

**Masterthesis: Abstract****An Oral care self-management support protocol (OrCaSS) to reduce oral mucositis in hospitalized patients with acute myeloid leukemia before allogeneic hematopoietic stem cell transplantation: a randomized, controlled pilot study**

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Background

Oral mucositis (OM) is a debilitating and common side effect in patients undergoing allogeneic hematopoietic stem cell transplantation (aHSCT).

Objective

The aim of this pilot-study was to test an oral care self-management support protocol (OrCaSS) compared to usual care in the setting of aHSCT in view of its feasibility and to estimate effect sizes regarding the primary outcome (OM). Secondary outcomes were adherence to the intervention, quality of life (QoL) and symptom experience.

Methods

18 patients with AML and aHSCT were recruited from 08/2012 to 04/2013 and randomly assigned to a usual care (UCG) or an intervention group (IG). OrCaSS consisted of two sessions one week prior to and at the day of admission. OM was assessed daily for 28 days starting with conditioning chemotherapy. Adherence, QoL and symptom experience were measured at three time points.

Results

Research and intervention procedures were well feasible. An OM incidence of 100% was observed. The median highest OM grade was higher in the UCG than in the IG (3.0 versus 2.0). The duration of OM was shorter in the IG (12.0 days) compared with the UCG (14.0 days [$r=-0.1$]) and the onset of OM was later in the IG compared to the UCG ($r=-0.1$). In the IG, adherence with the intervention decreased from 50% to 25%.

Conclusions

While future research with larger samples will be required to confirm findings, data suggest the efficacy of this oral care protocol aiming at improving patient care.

Keywords: *oral mucositis, oral care protocol, acute myeloid leukemia, allogeneic hematopoietic stem cell transplantation*

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