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

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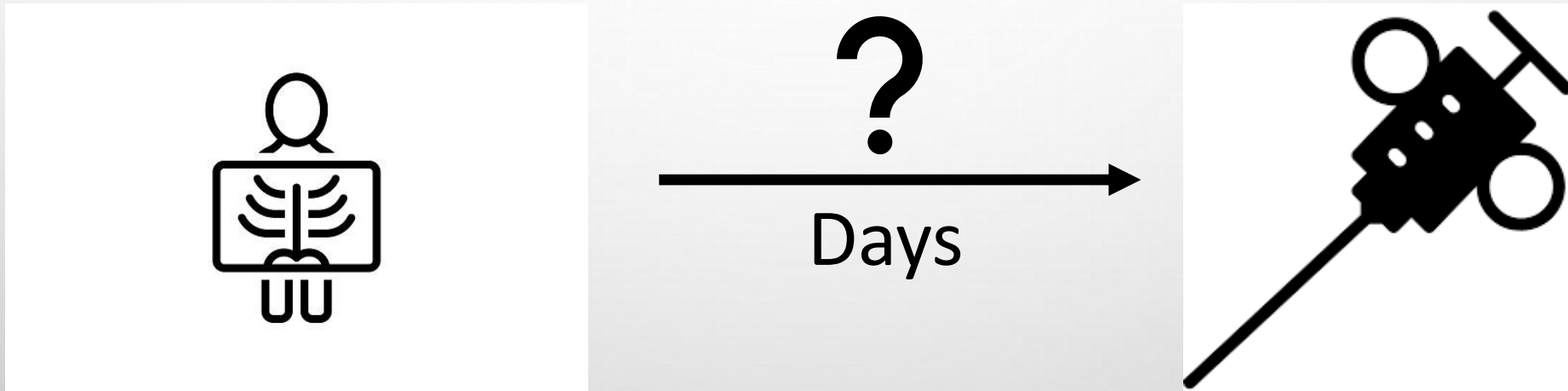
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DISCLOSURES

The authors have no relevant disclosures.

BACKGROUND

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



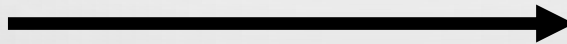
- Prior evaluation of seer population identified 4th quartile of timing from imaging to biopsy to be > 30 days.

OBJECTIVE

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



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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.

How distressing are EMOTIONAL concerns for you?
 No Distress 0 1 2 3 4 5 6 7 8 9 10 Distress Extreme
 Increasing Distress →

Emotional Concerns

- ☐ Worry / Nervousness
☐ Sadness / Depression
☐ Grief / Loss
☐ Anger
☐ Body Image
☐ Addiction
- Other Concerns: _____

How distressing are SOCIAL concerns for you?
 No Distress 0 1 2 3 4 5 6 7 8 9 10 Distress Extreme
 Increasing Distress →

Social Concerns

- ☐ Relating with Spouse / Partner
☐ Relating with Children
☐ Relating with Family
☐ Relating with Friends
☐ Talking with Healthcare Team
☐ Spiritual Concerns
- Other Concerns: _____

How distressing are HEALTH concerns for you?
 No Distress 0 1 2 3 4 5 6 7 8 9 10 Distress Extreme
 Increasing Distress →

Health Concerns

- ☐ Weight Changes
☐ Difficulty Eating
☐ Loss of Appetite
☐ Nausea
☐ Fatigue
☐ Difficulty Sleeping
☐ Sexual Health & Intimacy
- Other Concerns: _____

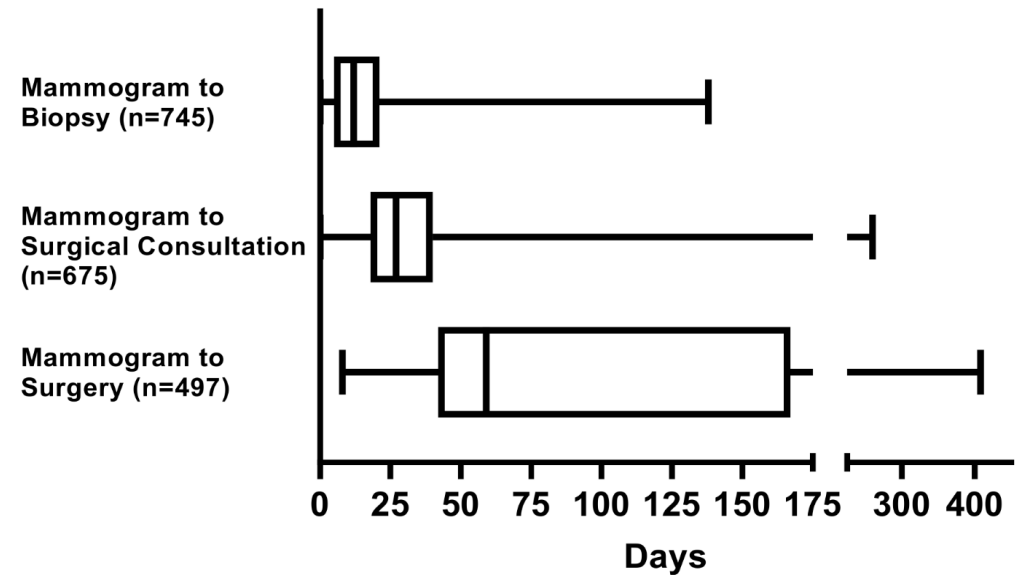
How distressing are PRACTICAL concerns for you?
 No Distress 0 1 2 3 4 5 6 7 8 9 10 Distress Extreme
 Increasing Distress →

Practical Concerns

- ☐ Housing
☐ Bills/Money Issues
☐ Insurance
☐ Transportation
☐ Information/Resources
- Other Concerns: _____

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, Wolverton 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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