E-Poster

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Quality of Life in the Early Phase After Allogeneic Hematopoietic Stem Cell Transplantation

Topic: Miscellaneous

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BACKGROUND

Allogeneic hematopoietic stem cell transplantation (allo-HSCT) is a potentially curative treatment for various hematologic disorders, including leukemia, lymphoma, and aplastic anemia. It involves the infusion of hematopoietic stem cells from a genetically matched donor to restore bone marrow function after high-dose chemotherapy or radiation. However, allo-HSCT is associated with significant physical and psychological challenges. Quality of life (QoL) in the early post-transplant period is influenced by multiple factors, including demographic characteristics and clinical complications. This study aimed to assess QoL in the first six months following allo-HSCT and examine the impact of gender, age, graft-versus-host disease (GVHD), length of hospitalization, and body weight changes on patients' well-being.

METHODS

A total of 28 patients undergoing allo-HSCT were enrolled in this study. Quality of life was assessed using the validated Functional Assessment of Cancer Therapy - Bone Marrow Transplant (FACT-BMT) questionnaire at three time points: the day after transplantation, one month post-transplant, and six months post-transplant. Patients independently completed the questionnaires. Statistical analyses were conducted to evaluate QoL variations based on gender, age, GVHD occurrence, duration of hospitalization, and weight changes.

RESULTS

Differences in QoL were observed among patients based on demographic and clinical factors. Gender, age, and body weight changes influenced QoL outcomes, with some groups experiencing greater challenges in recovery. Additionally, patients who developed GVHD and those who required prolonged hospitalization exhibited significantly worse QoL scores across all time points.

CONCLUSION

This study highlights the multifactorial nature of QoL outcomes in the early post-allo-HSCT period. GVHD, extended hospitalization, and substantial weight loss negatively impact QoL, while demographic characteristics also play a role. These findings underscore the need for targeted supportive care strategies to improve post-transplant recovery and enhance patient well-being.

Statement of Disclosures

None

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