

Patient-reported outcomes and health status associated with chronic GVHD

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This study examined the impact of chronic graft-versus-host disease (GVHD) on the quality of life (QOL) of allogeneic hematopoietic cell transplant survivors. Chronic GVHD occurs in 20–50% of allogeneic hematopoietic cell transplant survivors. The study surveyed 1377 transplant survivors, assessing their quality of life, symptoms, health status, and medications. 18.7% of patients reported that their chronic GVHD was mild, 8% reported moderate chronic GVHD, and 1.8% had severe chronic GVHD. 27% had never had chronic graft-versus-host disease and 20% had had chronic graft-versus-host disease but it had resolved. Patients with resolved or no chronic GVHD reported similar quality of life, while those with moderate to severe cases experienced worse outcomes, including lower quality of life, higher symptom burden, and increased use of prescription medications for pain, anxiety, and depression. Additionally, 26.7–39.4% of individuals with active chronic GVHD were unable to work due to health reasons. Patients with any form of active GVHD were also less likely to be in school or be homemakers as a result of their health. The study suggested that the Patient-Reported Outcomes Measurement Information System (PROMIS) measures could replace the commonly used Short-Form-36 (SF-36) in assessing chronic GVHD.

The research emphasized the need for improved prevention and treatment strategies for chronic GVHD to enhance survivorship post-transplant. Despite advancements in understanding and managing this complication, the study indicated that current interventions may be insufficient, especially for moderate to severe cases. The findings underscored the importance of targeting prevention and treatment efforts towards more severe forms of chronic GVHD to enhance patients' quality of life and overall health. The study also highlighted the potential utility of PROMIS measures in assessing the impact of chronic GVHD on patients, offering a flexible and reliable alternative to traditional assessment tools like SF-36.