

<b>Title</b>	<b>Role of Cancer directed therapy (CDT) in head and neck cancer (HNC) patients – an initial audit</b>
Number	36
Authors	Punita Lal, Sanjay Gandhi Postgraduate Institute of Medical Sciences Mranalini Verma, Sanjay Gandhi Postgraduate Institute of Medical Sciences Resham Srivastava, Sanjay Gandhi Postgraduate Institute of Medical Sciences Shaleen Kumar, Sanjay Gandhi Postgraduate Institute of Medical Sciences
Abstract	<p>Introduction: Over 40% of the HNC patients need palliation at presentation by judicious use of CDT, symptom control and addressing of psychosocial factors. An audit of palliation of HNC patients is presented. Aims: To assess the impact of CDT and supportive care on symptom relief and survival of advanced HNC patients.</p> <p>Methodology: Data was collected from case records to study the demography and symptomatology. Intervention - feeding tube, tracheostomy, CDT, analgesic etc were noted. Symptom relief following CDT/supportive measure was the primary endpoint. Data was analyzed as of Sept'14. Result: 109 patients were seen between Jan'13 to Aug'14. Median age was 52 yrs; 92% males; co-morbidities seen in 20% cases; 80% cases needed assistance for their normal activities; 90% had stage IV disease (7% metastasis). Symptoms - pain (87%), difficulty in swallowing (40%) and fungation (30%), aspiration (25%), and depression and sleep disturbance (40%). Median duration of symptoms was 4 months. CDT was offered in 96 patients. 49 (51%) received chemotherapy (weekly methotrexate (MTX)) alone and 47 (49%) received MTX chemo and short course RT (20Gy/5 fractions). For pain, paracetamol and morphine combination was used. CDT and analgesic cover provided pain relief in 75% cases. Response to treatment was seen in over 50% cases. At the time of analysis, 30% were alive, 57 % dead and 13% lost to follow up.</p> <p>Conclusion: CDT and supportive measures was effective in providing symptom relief.</p>