

# Elevating the Patient Voice: Understanding Treatment Preferences in Patients with Advanced Prostate Cancer

Elizabeth R. Kessler MD,<sup>1</sup> Elizabeth Wulff-Burchfield MD,<sup>2</sup> Jennifer Phillips PhD,<sup>3</sup> Wesley Peters MSPH,<sup>4</sup> Tracy McGowan MD,<sup>3</sup> Pankaj Aggarwal MD<sup>3\*</sup>

<sup>1</sup>University of Colorado School of Medicine, Aurora, CO; <sup>2</sup>University of Kansas Medical Center, Kansas City, KS; <sup>3</sup>Janssen Scientific Affairs, Horsham, PA; <sup>4</sup>Evidera Inc., Wilmington, MD, \*Corresponding author

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# Overview

**Introduction:** With multiple oral medications available for patients with prostate cancer, there is a need to understand the impact of pill burden on adherence and overall patient experience.

**Methods:** We conducted a cross-sectional online survey of adult patients ( $\geq 18$  years) with advanced prostate cancer living in the United States. This study was approved by an institutional review board (IRB #11576). Patients self-reported a diagnosis of APC and were actively receiving treatment for their prostate cancer.

**Demographics:** One hundred patients with a median age of 65 years (range: 39–75) completed the survey. Fifty-three (53%) patients identified as white, 31 (31%) as Black, and 15 (15%) were Hispanic.

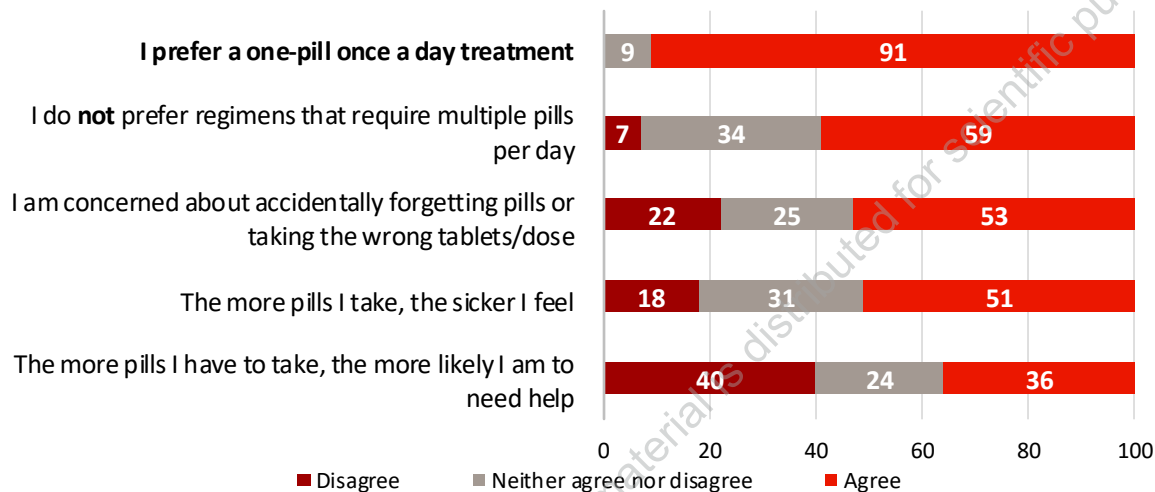


# Results

## When asked to agree or disagree with a series of statements (Figure 1):

- Ninety-one (91%) patients reported that they preferred a one-pill-once-daily treatment over a multi-pill regimen.
- Fifty-nine (59%) reported that they did not prefer regimens that require multiple pills per day.

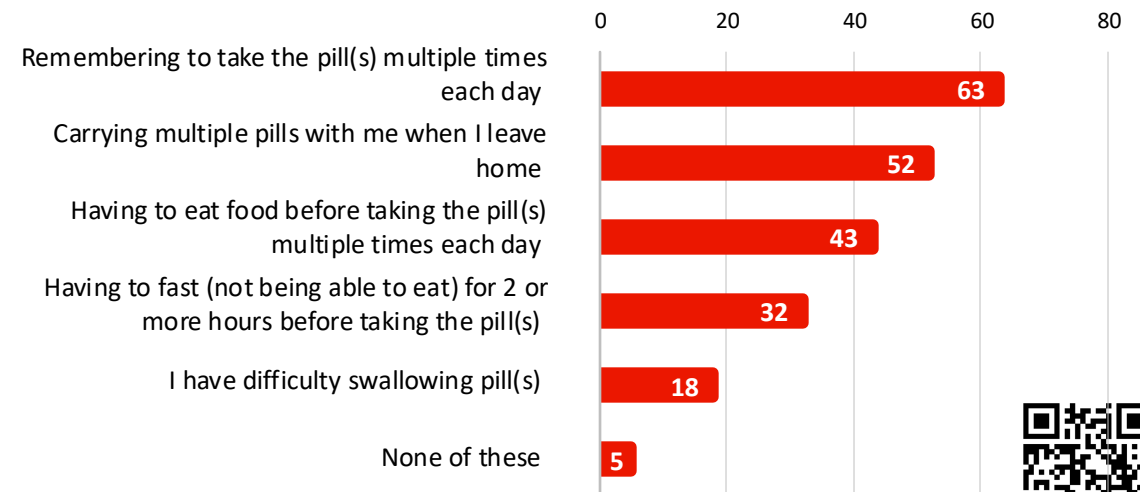
Figure 1: Agreement regarding pill burden and impact



## Barriers to taking oral treatment multiple times each day include (Figure 2):

- Remembering to take pill(s) multiple times/day (63% agree)
- Carrying multiple pills with me when I leave home (52% agree)

Figure 2: Barriers to taking oral cancer therapy multiple times each day

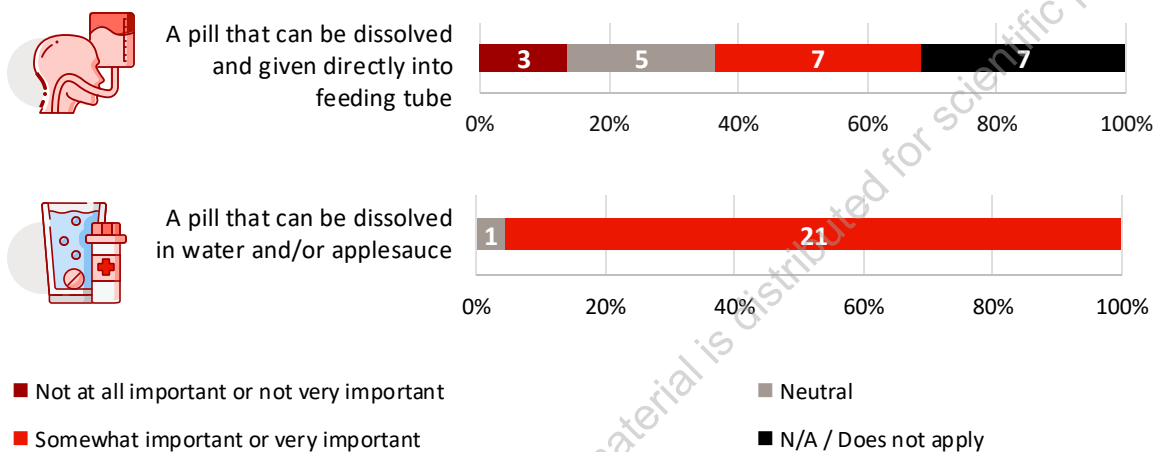


# Results (cont.)

Twenty (20%) patients reported difficulty swallowing pills and two (2%) were unsure if they had difficulty. Among these 22 respondents (Figure 4):

- Twenty-one (95%) considered it important that a pill could be dispersed in water and/or applesauce.
- Seven (32%) considered it important that a pill can be dissolved and given directly through a feeding tube.

Figure 4: Preferences for Patients Who Have Difficulty Swallowing

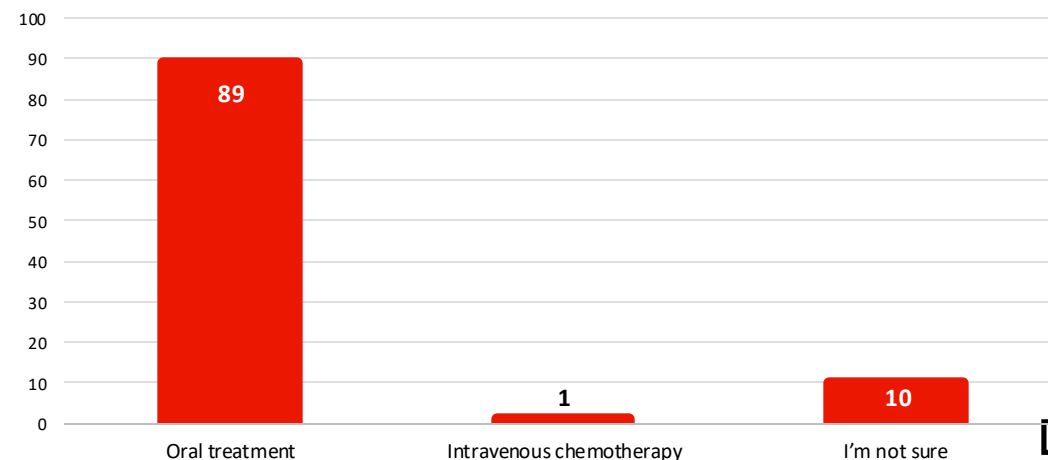


Abbreviation: N/A = not applicable

When asked to select between two treatment options (oral vs. intravenous chemotherapy) (Figure 5):

- Eighty-nine (89%) preferred an oral treatment option, one (1%) preferred an intravenous chemotherapy treatment, and 10 (10%) were not sure.

Figure 5: Preferences for oral treatment vs intravenous chemotherapy



# Key Takeaways

- Almost all patients preferred a one-pill-once-daily regimen.
- Almost all preferred the option of an oral treatment regimen compared with intravenous chemotherapy.
- One in five patients reported difficulty with swallowing pills.
  - Almost all these patients preferred an oral medication with an alternate mode of administration.
- When discussing treatment options with patients, providers should consider:
  - Patient preferences regarding pill burden, treatment frequency, and ability to swallow pills.
  - The patient's desire to avoid intravenous chemotherapy.

