



DELAYS IN BREAST CANCER DIAGNOSES: DO PATIENTS HAVE HIGHER DISTRESS?

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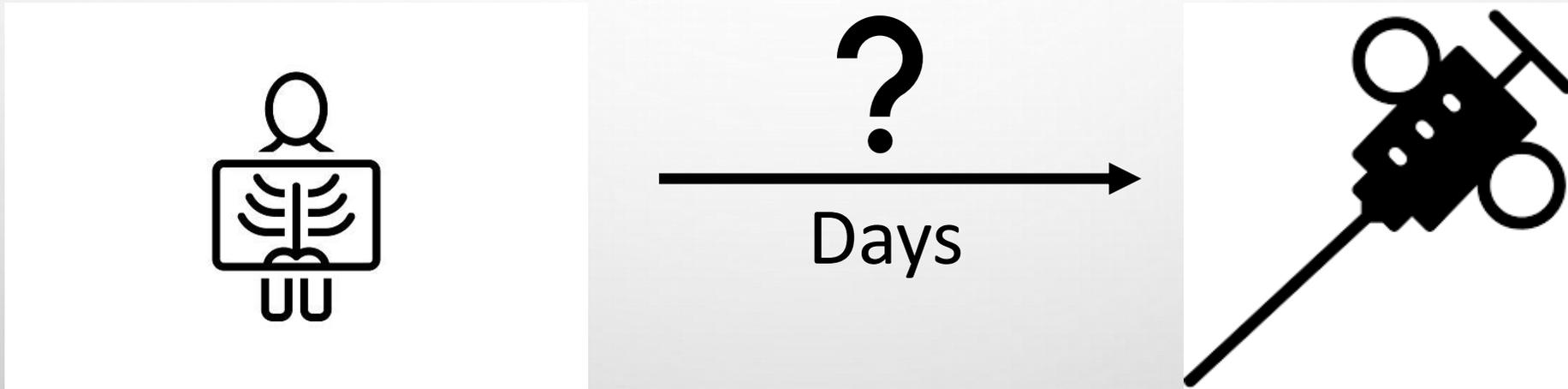


DISCLOSURES

The authors have no relevant disclosures.

BACKGROUND

- There is no current standard of care for timing between abnormal mammogram and breast biopsy.



- Prior evaluation of seer population identified 4th quartile of timing from imaging to biopsy to be > 30 days.

OBJECTIVE

- To evaluate the relationship between time from abnormal mammogram to biopsy and distress in patients with breast cancer.



METHODS

- Retrospective review
 - 2016-2019
- newly-diagnosed breast cancer patients
- Distress screen (0-10 scale)
 - Emotional distress
 - Social distress
 - Health distress
 - Practical distress
- Delay > 30 days

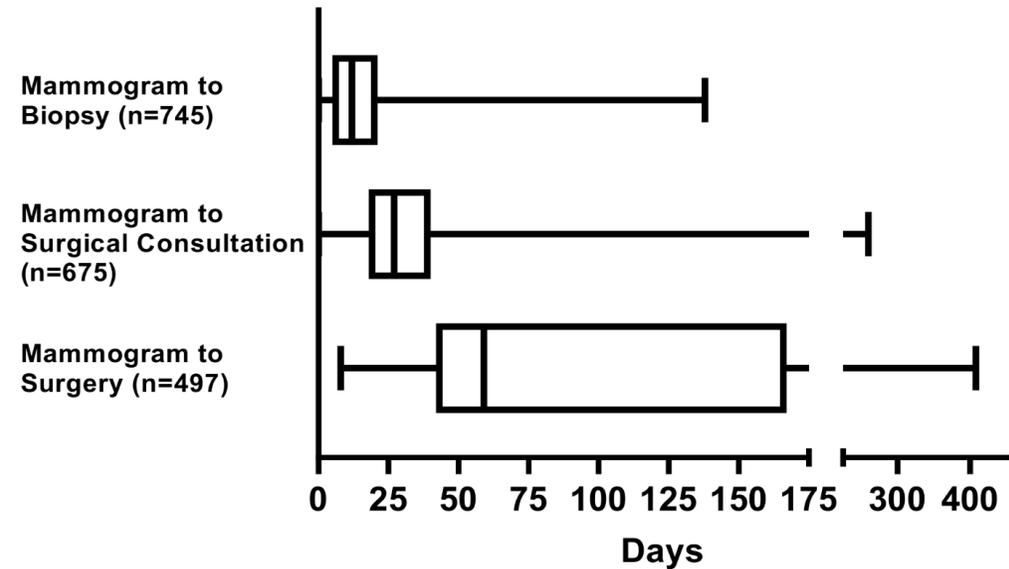
Common Cancer Concerns

Step 1: Circle the ONE number on each scale (0-10) that shows how much distress you have had in the past week.
Step 2: Check the boxes next to the items that are of current concern to you.

<p>How distressing are EMOTIONAL concerns for you?</p> <p>No Extreme</p> <p>Distress 0 1 2 3 4 5 6 7 8 9 10 Distress</p> <p style="text-align: center;">Increasing Distress →</p> <p>Emotional Concerns</p> <p><input type="checkbox"/> Worry / Nervousness Other Concerns: _____</p> <p><input type="checkbox"/> Sadness / Depression _____</p> <p><input type="checkbox"/> Grief / Loss _____</p> <p><input type="checkbox"/> Anger</p> <p><input type="checkbox"/> Body Image</p> <p><input type="checkbox"/> Addiction</p>	<p>How distressing are SOCIAL concerns for you?</p> <p>No Extreme</p> <p>Distress 0 1 2 3 4 5 6 7 8 9 10 Distress</p> <p style="text-align: center;">Increasing Distress →</p> <p>Social Concerns</p> <p><input type="checkbox"/> Relating with Spouse / Partner Other Concerns: _____</p> <p><input type="checkbox"/> Relating with Children _____</p> <p><input type="checkbox"/> Relating with Family _____</p> <p><input type="checkbox"/> Relating with Friends</p> <p><input type="checkbox"/> Talking with Healthcare Team</p> <p><input type="checkbox"/> Spiritual Concerns</p>
<p>How distressing are HEALTH concerns for you?</p> <p>No Extreme</p> <p>Distress 0 1 2 3 4 5 6 7 8 9 10 Distress</p> <p style="text-align: center;">Increasing Distress →</p> <p>Health Concerns</p> <p><input type="checkbox"/> Weight Changes Other Concerns: _____</p> <p><input type="checkbox"/> Difficulty Eating _____</p> <p><input type="checkbox"/> Loss of Appetite _____</p> <p><input type="checkbox"/> Nausea</p> <p><input type="checkbox"/> Fatigue</p> <p><input type="checkbox"/> Difficulty Sleeping</p> <p><input type="checkbox"/> Sexual Health & Intimacy</p>	<p>How distressing are PRACTICAL concerns for you?</p> <p>No Extreme</p> <p>Distress 0 1 2 3 4 5 6 7 8 9 10 Distress</p> <p style="text-align: center;">Increasing Distress →</p> <p>Practical Concerns</p> <p><input type="checkbox"/> Housing Other Concerns: _____</p> <p><input type="checkbox"/> Bills/Money Issues _____</p> <p><input type="checkbox"/> Insurance _____</p> <p><input type="checkbox"/> Transportation</p> <p><input type="checkbox"/> Information/Resources</p>

RESULTS

- 745 newly diagnosed patients completed distress screen
- The median time from abnormal mammogram to definitive biopsy, surgical consultation and surgery was 12 days, 27 days and 59 days.



RESULTS

- Higher emotional and health distress in non-delayed vs delayed group (p=0.04, p = 0.03).
- No significant differences in social, and practical distress.

		Non-Delayed	Delayed	
		(≤ 30 Days)	(> 30 Days)	
Distress Report		N (%)	N (%)	P value
Emotional concern				
	Low (< 6)	338 (51.4)	50 (62.5)	.07
	High (≥ 6)	319 (48.6)	30 (37.5)	
	Median (IQR)	5 (3-7)	5 (3-7)	.04
Social concern				
	Low (< 6)	513 (79.7)	66 (85.7)	.23
	High (≥ 6)	131 (20.3)	11 (14.3)	
	Median (IQR)	2 (0-5)	1 (0-4)	.48
Health concern				
	Low (< 6)	316 (49.7)	47 (62.7)	.04
	High (≥ 6)	320 (50.3)	28 (37.3)	
	Median (IQR)	6 (3-8)	5 (1-7)	.03
Practical concern				
	Low (< 6)	463 (73.5)	58 (77.3)	.58
	High (≥ 6)	167 (26.5)	17 (22.7)	
	Median (IQR)	2 (0-6)	3 (0-5)	.63

RESULTS

- Higher emotional, social and health distress correlated with reduced time from mammogram to biopsy and surgical consultation.
- High practical distress associated with longer interval between mammogram and surgery (p=0.01).

Time Period	Low Emotional Distress (Median days)	High Emotional Distress (Median Days)	p-value
Mammogram to biopsy	13	10	0.007
Mammogram to surgical consult	27	27	0.012
Mammogram to surgery	55	53	0.55
	Low Social Distress (Median days)	High Social Distress (Median days)	
Mammogram to biopsy	13	8	0.0042
Mammogram to clinic	28	21.5	0.0055
Mammogram to Surgery	53	57	0.34
	Low Health Distress (Median days)	High Health Distress (Median days)	
Mammogram to biopsy	13	10	0.0186
Mammogram to clinic	28	25	0.0051
Mammogram to Surgery	52	54	0.61
	Low Practical Distress (Median days)	High Practical Distress (Median days)	
Mammogram to biopsy	12	10	0.63
Mammogram to clinic	27	29	0.376
Mammogram to Surgery	51	58	0.01

DISCUSSIONS

- Patient with higher emotional or health related distress were more likely to have timely diagnoses of breast cancer.
- At our institution, time to definitive diagnosis may be partially patient driven.
- Higher practical distress is correlated with longer interval from mammogram to surgery. Understanding sources of distress is crucial for healthcare team to support patients, ensure timely care and improve patient's quality of life.

REFERENCES

- Kovar A, Bronsert M, Jaiswal K, Murphy C, Wolverson D, Ahrendt G, et al. The Waiting Game: How Long Are Breast Cancer Patients Waiting for Definitive Diagnosis? *Ann Surg Oncol*. Oct 2020;27(10):3641-3649. doi:10.1245/s10434-020-08484-9



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THANK YOU