

# HORIZONS: a study exploring the short, medium and long term consequences of a cancer diagnosis and its treatment, from before treatment begins. Progress during the first 22 months of recruitment.

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## Background

The impact of cancer and its treatment on everyday life is not fully understood. Improved understanding would enable health professionals to better prepare future patients and tailor care to survivors' needs during recovery. The HORIZONS programme aims to establish representative cohorts of cancer patients and track their clinical and psychosocial outcome measures over time. In this way, HORIZONS will improve understanding of the impact of cancer and its treatment on their everyday lives.

## Methods

- A multi-centre, prospective cohort study of adults, aged 16+, receiving curative intent treatment for cancer
- 3,000 people with cancer will be recruited, pre-treatment, from 78 NHS treatment centres across the UK
- People with the following cancer types are included (our cohorts): early onset breast cancer; non-Hodgkin lymphoma (NHL); gynaecological cancer (Figure 1)
- Participants complete questionnaires prospectively at time points throughout the study
- Questionnaires cover a range of topics such as quality of life, health status, self-efficacy, social support, social networks and lifestyle
- Clinical outcomes are collected prospectively via Case Report Forms at time points throughout the study

## Results

### Recruitment

- Between 9 September 2016 and 30 June 2018, 3,648 eligible patients were approached at 78 sites (109 hospitals). 2,114 consented to participate: 827 breast, 859 gynaecological cancers and 428 NHL.
- From those who consented, 1,719 (81%) baseline questionnaires were returned and 2,039 (96%) CRFs were completed (Figure 2). We present data from 1,636 baseline questionnaires and associated CRFs.
- 83% of participants were recruited from hospital sites in England, 9% from Wales, 7% from Scotland, and 1% from Northern Ireland.

### Clinical characteristics

- Cancer stage at diagnosis: HORIZONS stage profiles are closely aligned with national Cancer Research UK (CRUK) data<sup>2-7</sup>. The majority of breast, cervical, vulval, ovarian and endometrial cancer participants were stage 1 or 2 at diagnosis whilst more NHL participants were diagnosed with stage 3 or 4 disease.
- ECOG Performance Status: Over 90% of HORIZONS participants were categorised as Performance Status 0 or 1 at recruitment (pre-treatment).

### Demographic characteristics

- Age at recruitment: HORIZONS age profiles closely match data reported by CRUK<sup>2-6</sup>, except for vulval cancer participants (median age = 59) and cervical cancer participants (median age = 45).
- Gender: For the NHL cohort, the gender split is comparable to the national average with slightly more males (56%) recruited than females (44%)
- Ethnicity: 96% of HORIZONS participants are White. This is higher than the national average (87%) [9] but may reflect lower incidence rates of the HORIZONS cancer types in Black and Asian groups in the UK [10]

Figure 1 - HORIZONS cohorts

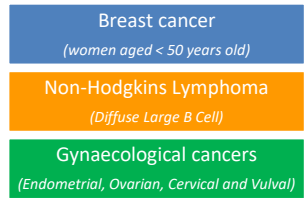
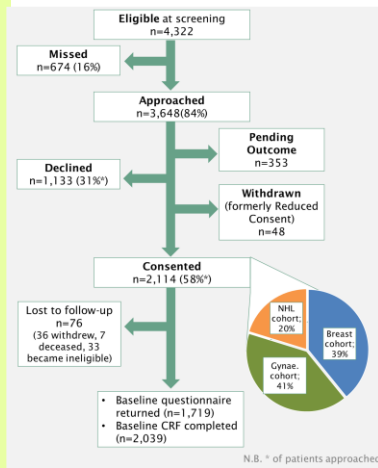


Figure 2 - Recruitment flow, to baseline



N.B. \* of patients approached

## Conclusions

HORIZONS participants hold characteristics broadly in line with national cancer and demographic statistics. Close monitoring of these data, along with expert advice, will be used to carefully develop our study processes to ensure a representative cohort of cancer survivors is established and can be followed over their life-course.

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[www.HORIZONS-Hub.org.uk](http://www.HORIZONS-Hub.org.uk)



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