Patient Priorities for Breast Cancer Survivorship: A Preliminary Descriptive Analysis of the Health Outcome Goals that Matter Most to Older Adults Breast Cancer Survivors

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Abstract

Older adult breast cancer survivors manage an average of 5 chronic conditions, leading to decreased physical function and emotional distress.

Traditional survivorship care often misses "whole-person" goals derived from these complexities.

Objective

To identify health outcome goals and align care using the Patient Priorities Care (PPC) framework in older breast cancer survivors.

Materials and Methods

Design: Randomized quality improvement project.

Population: Women ≥65 years old, post-active therapy (3mo-10yr, ± hormonal therapy).

Inclusion Criteria: "Burdensome care" (≥3 comorbidities or ≥10 medications or ≥5 specialists/year or ≥2 ED/hospital visits/year). Intervention: Health Priorities Identification via telephone/Teams; summary provided to oncology team for care alignment. Using the PPC framework with trained facilitator, participants identified care preferences, health outcome goals, and barriers.

Analysis: Patients randomized to intervention vs control; preliminary descriptive analysis of identified goals in the PPC group. Frequentist analysis for demographic data and health outcome goals. Goal attainment scaling (GAS) at baseline and 3 months.

Results: Demographics

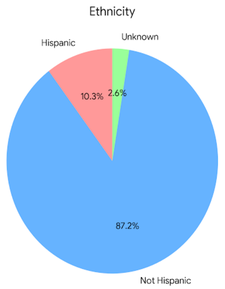


Figure 1. Ethnicity of patients.

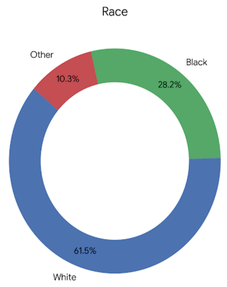


Figure 2. Race of patients.

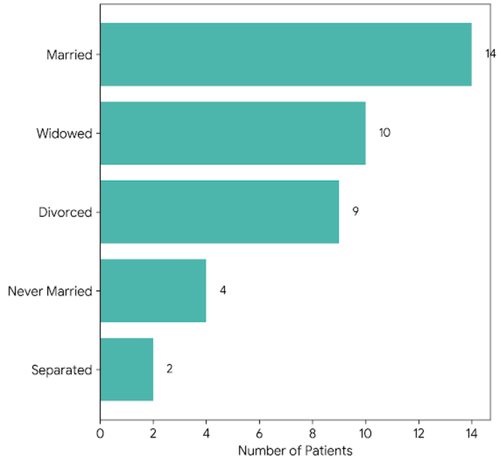


Figure 3. Marital status of patients.

Results

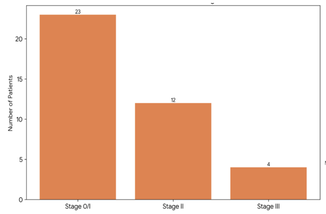


Figure 4. Cancer stage of patients.

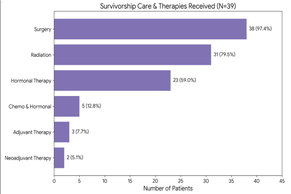


Figure 5. Therapies received and no. (%) of survivors.

Participant Characteristics (N=39)

- **Mean age:** 74 (range: 65-86) years
- **Comorbidities:** High burden (Mean CCI Score: 5)
- **Treatment History:**
  - Surgery: 97%
  - Radiation: 79%
  - Hormonal Therapy: 59%

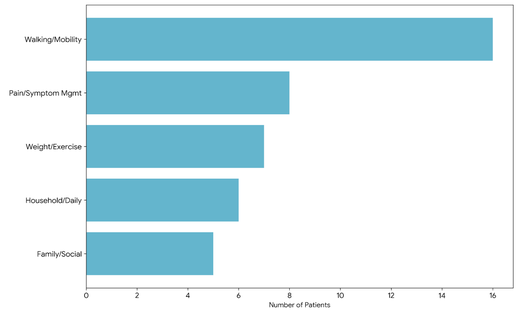


Figure 6. Most commonly reported health outcome goals.

Discussion

Key Findings:

- 30 patients with identified goals
- Functional independence highly prioritized

Common Goal Categories:

- Walking/mobility (67%)
- Exercise participation (40%)
- Social engagement (30%)
- Pain management (27%)

Primary Barriers:

- Fatigue/low energy (40%)
- Pain (knee, back, neuropathy (43%)
- Anxiety/mood (13%)
- Decreased mobility (17%)

Goal Achievement/Success Rate (at 3 months):

- 10 patients tracked
- 9 achieved goals (90%)

Conclusions

Functional Focus: Older breast cancer survivors prioritize functional independence and social connection over purely clinical markers.

The Patient Priorities Care (PPC) framework helps align care with specific health outcome goals.

Implication: Integrating functional goal-setting into survivorship care promotes patient priorities.

Future Directions

Survivorship care for older adults with breast cancer should be individualized to align with their specific needs and priorities.

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