

Medical Area

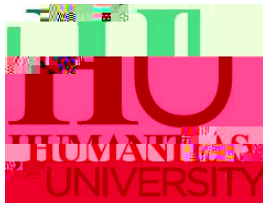
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Patients with recurrent and/or metastatic (RM) Head and Neck Cancer (HNC) suffer of physical, emotional, and functional symptoms, which greatly impact their quality of life. This is why multimodal and multidisciplinary interventions are essential for these patients, who frequently need high levels of palliative and supportive care interventions from the early stages of diagnosis. Evidence in other solid tumours has shown that an early simultaneous care approach provides a benefit for the patients, but there is no evidence yet for patients with HNC. Furthermore, quality of life and patient-reported outcomes are essential research objectives in oncology today.

This multicentre, international, prospective, randomised phase II trial fits precisely into this line of research; it is promoted by EORTC (European Organization for Research and Treatment of Cancer), and Humanitas is the coordinating center. The project includes 160 patients, with the aim to assess the value of early palliative care integrated with standard oncologic care in patients with RM HNC candidate to first line palliative systemic treatment. Patients are randomised in a 1:1 fashion to standard oncologic care, in which palliative care is administered as needed (reactive approach) or to early palliative care integrated with standard oncologic care (proactive approach).

The primary endpoint is the change from baseline in emotional functioning and pain scores according to EORTC QLQ-C15-PAL questionnaire at 15 weeks.



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