



# Supporting Patient Adherence to Oral Anticancer Medication for Patients with B-Cell Malignancies

# Objectives



Learn about oral anticancer medication use and factors that influence medication adherence in B-cell malignancies



Assess available strategies to promote oral anticancer medication adherence

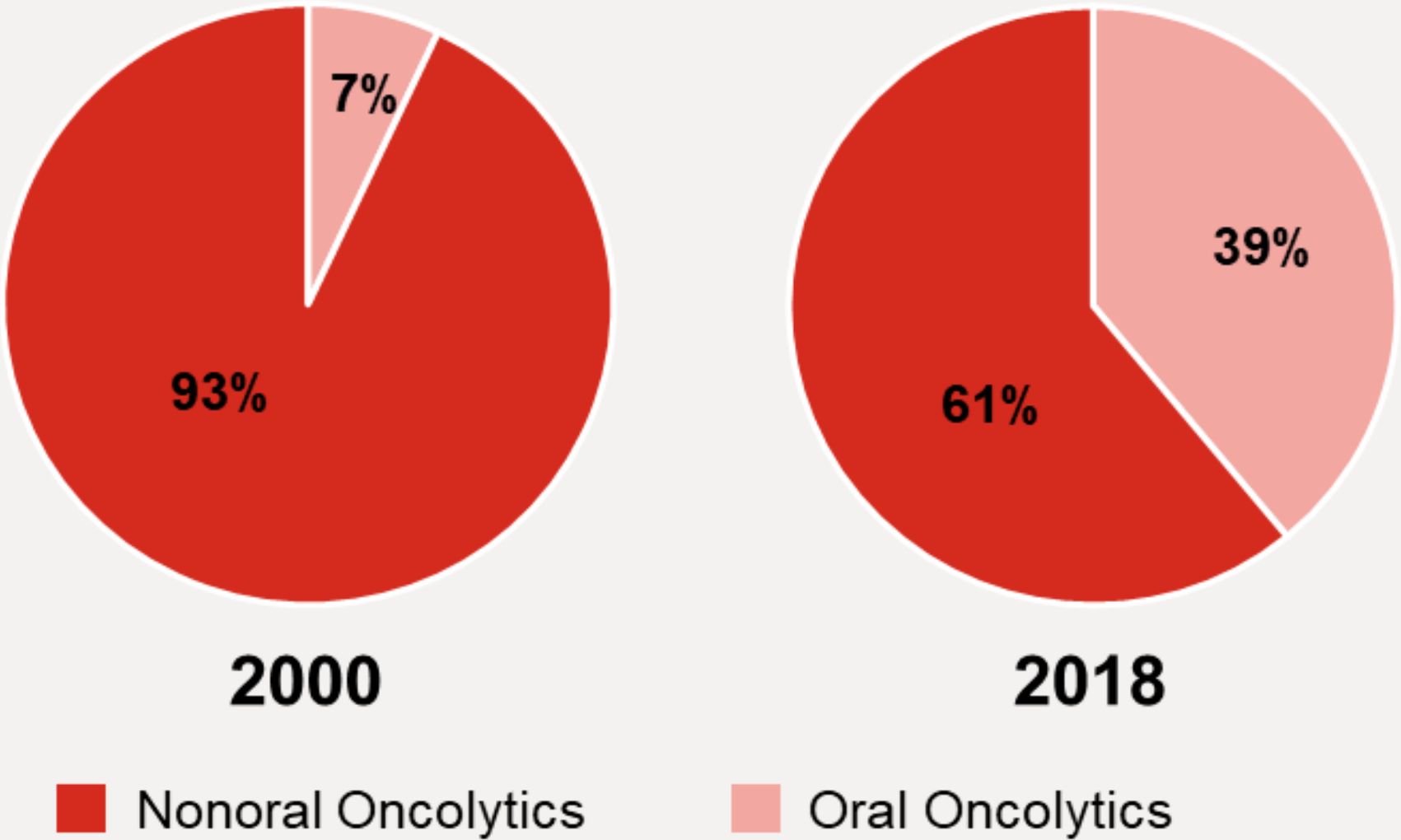


Formulate approaches to promote oral anticancer medication adherence based on approved guidelines

# Oral Anticancer Medication Use Is on the Rise

- Globally, the approval and use of oral anticancer medication has been on the rise<sup>1</sup>

Oral Anticancer Medication Approvals From 2000 to 2018<sup>1</sup>



- Development and approval of oral anticancer medications is expected to continue with 11 new oral anticancer agents approved in 2020 compared to 6 oral anticancer medications approved between 2006-2010<sup>2</sup>
- Studies have shown patients with cancer often prefer oral over IV treatment if efficacy is not reduced or there are not higher rates of adverse events<sup>3</sup>

Advances in oral anticancer medication calls for an increased need to address challenges related to patient safety and medication adherence<sup>2,3</sup>

1. Russel C and Nubla J. The Increased Approval of Oral Oncolytics: 1995-2018. National Community Oncology Dispensing Association  
2. Levit LA et al. *J Clin Oncol*. 2022;40(10):1036-1040  
3. Eek D et al *Patient Prefer Adherence* 2016;10:1609-1621

# Oral Anticancer Medication Use Is on the Rise in B-Cell Malignancies



## B-cell malignancies

- Over the last decade, several oral anticancer medications have been approved and more are being evaluated in clinical trials for B-cell malignancies<sup>1</sup>
- There are limited data on the impact of non-adherence to oral anticancer medications in B-cell malignancies<sup>1</sup>

B-cell malignancies are heterogenous and reasons for non-adherence are multifactorial. Adherence strategies are not one-size-fits-all and different approaches may be needed considering patient, disease, and treatment related factors.<sup>1,2,3,4</sup>

1. Zackon AYL et al. *Leuk Lymphoma*. 2019;60(10):2356-2364.  
2. Levit LA et al. *J Clin Oncol*. 2022;40(10):1036-1040.  
3. Mackler E et al. *J Oncol Pract*. 2019;15(4):e346-e355.  
4. Zerillo JA et al. *JAMA Oncol*. 2018;4(1):105-117.

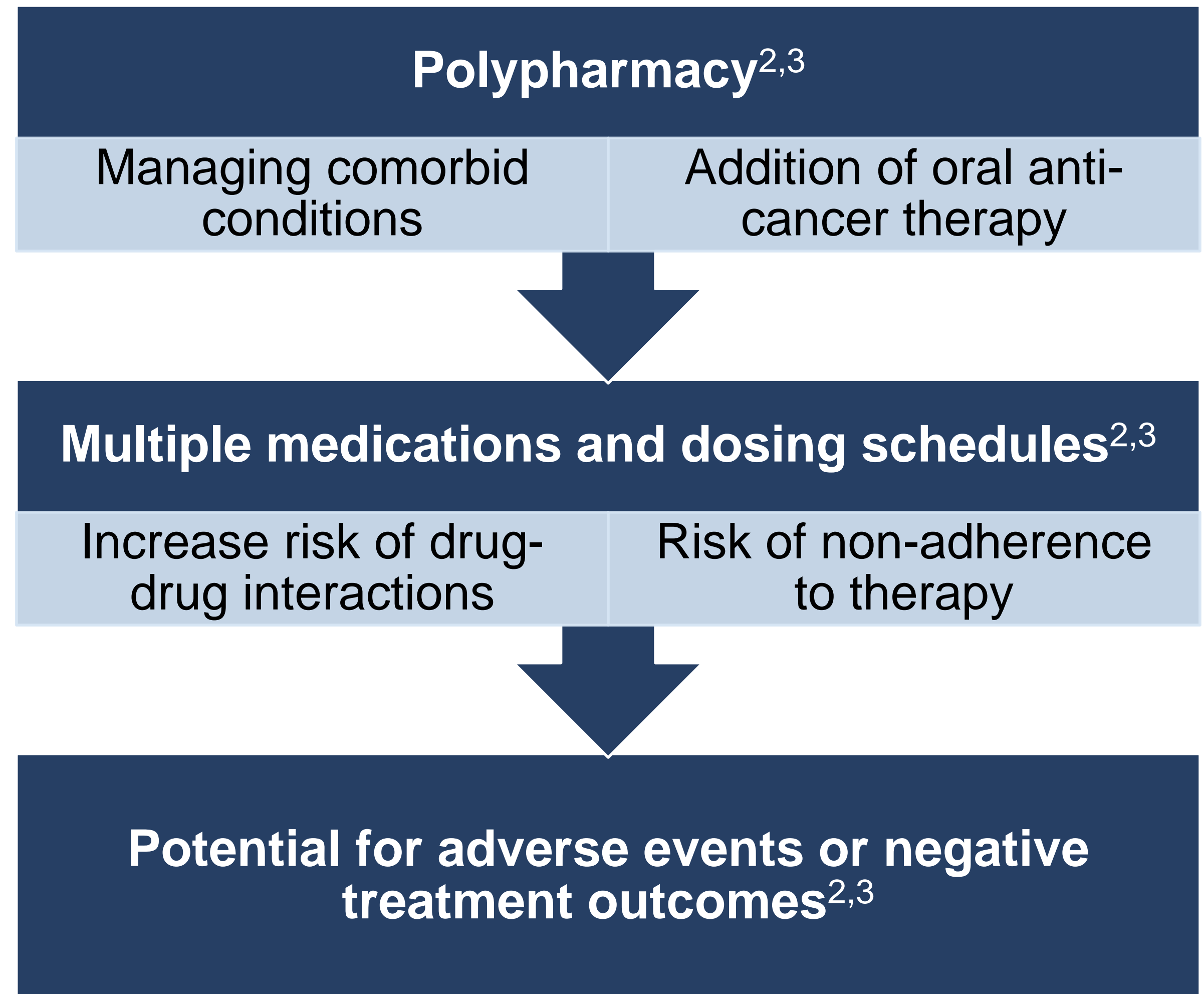
# Many Barriers Have Been Identified to Affect Medication Adherence



Whereas some factors are **not modifiable**, such as **demographic or system-related factors**, psychosocial factors that are **modifiable**, such as **patient-physician relationships and positive perception on medication**, can be potential targets for improving adherence<sup>1,2</sup>

# Barriers to Oral Anticancer Medication Adherence in B-Cell Malignancies

- Average age at diagnosis of non-Hodgkin lymphoma (NHL) is 68 years (range 65 -74)<sup>1</sup>
- Older adult patients are more likely to experience polypharmacy<sup>2,3</sup>
- Dosing frequency and complexity may contribute to non-adherence<sup>3</sup>



1. SEER. <https://seer.cancer.gov/statfacts/html/nhl.html>  
2. LeBlanc TW. et al. *Lancet Oncol.* 2015;16:e333-341.  
3. Zackon AYL et al. *Leuk Lymphoma.* 2019;60(10):2356-2364.

# Interventions for Oral Anticancer Medication Adherence



## Building Patient Relationships<sup>1,2</sup>

- Build a trusting relationship with patients
- Emphasize the importance of adherence
- Triage communication between the physician and patient



## Providing Education<sup>1,2</sup>

- Include written instructions for the prescribed medication
- Reinforce drug education and management of AEs
- Suggest support groups and organizations



## Utilizing Technology<sup>2-5</sup>

- Utilize smart pill bottles and mobile applications
- Set up automatic SMS/mobile text alerts and alarms

1. Zackon AYL et al. *Leuk Lymphoma*. 2019;60(10):2356-2364C  
2. Mackler et al. *Journal of Oncology Practice*. 2019;15(4):e346-e355  
3. Medeiros KS et al. *BMJ Open* 2019;9(11):e027246  
4. Mauro J et al. *J Manag Care Spec Pharm*. 2019;25(11):1244-1254.  
5. Park HR et al. *Cancer Nursing*. 2022;45(6):E874-E882.

# Management Requires Multidisciplinary Expertise

- The management of patients with cancer requires the multidisciplinary expertise of multiple groups<sup>1</sup>
- The relationship between patients and their oncology health care team may influence adherence<sup>2</sup>
- Additional research on how to optimize and implement better care delivery and care coordination is ongoing<sup>2</sup>



# Guidelines to Promote Adherence to Oral Anticancer Medications

| Guidelines or Practice Standards   | Key Recommendations   |
|--|---|
| <p>ASCO/ONS Chemotherapy Administration Safety Standards for Drug Adherence<sup>1</sup></p>  | <p>Monitoring After Chemotherapy Is Administered (Domain 4)</p> <ul style="list-style-type: none"> <li>• Reviews monitoring adherence to, and toxicity from, chemotherapy to promote safety both during treatment and after therapy</li> </ul>  |
| <p>Oncology Nursing Society (ONS) Guidelines™ to Support Patient Adherence to OAMs<sup>2,3</sup></p>   | <p>ONS Adherence Toolkit Oral</p> <p>An online guide with resources to help improve oral drug adherence, including:</p> <ul style="list-style-type: none"> <li>• Sample treatment calendars</li> <li>• Traditional counseling versus MI</li> <li>• Methods used to encourage patient adherence</li> <li>• Developing a process of medication tracking</li> <li>• Factors influencing adherence</li> </ul> |
| <p>Hematology/Oncology Pharmacist Association (HOPA): Best Practices for Pharmacists in the Management of Oral Oncolytic Therapy<sup>4</sup></p> | <p>Best Practices for Pharmacists in the Management of Oral Oncolytic Therapy</p> <ul style="list-style-type: none"> <li>• Prescribing</li> <li>• Education</li> <li>• Dispensing and distribution</li> <li>• Monitoring and follow-up</li> <li>• Practice management</li> </ul>  |

1. Neuss MN et al. *J Oncol Pract* 2016;12(12):1262-1271  
 2. Belcher SM et al. *Oncol Nurs Forum* 2022;49(4):279-295  
 3. Oncology Nursing Society. Last accessed: May 23, 2022.  
[https://www.ons.org/sites/default/files/ONS\\_Toolkit\\_ONLINE.pdf](https://www.ons.org/sites/default/files/ONS_Toolkit_ONLINE.pdf)  
 4. Mackler E et al. *J Oncol Pract* 2019;1a5:4, e346-e355

ASCO=American Society of Clinical Oncology; ONS=Oncology Nursing Society; MI=motivational interviewing



# Key Takeaways

- The use of, and preference for, oral anticancer therapies is on the rise<sup>1,2</sup>
- Despite the clinical benefits of oral anticancer medications in treating patients with B-cell malignancies, managing and monitoring drug adherence remains a clinical challenge<sup>3,4,5</sup>
- Oral oncolytic adherence studies have shown that a multi-disciplinary healthcare team can identify patient and therapy-related barriers, monitor for adverse events, and determine what strategies may be effective to safely impact adherence<sup>4,5</sup>
- Guidelines and best practices are available from ASCO, ONS, and HOPA to support patient adherence<sup>6,7,8</sup>

1. Eek D, Krohe M, Mazar I, et al. Patient Prefer Adherence 2016;10:1609-1621  
2. Russel C and Nubla J. The Increased Approval of Oral Oncolytics: 1995-2018. National Community Oncology Dispensing Association  
3. Greer JA, Amoyal N, Nisotel L, et al. Oncologist 2016;21(3):354-376  
4. Zerillo JA. *JAMA Oncol*. 2018;4(1):105-117  
5. Zackon AYL et al. *Leuk Lymphoma*. 2019;60(10):2356-2364C  
6. Neuss MN et al. *J Oncol Pract* 2016;12(12):1262-1271  
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