

# HORIZONS: exploring the short, medium and long term consequences of a gynaecological cancer diagnosis

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## Background

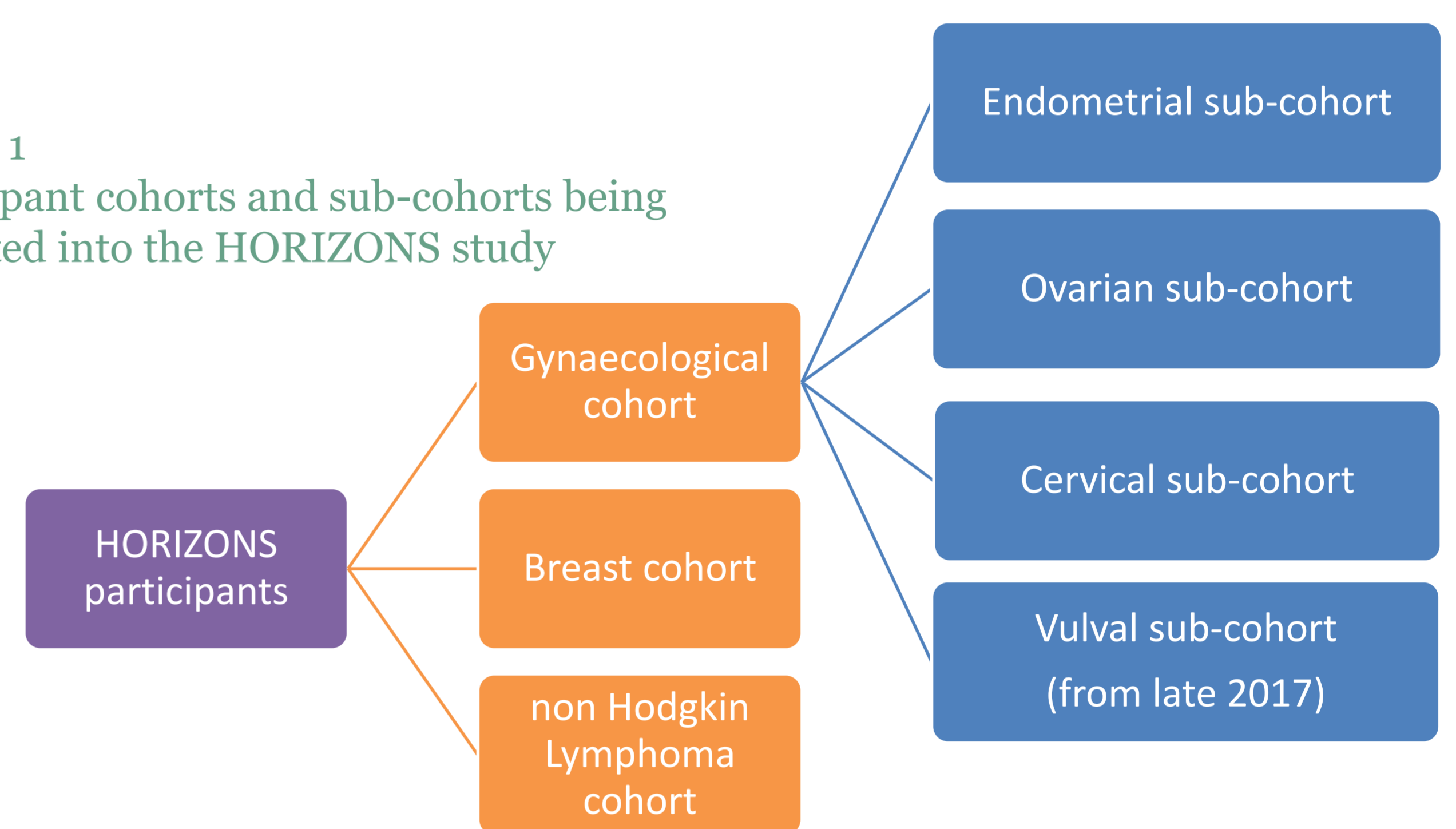
Gynaecological cancers include some of the most common cancers affecting women worldwide. However, there is little existing research examining the challenges experienced following primary gynaecological cancer treatment, or the process of recovery of health and well-being among survivors. The HORIZONS Programme is a new study, funded by Macmillan Cancer Support, which aims to improve our understanding of the consequences of a diagnosis of endometrial, ovarian, cervical and vulval cancer. In particular we aim to investigate:

- the impact of gynaecological cancer and treatment on women's lives
- the health outcomes and experiences of women diagnosed with gynaecological cancer
- self-management of the consequences of gynaecological cancer treatment

## Methods

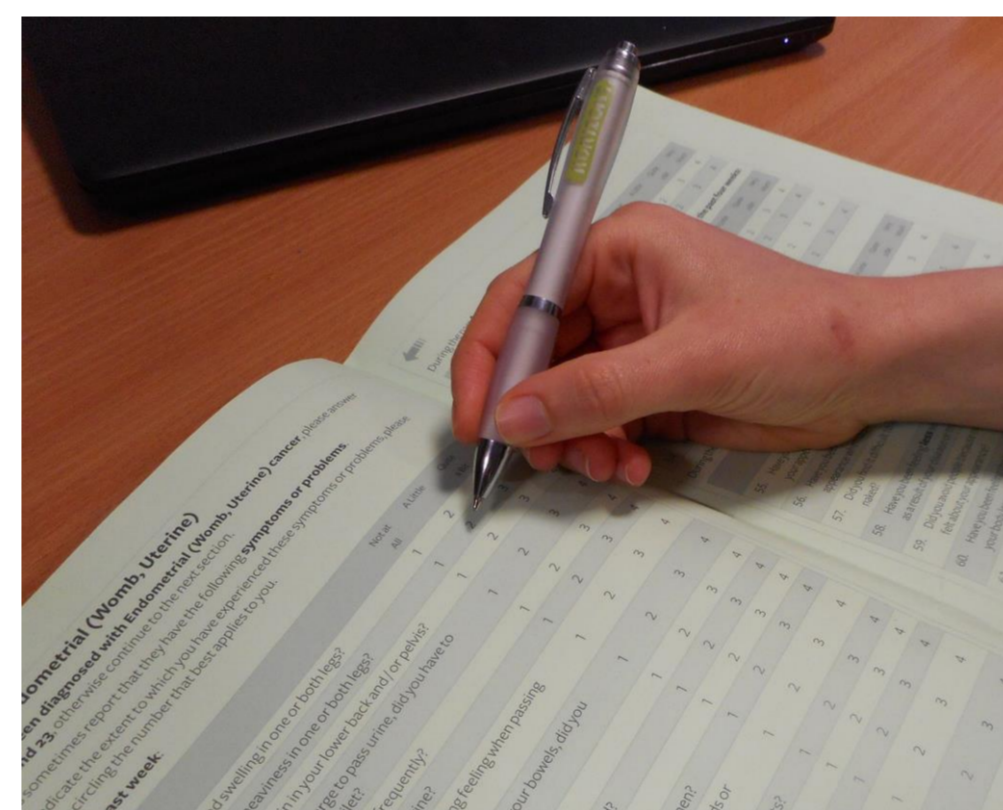
- HORIZONS is a prospective, longitudinal cohort study of adults treated for non-metastatic cancer
- 1,000 gynaecological cancer patients will be recruited from NHS treatment centres across the UK
- Patients with endometrial, ovarian and cervical cancer are currently included in the gynaecological cancer cohort (Stages IA-IIIc2, IA-IIIa1 and IA2-IIIb respectively). Vulval cancer patients will be included in the cohort from late 2017 (see Figure 1)
- The study was piloted in late 2016 in six sites
- Following the pilot, 16 further sites have opened. By the end of 2017 over 50 sites will be open
- Recruitment is expected to continue until Spring 2019
- Nested qualitative studies are planned

Figure 1  
Participant cohorts and sub-cohorts being recruited into the HORIZONS study



## Questionnaires

- Participants complete a pre-treatment, baseline questionnaire
- Follow-up questionnaires are completed by participants at 3, 12, 18 and 24 months after treatment begins and then annually
- The questionnaires include patient reported measures covering symptoms, quality of life, recovery, wellbeing, self-efficacy, self-management, social support, social networks and lifestyle factors
- The primary outcome measure is the Quality of Life in Adult Cancer Survivors (QLACS)[1]



## Clinical information

- Clinical information from medical records will be collected via case report forms (CRFs) prospectively



Figure 2 - Locations of HORIZONS sites recruiting gynaecological cancer patients

## Results

As of the 21<sup>st</sup> May 2017:

- HORIZONS is open in 22 sites, with 26 hospitals recruiting (Figure 2 shows site locations)
- 191 eligible gynaecological cancer patients have been invited to take part in HORIZONS
- 117 of these have consented to take part (as shown in Figure 4)
- The majority of gynaecological consented participants have endometrial cancer (as shown in Figure 3)
- 76 baseline (pre-treatment) questionnaires have been completed and returned so far
- 33 three month follow-up questionnaires have also been completed and returned so far

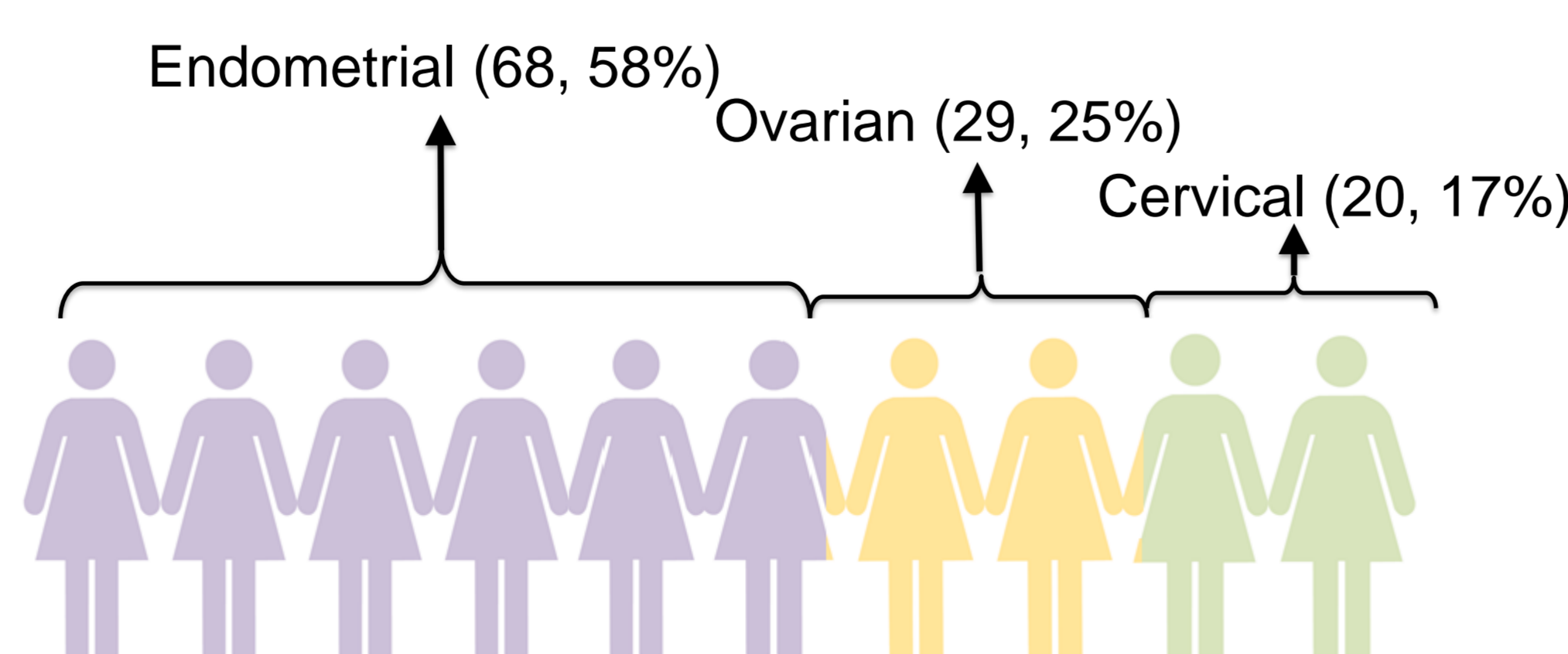


Figure 3 - Breakdown of consented gynaecological cancer participants

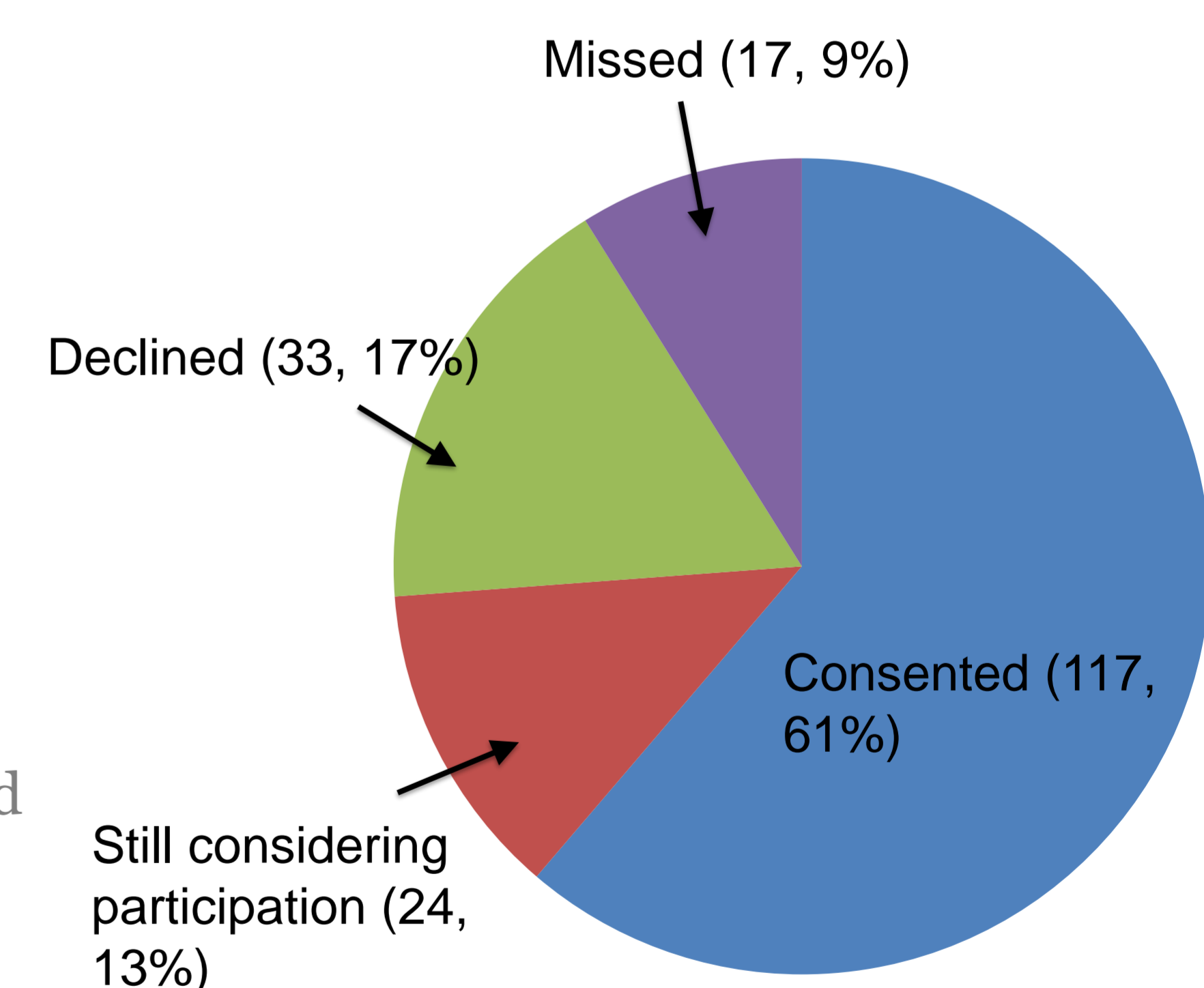


Figure 4 – Recruitment of gynaecological cancer patients in HORIZONS

## Conclusions

- Results from this large study will add to the body of knowledge about gynaecological cancer survivors' outcomes and experiences
- The data gathered has the potential to provide detailed evidence to inform and transform care for people living with and beyond gynaecological cancer

### Reference

1. Avis, N.E., Smith, K.W., McGraw, S., Smith, R.G., Petronis, V.M. & Carver, C.S. 2005. Assessing quality of life in adult cancer survivors (QLACS). *Quality of Life Research*, 14(4), 1007-1023.

