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EuroQoL-5D is a valid Patient-Reported Outcome Measurement (PROM) tool to discriminate Health-Related Quality of Life (HRQoL) impairments in patients with Multiple Myeloma

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INTRODUCTION

EuroQoL-5D (EQ5D) is a generic and simple PROM tool to evaluate quality of life that includes one question for each of the five dimensions included: mobility, self-care, usual activities, pain and anxiety or depression. It also includes a Visual Analog Scale (VAS) to report patients' perceive health status ranging from 0 to 100.

The primary end-point of this project is to analyze the significance of impairments in EQ5D domains in overall survival of patients with Multiple Myeloma (MM).

RESULTS

Fifty one patients diagnosed with MM were included. Median age was 77 years (range 47-92), 90% of patients (46) were over 70 years old, and 26 (51%) were male. With a median follow-up of 22 months (range 1-48), 20 events (39.2%) for overall survival were registered.

Forty-three patients (84.3%) reported impairments in at least one EQ5D questions. Most frequently impaired domains were pain (62.7%) and mobility (48%). *Figure 1*

In the univariate analysis, none of the EQ5D domains was identified as prognostic factor for shorter survival. However in patients over 70 years old, impairments in pain (OR 1.9, 95%CI 0.96-3.7, p= 0.06) and self-reported health status (OR 1.9, 95%CI 0.9-4.2, p= 0.08) show a trend towards statistical significance. *Figure 2*

In the survival analysis, patients with 2 or more impaired domains have a shorter median overall survival (Log Rank 10.3, p= 0.001). *Figure 3*

Figure 1: EuroQoL-5D Domains

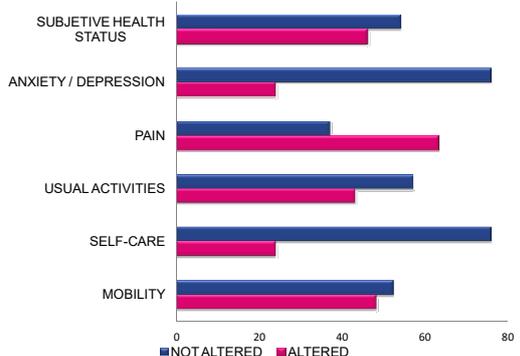


Figure 2: Relation between altered EQ5D domains and shorter survival in patients over 70 years

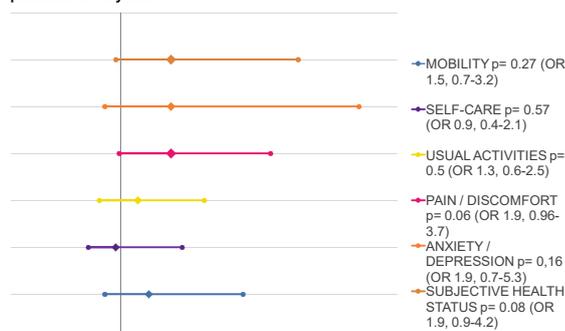
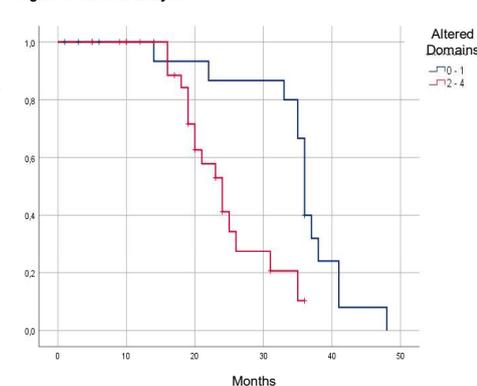


Figure 3: Survival analysis



CONCLUSION

In our cohort, a greater number of EQ5D altered domains is related to a shorter time of OS, taking into account the most frequently altered domains in order not only to improve patients' quality of life, but also their survival.

Despite the fact that no domain by itself has been found to be related to a shorter OS, EuroQoL-5D could be a useful, simple and accessible tool to assess PROMs in patients diagnosed with MM given the trend towards significance observed in some variables. A greater number of patients and prospective studies would be necessary to validate this hypothesis

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