

Factors associated with adherence to preventive care practices among hematopoietic cell transplantation survivors

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Biol Blood Marrow Transplant 2011; 17: 995-1003.

(Survey administered July 2009 – June 2010)

In this study, researchers aimed to understand how well survivors of hematopoietic cell transplantation (HCT) adhere to preventive care guidelines. We also wanted to identify factors associated with adherence. HCT survivors over 18 years old were surveyed about their health status, preventive care, and financial concerns. The 45-item questionnaire covered various preventive measures, testing intervals, and financial aspects. Results showed that 75% of respondents adhered to preventive care guidelines, with variations among different screening tests. The study showed high adherence rates compared to the general population, suggesting increased survivor attention to their health. 87% of respondents indicated that they were interested in receiving information from the transplant center about health maintenance. Notably, financial concerns were prevalent, with 26% attempting to decrease out-of-pocket costs, emphasizing the impact of economic factors on health behaviors. The analysis identified factors associated with lower adherence to screening, such as having had an autologous HCT, concerns about medical costs, longer time since HCT, non-white race, male gender, and lack of chronic graft-versus-host disease. The study underscores the need for interventions addressing financial concerns and knowledge gaps to improve preventive care adherence among HCT survivors. Strategies to help survivors get appropriate screening tests include better communication about screening recommendations, national policies ensuring affordable health coverage, redesigning insurance benefits, and providing survivorship care plans. These efforts aim to enhance adherence, ultimately improving survivors' health after HCT and reducing morbidity and mortality.