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HEALTH-RELATED QUALITY OF LIFE IN MACEDONIAN PATIENTS WITH CHRONIC MYELOID LEUKEMIA TREATED WITH TYROSINE KINASE INHIBITORS: EQ-5D-5L ASSESSMENT

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INTRODUCTION

Chronic Myeloid Leukemia (CML) is a significant clinical concern due to its impact on patients' health-related quality of life (HRQoL), particularly as treatment modalities evolve. This study assesses the HRQoL in Macedonian CML patients treated with tyrosine kinase inhibitors (TKIs), focusing on the utility of the EQ-5D-5L tool for such evaluations.

AIM

To assess the HRQoL using the EQ-5D-5L instrument among Macedonian patients diagnosed with CML and undergoing treatment with TKIs.

METHOD

This cross-sectional study collected data over a one month period (January 2024) and evaluated HRQoL in all Macedonian CML patients receiving TKIs at the time, employing the EQ-5D-5L instrument.

The study was conducted at University Clinic for Hematology - Skopje, Macedonia.

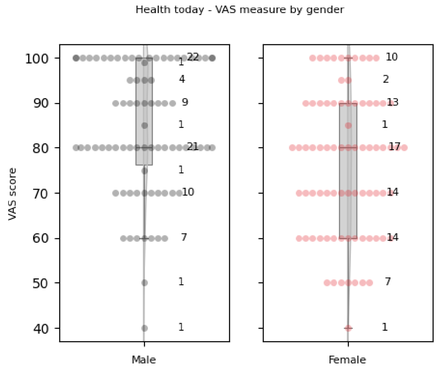
Participants were all adults diagnosed with CML, undergoing treatment with TKI. The study included 156 patients. All patients agreed to participate, with a complete response rate.

Patients received standard doses of TKIs (as per clinical guidelines), as the standard treatment for CML in Macedonia

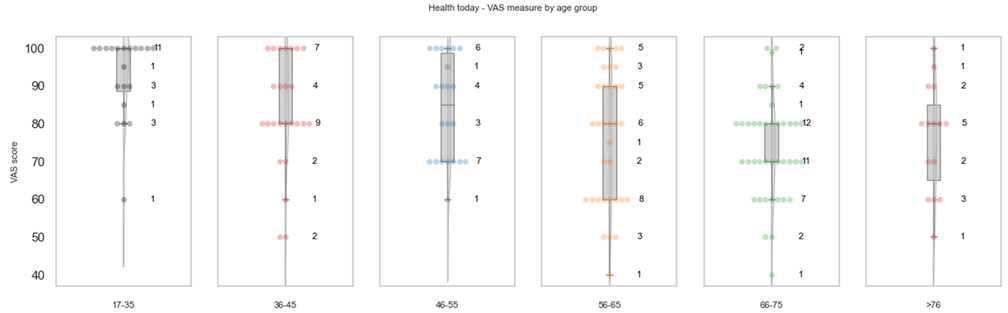
The primary outcome measurement was the HRQoL assessed using the EQ-5D-5L instrument which quantifies across five dimensions: mobility, self-care, usual activities, pain/discomfort, and anxiety/depression.

RESULTS

The results indicate that younger patients (17-35 years) reported higher HRQoL scores: mean visual analogue scale (VAS) = 92.07; by gender: male VAS = 96.4 and female VAS = 87.8, with scores progressively decreasing with age. Overall, 65% of patients reported no mobility issues, and 82.7% had no self-care problems. Notably, pain and discomfort were reported by 29.1% of the patients, indicating significant distress. The comprehensive data encompassed stratifications by age and gender.



The VAS scores for 'Health today' are presented for two groups. Group 1 (males) exhibits a median score of 80 with an interquartile range (IQR) from 76 to 100, and a mean score of approximately 83.8. Males are more likely to self-report a state of full health, with 22 occurrences. Group 2 (females) also has a median score of 80, with an IQR from 60 to 90, and a mean score of around 76. This group is less left-skewed, with only 10 females self-rating a state of full health. This comparison indicates that males generally reports better health than females, with a higher mean score, suggesting a statistically significant disparity in health perceptions between the two groups (p-value: 0.00179).



CONCLUSIONS

The study confirms that CML significantly impacts HRQoL, with variations observed across different age groups and between genders. The findings suggest that while TKIs are effective, additional supportive care might be required to address the HRQoL concerns, particularly related to pain management. These results underline the necessity for personalized patient care and may inform future clinical practices in CML treatment. Further longitudinal studies are recommended to assess the long-term impact of treatment on HRQoL.

Tab. 1: EuroQoL-5 Dimensions-5 Levels (EQ-5D-5L)

Level	Mobility	Self care	Daily activities	Pain discomfort	Anxiety depression
1 (no problems)	102 (65%)	145 (92%)	98 (62%)	114 (73%)	101 (64%)
2 (slight problems)	42 (27%)	5 (3%)	39 (25%)	37 (24%)	48 (31%)
3 (moderate problems)	10 (6%)	5 (3%)	17 (11%)	6 (4%)	7 (4%)
4 (severe problems)	1 (1%)	1 (1%)	3 (2%)	0	1 (1%)
5 (extreme problems)	2 (1%)	1 (1%)	0	0	0
Total	157	157	157	157	157

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