

Impact of therapeutic patient education in the prevention and treatment of venous thromboembolism in patients with cancer

Abstract number: 5PSQ-012

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ATC code: B01 – Antithrombotic agents

Introduction

Venous thromboembolism (VTE) is a **frequent and severe complication** in cancer patients, which is the second leading cause of death in this population.

Cancer ↔ VTE

International guidelines:

- a low molecular weight heparin (LMWH)
- during at least 3 months and until chemotherapy is going

Setting up a **Therapeutic Education Program (TEP)** for patients treated for **cancer-associated thrombosis (CAT)**

Objective

Description of the cohort of patients and the impact of the program on adherence, tolerance and recurrence

Materials and methods

Information collected from sessions performed between 2014 and 2017:

- 1 Characteristics of the patients
- 2 PEP sessions
- 3 Anticoagulant treatment
- 4 Observance, recurrences and bleeding

Results

1 Characteristics of the patients:

- N = 48 patients
- Middle age = 64.5 years [28 – 88]
- Sex ratio = 0.78
- **Types of cancer:** breast cancer (35%), lung cancer (13%), colon cancer (8%), bladder cancer (8%)

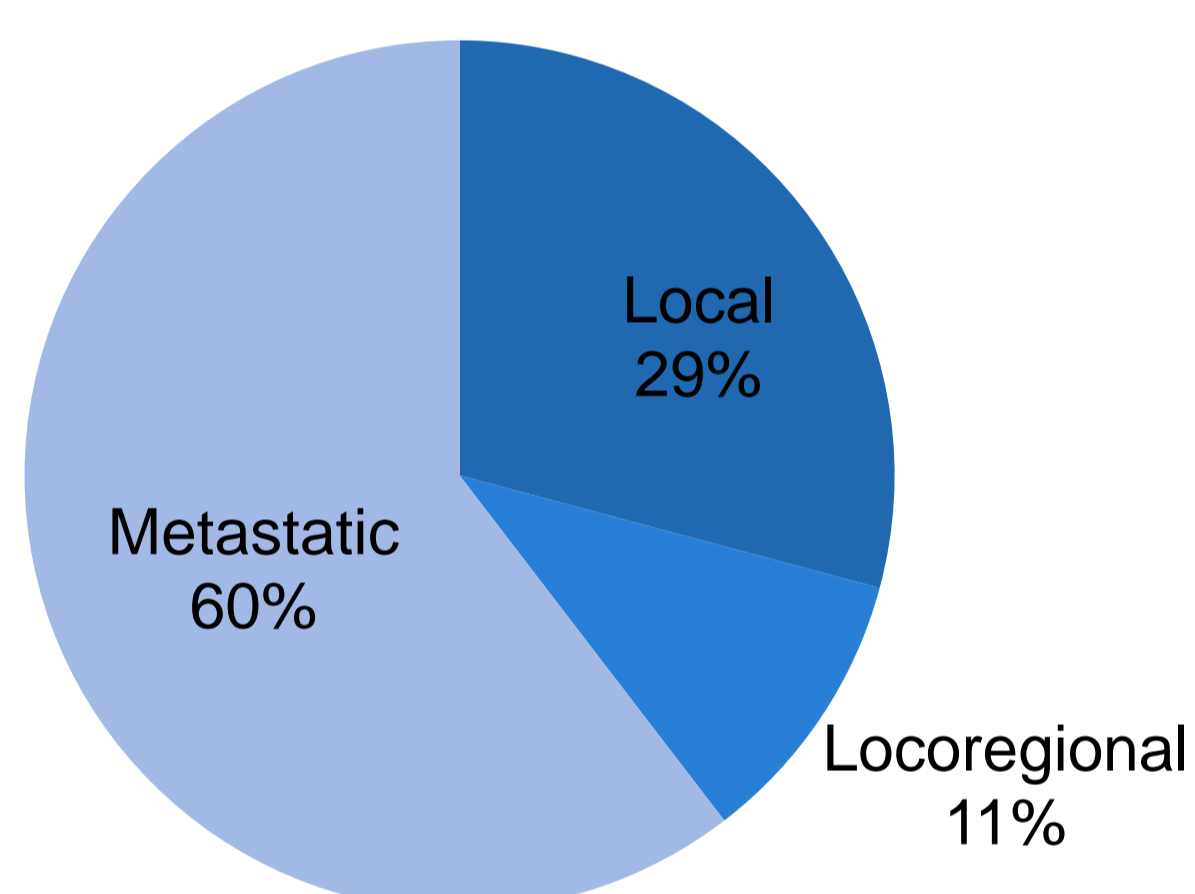


Figure 1. Stage of cancers

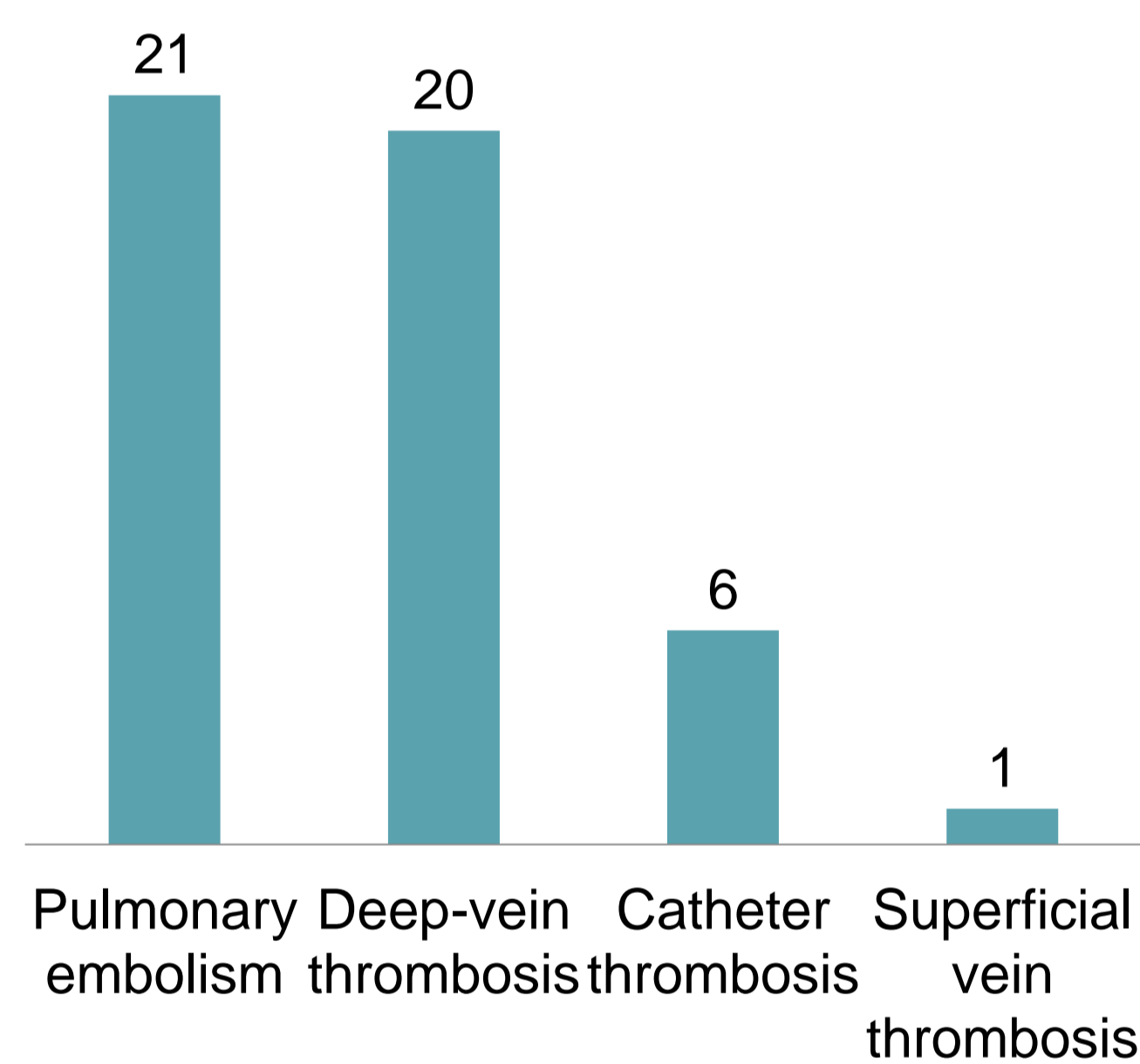
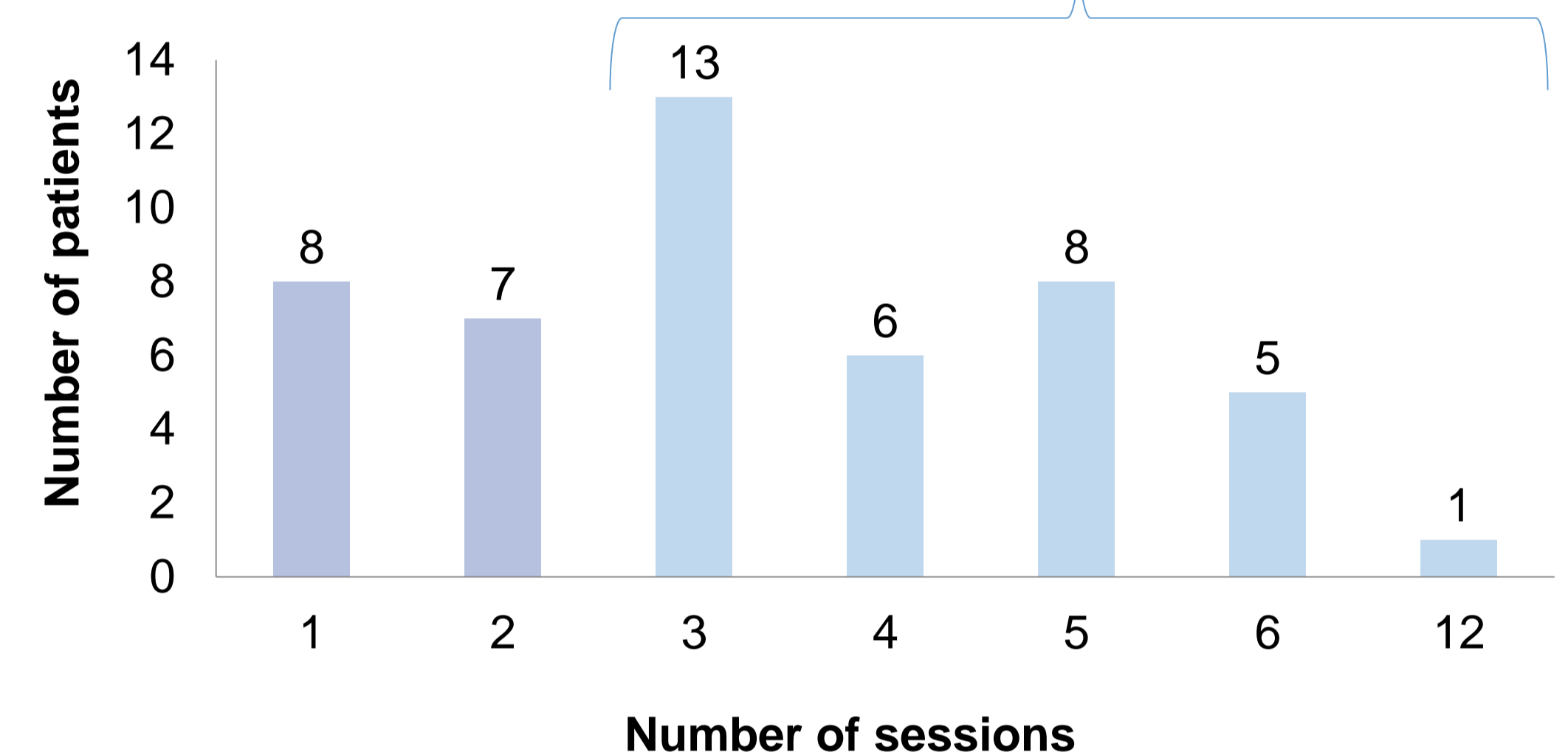


Figure 2. Types of venous thromboembolism

2 PEP sessions:

Table 1. Number of sessions of PEP



Average number of sessions = 3.5

Nearly **70% of patients have this minimum of 3 sessions**, allowing funding by the Regional Health Agency. For other patients, stop because death, treatment break or relay by another drug class.

3 Anticoagulant treatment:

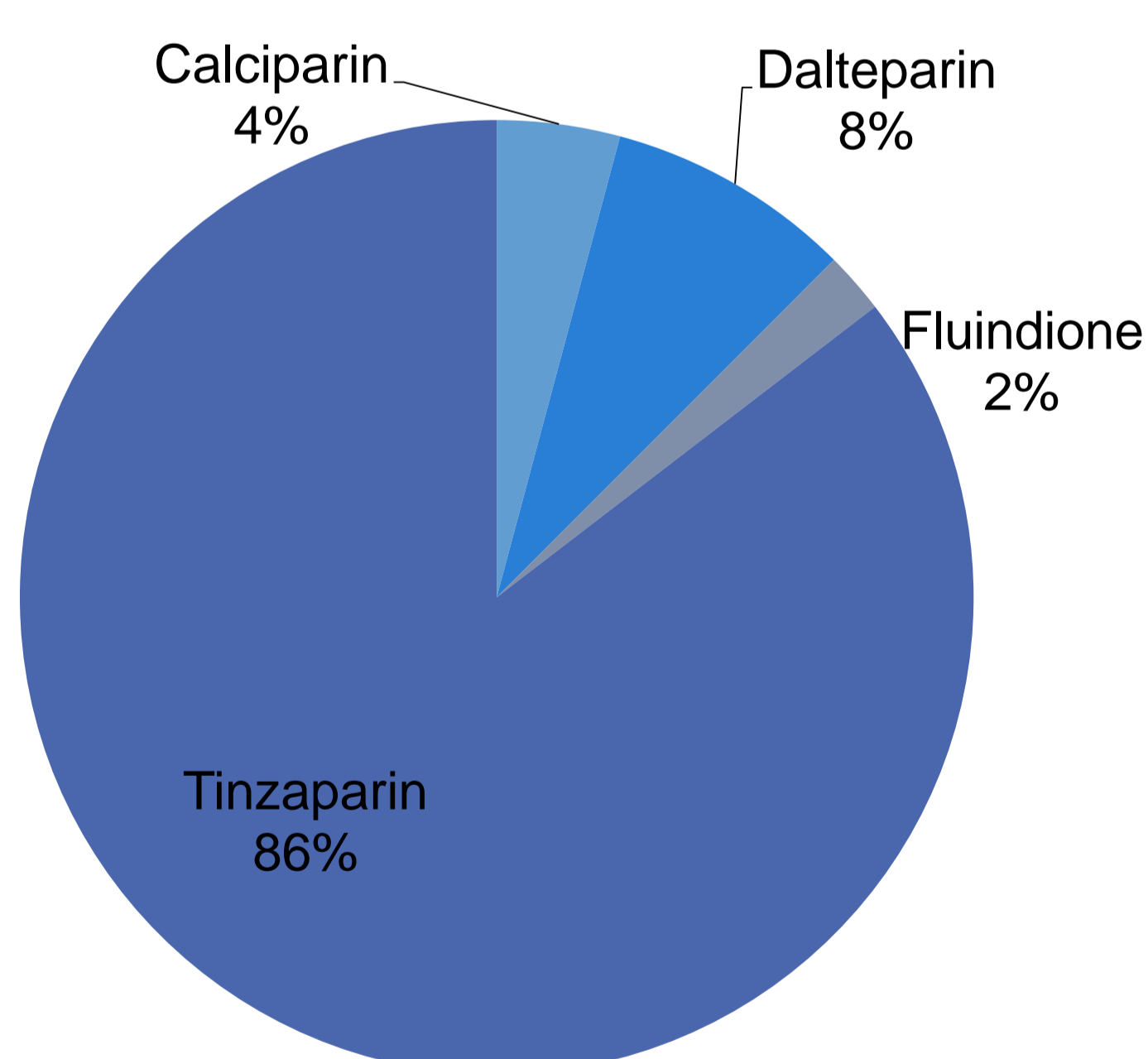
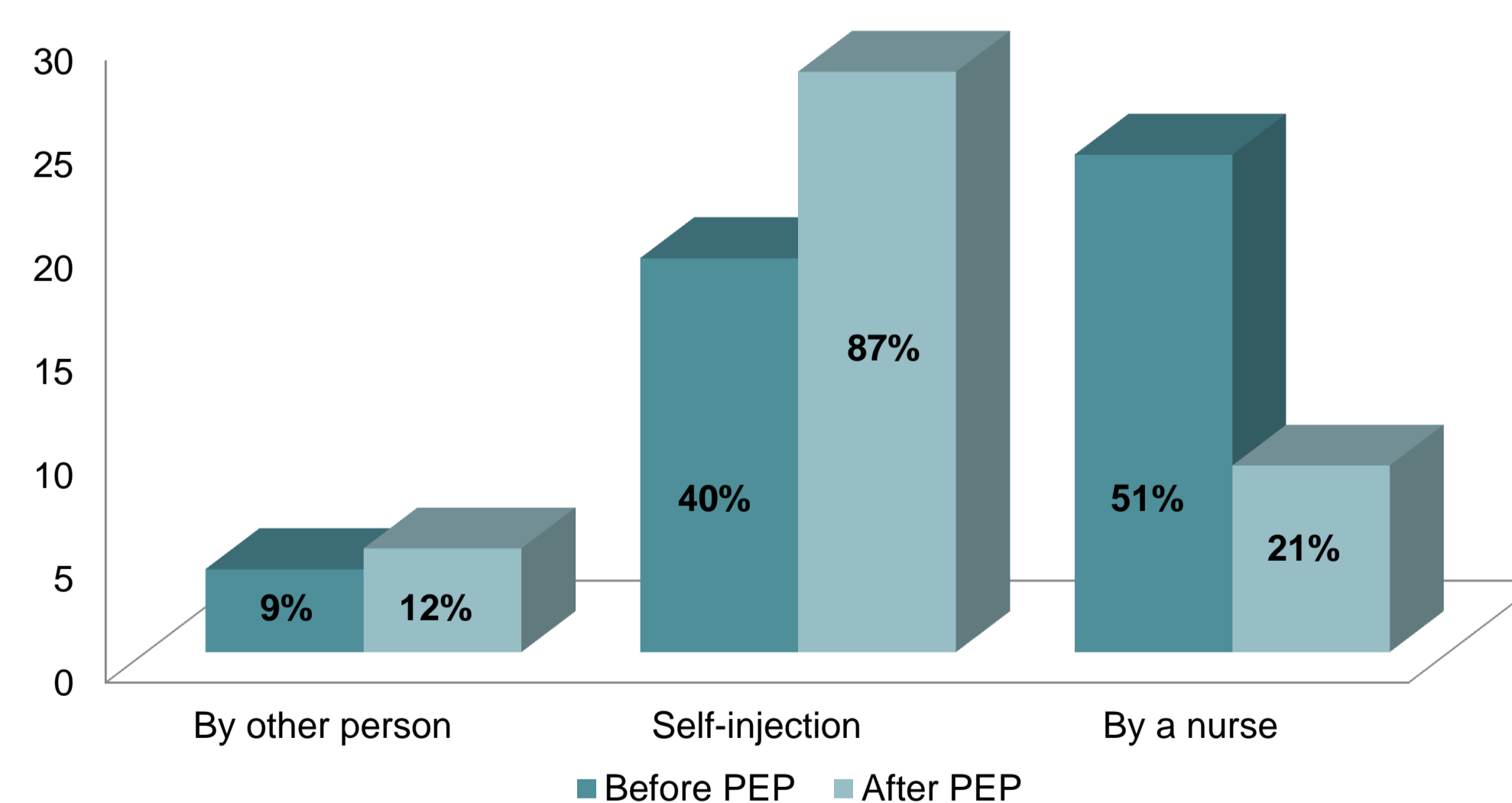


Figure 3. Types of anticoagulant treatment

Table 2. Heparin injection



Injections were mainly in the abdomen (77%) then in the thighs (21%).

4 Observances, recurrences and bleeding

- **85%** of cases, patients reported being **observant of their anticoagulant therapy** and **83%** for compression.
- Nearly 12% of patients had recurrent thrombosis under anticoagulant therapy.
- Only 4% of patients experienced a bleeding event.

Conclusion

The program filled its objectives, including understanding, treatment adherence and allowing patients to be more independent with injection. This program is **the first to describe a cohort of patients treated for CAT** and result of **a good collaboration** between physicians, pharmacists and nurses. It is involved in **supportive care** explaining the low number of patients in the cohort, but brings **a real benefit for patients**. With the evaluation of the place of direct oral anticoagulants, the program will probably have to be rehabilitated.

