

## Prevalence of fatigue in cancer patients aged 18 to 39 in outpatient treatment: preliminary report

Juliana Costa Pavanelli (Paulista School of Nursing, Federal University of São Paulo, UNIFESP, Brazil); Fernanda Cristina de Araujo Almeida (Paulista School of Nursing, Federal University of São Paulo, UNIFESP, Brazil); Keilla Regina Santos Louzada (Paulista School of Nursing, Federal University of São Paulo, UNIFESP, Brazil); Juliana de Lima Teodoro (Paulista School of Nursing, Federal University of São Paulo, UNIFESP, Brazil); Mayara Rodrigues Tavares (Paulista School of Nursing, Federal University of São Paulo, UNIFESP, Brazil); Cristiane Decat Bergerot (Paulista School of Nursing, Federal University of São Paulo, UNIFESP, Brazil); Edvane Birelo Lopes De Domenico (Paulista School of Nursing, Federal University of São Paulo, UNIFESP, Brazil)

**BACKGROUND:** Fatigue can be described as the perception of unusual tiredness that varies in pattern and severity and has a negative impact on the ability to function in people who have or who have had cancer. It is one of the most frequently reported symptom among Hodgkin Lymphoma (HL) and Non Hodgkin Lymphoma (NHL) patient. Prevalence rates of fatigue vary widely and depend on tumor type and age. Therefore, the aim of the current study is to examine the prevalence of fatigue and associated factors among younger adults (18 to 39 years), as they are an unknown age group by literature. **HYPOTHESIS:** We hypothesized that younger and female patients would report greater level of fatigue. **METHODS:** A descriptive and prospective study was conducted between 30 cancer patients in treatment or follow-up period from Hospital São Paulo, of the Federal University of São Paulo (HSP - UNIFESP), São Paulo, Brazil. Data collection began in 2015 and continues to the present day. Eligible patients were assessed using the: sociodemographic and clinic questionnaire, Karnofsky Performance Status (KPS), Fatigue Pictogram and the Revised Piper Fatigue Scale. **RESULTS:** The majority of the overall sample were female (60%), white or *pardo* (83.3%), single (53.3%) and with a mean age of 30.1 years (SD=5.96). The total sample had attended school up to 9 years, the majority does not work nowadays (60%) and patients reported a mean monthly income of R\$ 2,743. Most frequently diagnoses (79.3%) were HL, being 60% undergoing chemotherapy. About 53.3% of patients reported moderate to severe fatigue on the Piper Scale. The KPS average score was 83 (50-100; SD=13.2); worker patients present a significant higher KPS level ( $p<0.02$ ). Descriptive analysis suggests that male patients tends to report higher levels of fatigue being diagnosed with HL and inversely women report higher levels being diagnosed with NHL. A Binary Logistic Regression analysis identified early age (18-28 years) predicting fatigue level 2 and 3 (performing tasks sub-scale) on the Fatigue Pictogram ( $p<0.14$ ). There was also a significant correlation between widowed/divorced and fatigue level 2 (perception sub-scale), and between married/single and fatigue level 3 (perception sub-scale) ( $p<0.05$ ). Finally, Piper Scale and Fatigue Pictogram were significantly correlated ( $p<0.001$ ). Future consolidation of data collection may generate new correlations.