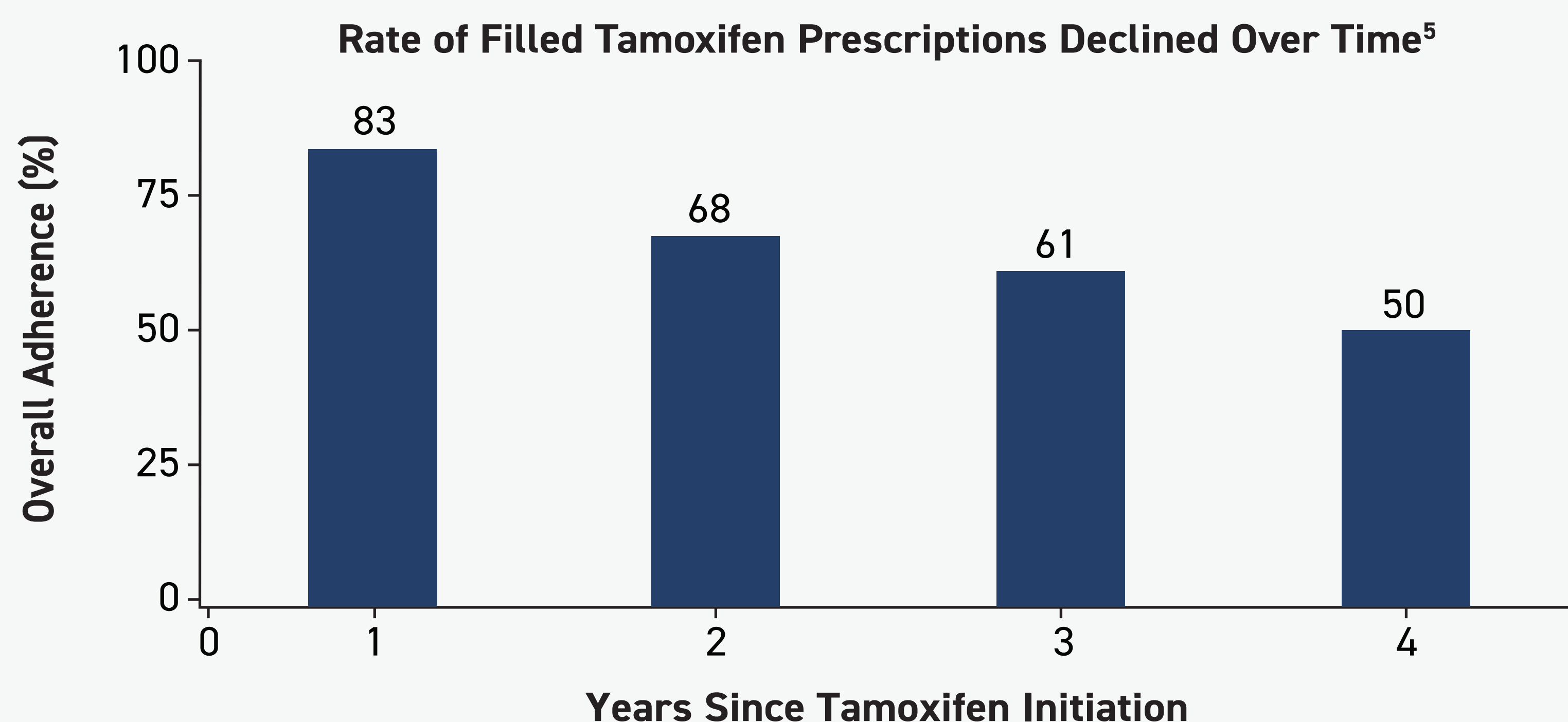


High-Risk, Early Breast Cancer: Supporting Treatment Adherence for Patients With HR+ /HER2- EBC

Standard of care: oral endocrine therapy

For patients with hormone receptor-positive (HR+) early breast cancer (EBC), oral endocrine therapies such as tamoxifen and aromatase inhibitors are effective treatment options and the current standards of care for adjuvant therapy¹⁻⁴



Despite the clinical benefits of adjuvant therapy, only **around half** of patients with EBC are fully adherent to their oral adjuvant treatment within 5 years^{5,6}

Medication adherence and persistence

Supporting patient adherence and persistence to their adjuvant therapy is important for the management of these patients^{7,8}

Medication adherence

is "the extent to which a patient acts in accordance with the prescribed interval and dose of a dosing regimen"

Start Medication or Observation

Adherence

Percentage of doses taken as prescribed

Stop Medication or End Observation

Medication persistence

is "the duration of time from initiation to discontinuation of therapy"

Start Medication or Observation

Persistence

Days taking medication (without exceeding permissible gap)

Stop Medication or End Observation

For patients with EBC, increases in adherence and persistence to adjuvant therapy were associated with a decrease in all-cause mortality⁹

Factors that influence medication adherence are multidimensional^{7,10}

Social and Economic Factors	Condition-Related Factors	Therapy-Related Factors	Healthcare Team and System-Related Factors	Patient-Related Factors
<p>Age Financial status Personal or clinical support</p>	<p>Comorbidity burden Disease stage</p>	<p>Tamoxifen use Experience with adverse events and/or chemotherapy</p>	<p>Out-of-pocket costs Hospitalizations Personalized care plan</p>	<p>Pre-existing depression Belief in drug efficacy Value in doctor's opinion</p>

Understanding these factors can help facilitate the development of **effective adherence interventions** with the goal of **improving patient outcomes**⁷

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High-Risk, Early Breast Cancer: Supporting Treatment Adherence for Patients With HR+ /HER2- EBC

Strategies to promote therapy adherence in patients with HR+ EBC

As healthcare providers (HCPs), it is important to work with patients to promote treatment adherence



Strategies implemented in the clinic to ensure patients are taking their medication as scheduled are centered around **open and honest** communication between the healthcare team and patient¹⁻³

Methods used in the clinic to help increase medication adherence include shared decision-making, the SIMPLE strategy, motivational interviewing, and adopting evidence-based interventions to manage side effects¹⁻⁴

Shared decision-making

In shared decision-making, HCPs and patients work together to identify the optimal treatment plan¹

Shared decision-making involves a bilateral flow of information, in which HCPs provide all relevant disease-related information and the patients provide their thoughts and values⁵

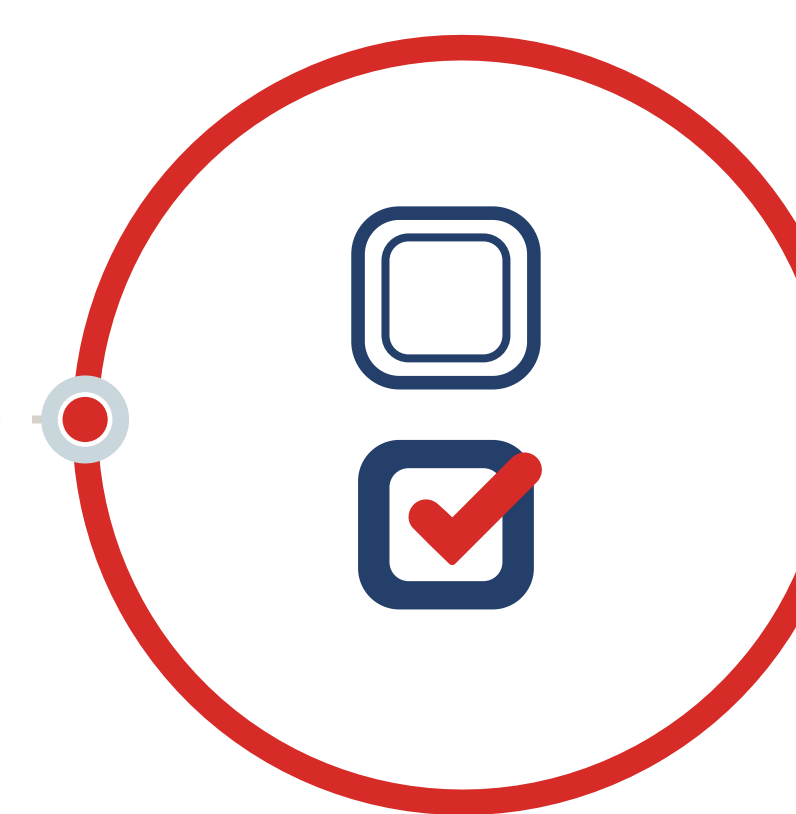
Shared-decision making is a 3-step process¹



Choice Talk
Inform patients that options exist



Option Talk
Provide more detailed information about treatment options



Decision Talk
Consider patient preferences and decide how to move forward

SIMPLE strategy

The SIMPLE strategy is a summary of methodologically proven, adherence-enhancing strategies that can be applied to patient care
Below are some examples of adherence-enhancing strategies²

S

Simplifying regimen characteristics

Adjusting the dose schedule

I

Imparting knowledge

Sharing written information or pamphlets

M

Modifying patient beliefs

Assessing benefits and barriers

P

Patient and family communication

Active listening and including patients in the decision-making process

L

Leaving the bias

Adapting education for a patient-centric audience

E

Evaluating adherence

Utilizing self-reports or pill counting



As HCPs, it is important to ensure adjuvant therapy adherence by building a **trusting relationship** and promoting a **consistent dialogue** between your healthcare team and the patient

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