

Magnets for Symptom Management

Development of a Stoplight Magnet for Patient Symptom Escalation

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Introduction & Problem

- ❖ Outpatient oncology- ↑ patient acuity, volume and treatment options
 - New oncology therapies- ↑ oral therapies in the home setting
- ❖ Patients living longer, requiring more support through their treatment and survivorship
- ❖ Shift towards treatment in the outpatient setting
 - Patients and caregivers assume greater responsibility in symptom management at home
- ❖ A deficit was identified in patient knowledge and how to manage their symptoms at home

Purpose

- ❖ Purpose- create a simple visualization tool for patients to easily understand and self-evaluate the severity of their treatment side effects and symptoms
- ❖ Allow early identification of serious side effects and preventing potential delays in care

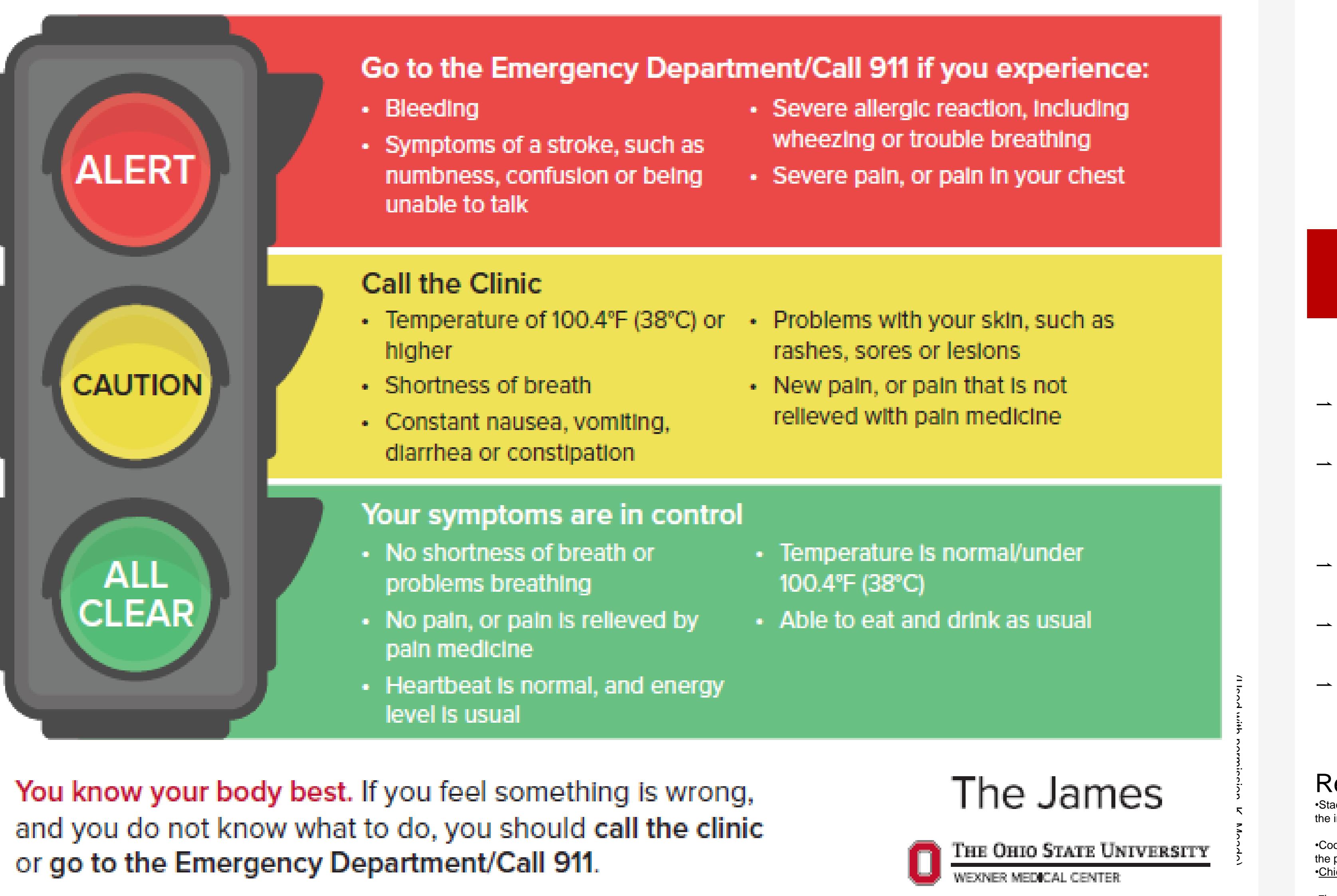
Project Implementation

- ❖ Interdisciplinary team- created simple refrigerator magnet to guide patients in identifying signs and symptoms to be concerned about
- ❖ Stoplight designed to:
 - Help patients recognize the severity of signs and symptoms
 - Relate severity of signs and symptoms to guide patients in appropriate actions
- ❖ Implemented on 4 outpatient oncology clinics
- ❖ Trialed for 2 months
- ❖ Trialed on 49 of patients

Discussion

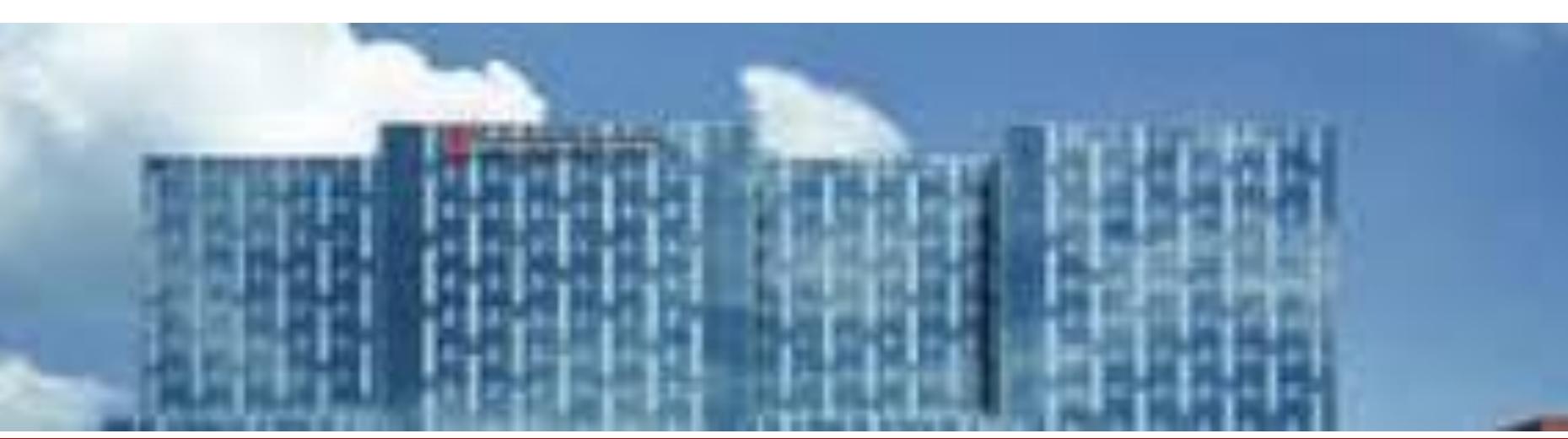
- ❖ Tool
 - Specific to medical oncology- requires additional patient education based on specific disease process & treatment
 - English language- not yet adapted in other languages
 - Size limited by 4"x6"- may be difficult to use for visually impaired
 - May be adapted to other clinics and populations

Stoplight Tool



Outcomes

- ❖ Survey Results
 - Pre survey from 49 patients / Post from 19 patients
 - Pre: 49/49 found it useful
 - Post: 15/19 found it useful
 - 3/4 who reported tool was not useful stated they had no symptoms and therefore didn't need to use it
 - 8 patients commented that we needed to add phone numbers
 - Other comments include: excellent idea, easy to read/understand, as a new patient this is helpful, and this is a great idea I would look at it everyday



Takeaways

- Provides branded novelty item for practical use
- Empowers patients to manage their own care in partnership with clinical team
- Works in oncology population
- Best timing of distribution to patients to be determined
- May add to the overwhelming nature of new diagnosis or treatment

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