymphoma survivors' unmet needs. This insight can provide a voice to lymphoma survivors, which is especially valuable for this group as an underserved population in current literature.

Methods: A semi-structured interview guide was informed by the findings of a cross-sectional survey study and a literature review conducted by the authors. The findings were derived from interviews with 14 adult survivors about their unmet needs due to lymphoma and responses from 61 participants to an open-ended survey question. A reflexive thematic analysis was conducted to identify themes and patterns of meaning across both datasets (Braun & Clarke 2019).

Results: Three major themes were identified. Survivors shared experiences of navigating the complexities of lymphoma, including difficult diagnosis, limited awareness of lymphoma as a cancer and challenges specific to younger adults. Survivors experienced complex care coordination, including disjointed cancer care, physical health concerns and the immunocompromised nature of lymphoma, particularly during the pandemic. The cost of cancer found challenges in balancing life responsibilities with lymphoma, difficulties during the survivorship phase, and dealing with psycho-social problems.

Conclusions: Unaddressed unmet physical needs contributed to unmet psychological needs due to the uncertainty experienced by survivors on their quest for answers to health concerns. Psychological and emotional needs were dominant and persistent problems in the survivorship phase one to five years post-diagnosis. Unmet practical and information needs were experienced from disjointed cancer care coordination; a missing link was reported by individuals with lymphoma acting as a conduit for information regarding their cancer. Navigating lymphoma from diagnosis to survivorship presents challenges for patients and healthcare professionals who would benefit from enhanced lymphoma awareness and research.

Legal entity responsible for the study: The authors.

Funding: Trinity College Dublin.

Disclosure: A. Drury: Non-Financial Interests, Institutional, Advisory Board, Co-Chair Scientific Committee: EONS. All other authors have declared no conflicts of interest.

<https://doi.org/10.1016/j.annonc.2023.10.113>