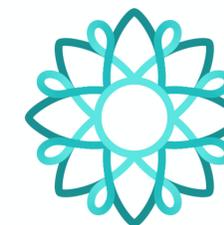


The digital health revolution in the care pathways of ovarian cancer patients

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Introduction

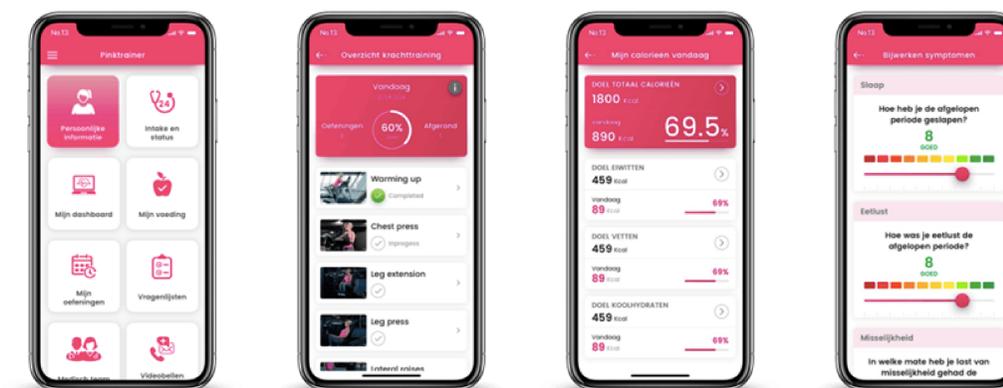
Growing attention is given to lifestyle, particularly exercise, which is increasingly recognized as an effective strategy to improve cancer prevention and prognosis. In particular, studies on cancer survivors have shown that physical activity improves some of the treatment-related adverse effects, reduces the risk of developing recurrences, and thus improves patients' quality of life.

A diagnosis of ovarian cancer (OC) usually turns into surgery, which plays a key role for both diagnostic and therapeutic purposes. A Loto survey has shown that OC patients need more support when they go back home after surgery. To meet these needs, Loto and the Oncology Gynaecology, Policlinico S. Orsola Hospital, have decided to adopt the app Pinktrainer. The app consists of a data entry portal, which is simultaneously linked to an application on the patient's smartphone.

Methodology

Patients were involved on a voluntary basis, usually during the preoperative visit. One expert figure is in charge of explaining how to use the platform to both patients and physicians through special training days.

Patients receive an exercise plan during the preoperative meeting, which is usually 2-3 weeks before surgery; a different one starting one week after surgery for a period of 3 weeks; finally they return to the first plan. Patients also fill out the quality-of-life surveys through the application (EORTC QLQ C30 and QLQOV28 ovarian cancer specific). Patients can report daily side effects of treatments, their level of physical activity, body composition parameters, and more.



Results

The enrollment phase was challenging because part of patients are elderly and unfamiliar with technology, sometimes due to advanced age.

Therefore we tried to deal with this difficulty by seeking support from a family. There are currently 25 patients enrolled in the study. The ultimate goal is to enroll 70 patients. EORTC QLQ C30 and QLQOV28 questionnaires were valued. A total of 40 questions were submitted through the Pinktrainer app to the patients.



Conclusions

We believe that this project could implement **new method of communication** between clinicians and patients and collect important clinical data in a simple way, useful for scientific research.



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