Fatigue is Independently Associated with Functional Status Limitations in Older Adults with Cancer – results from the CARE Registry

Background

- Fatigue is an indicator of frailty among older adults, compromising independent living.
- The burden of fatigue and its impact on functional well-being in older adults with cancer remains understudied.

Our objectives were to
1) Evaluate the prevalence of fatigue in older adults with cancer,
2) Examine association of fatigue with geriatric assessment domain impairments and health-related quality of life (HRQOL)
3) Evaluate the independent association of fatigue with functional impairments
Methods

Cancer & Aging Resilience Evaluation (CARE) Registry

• New patients over the age of 60 with a new patient visit scheduled with medical oncology at the University of Alabama at Birmingham (UAB)

• Patients completed a modified patient-reported geriatric assessment (GA) that included the PROMIS® global health 10 that includes an assessment of fatigue.
Results

N=596

- None; 12.6%
- Mild; 28.7%
- Moderate; 37.6%
- Severe; 16.3%
- Very severe; 4.9%

Clinical-demographic: Lower-education and advanced stages

Geriatric Assessment: Associated with impairments across on domains

HRQOL: Associated with reduced overall, physical, and mental HRQOL

Multivariable model

<table>
<thead>
<tr>
<th></th>
<th>Adjusted OR*</th>
<th>95% CI</th>
<th>p</th>
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<tbody>
<tr>
<td>IADL impairment</td>
<td>2.7</td>
<td>1.7-4.4</td>
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<tr>
<td>ADL impairment</td>
<td>2.8</td>
<td>1.4-5.5</td>
<td>0.004</td>
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*adjusted for age, sex, race/ethnicity, education, cancer type and stage, pain, comorbid conditions, and time from cancer diagnosis.
Discussion

- Over half of older adults with cancer reported moderate/severe fatigue
- Fatigue was associated with GA impairments, reduced HRQOL, and independently associated with functional status limitations
- Future directions include examining longitudinal changes in fatigue among older adults and it’s association with functional decline during chemotherapy and develop interventions to mitigate and manage fatigue