

Helping Patients Harness Hope during Treatment for Advanced Lung Cancer

NCI Council of Research Advocates
September 18, 2024

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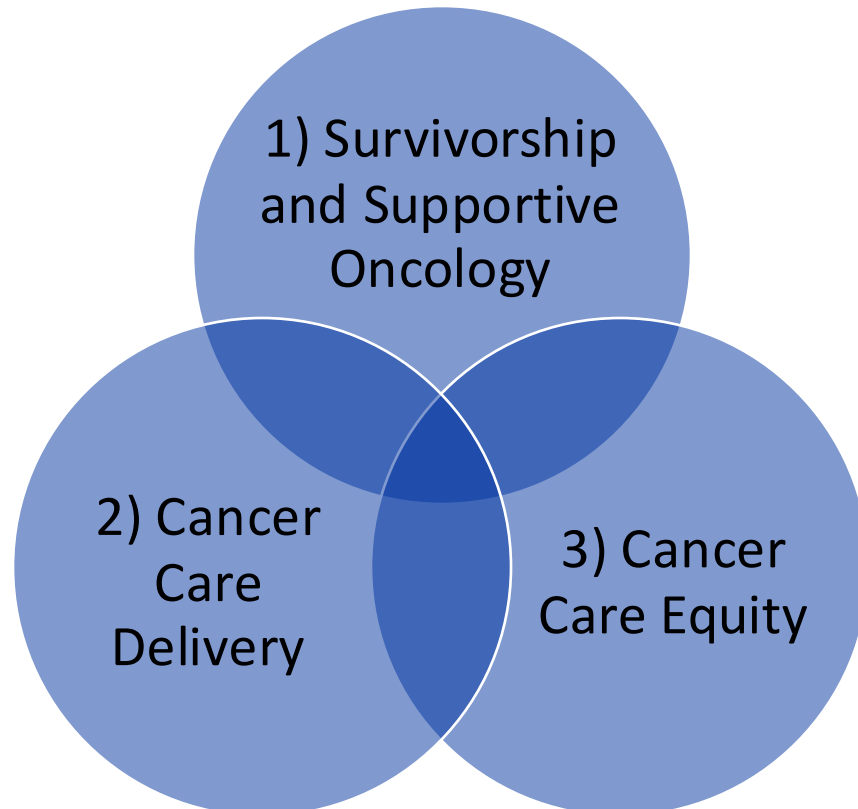
An NCI-Designated Cancer Center

Today's talk

- Background
 - Professional
 - Personal
- Why “Hope”?
- Cancer Moonshot Scholars Study
 - Overview
 - Promise and implications
 - Looking ahead

Professional Background and Research Program

Clinical Psychologist; Cancer Intervention Researcher



1. How do we support patients and families to improve quality of life?

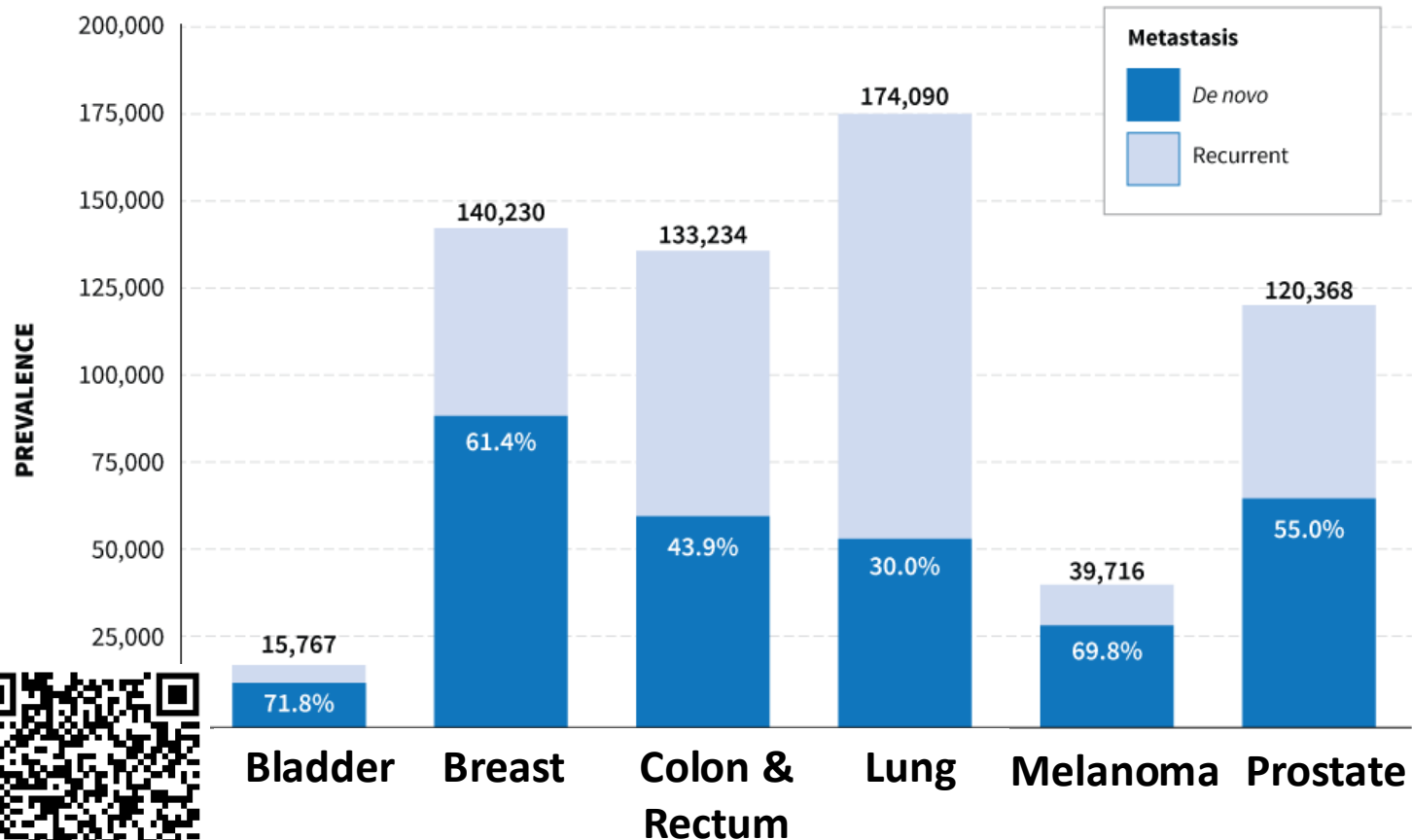
2. How do we improve cancer care?

3. How do we ensure everyone receives high quality cancer care and experiences the best outcome possible?

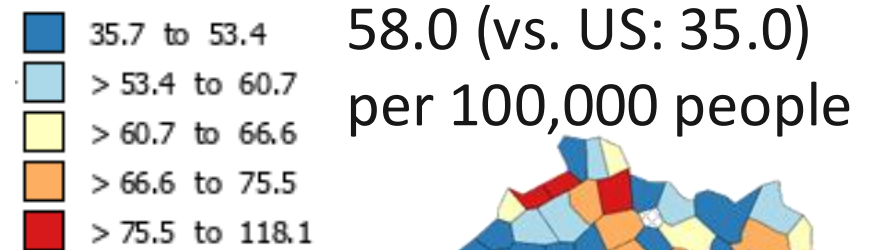
Emphasis on Advanced Cancers and Rural Communities

> 600,000 people in U.S.

Estimated Numbers of Individuals Living with Metastatic Cancer in the U.S.



Age-adjusted Advanced Lung Cancer Incidence Rates




NATIONAL CANCER INSTITUTE
 GIS Portal for Cancer Research

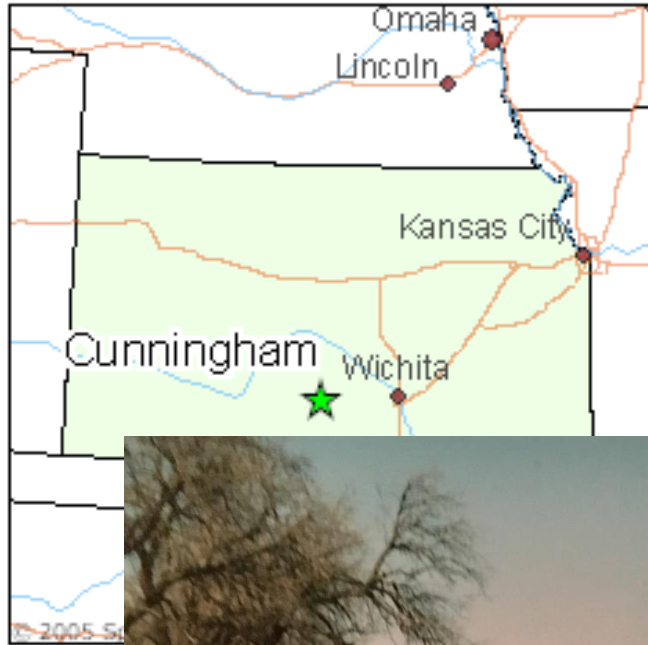
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Cancer Map Stories



Personal Background

Kansas



Hope

Defining Hope

When and what do we need hope for?

Future-oriented

Positive

Outcome is uncertain



Positive psychology definition of hope (Rick Snyder)

Positive, motivational state

Having goals

Agency (will)

Pathways (ways)

Clinical Experience: Why Hope Matters during Cancer

Cancer diagnosis

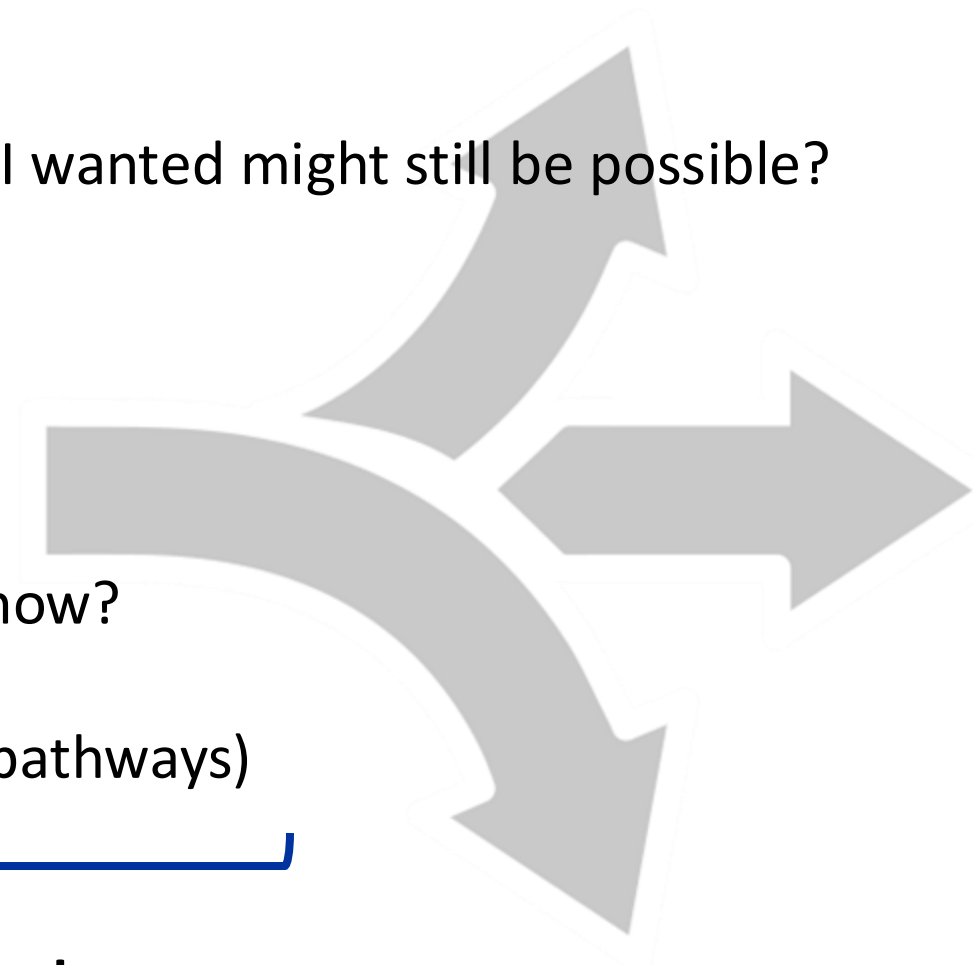
What part of the future I wanted might still be possible?
(values, goals)
How? (new pathways)

**Treatment challenges,
physical decline, setbacks**

What's important to do now?
How will I get there?
(values, new goals, new pathways)

Current Advanced Cancer Treatment Landscape

Prolonged survival, multiple treatment lines, uncertain disease course –
requires multiple goal pursuits, “re-goaling” throughout



My Research to Date on Hope in Advanced Cancer

Dissertation

Hope predicts better quality of life during cancer treatment

21 days

Survey

PMC5837918

Cancer Moonshot Scholars Grant:

**“Pathways,” A Hope Intervention
for Patients on Treatment for
Advanced Lung Cancer**

Pathways Overview

Session 1:
In-person
30-45 min.



Session 2:
Phone
10-15 min.



Session 3:
In-person
30-45 min.



Session 4:
Phone
25-30 min.



Session 5:
Phone
15-20 min.



PATHWAYS
TOOLKIT



- Led by two Nurse Practitioners, one RN
- Content focuses on helping patients identify
 - Most important personal values
 - Most important personal goals
 - Ways to pursue personal goals
 - Potential obstacles and ways to respond

Questions to be Answered with Cancer Moonshot Scholars Grant

1. Does Pathways work?

- Depression symptoms (primary outcome)
- Anxiety, demoralization symptoms
- Positive affect
- Quality of life

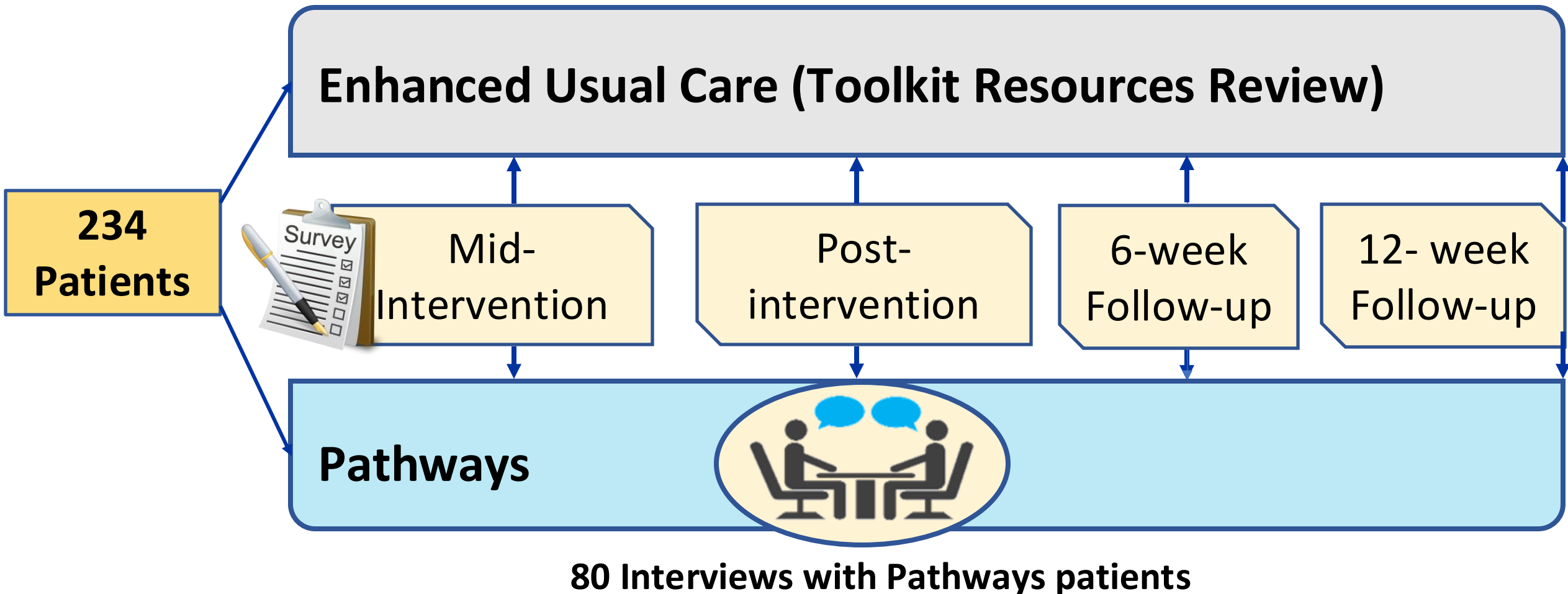
2. How does Pathways work?

- Reduce cancer-related goal interference
- Improve goal adjustment

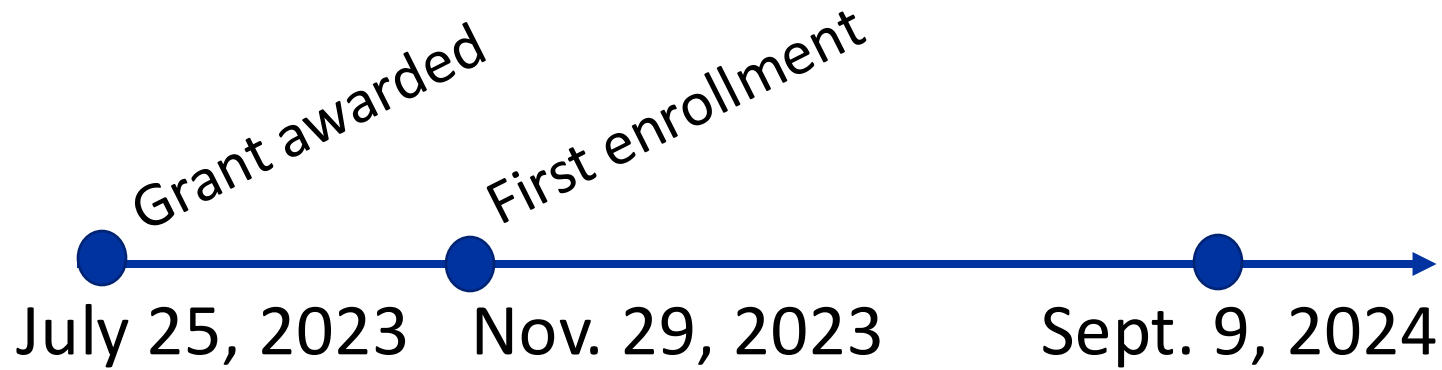
3. Is Pathways accessible and beneficial to everyone?

- ≥ 65 yrs vs. <65 ; rural vs. urban; male vs. female

5-Year Moonshot Study Overview



Current Status of Study



- **42** enrolled
- **36** randomized
- **20** completed intervention arm and primary outcome



Promise and Implications

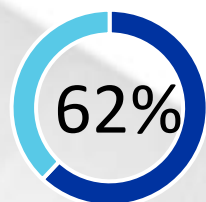
- If Pathways “works”
 - Very brief intervention – low burden to patients
 - Delivery by nurses -- potentially reach those without access to mental health specialists
 - Could be added to existing clinical interventions
 - Success in our population likely to translate to success in others
- Learning why Pathways did/did not benefit and reach everyone the same way
 - Changes to the intervention to increase benefit and reach among vulnerable groups

Future Directions – “Pathways for Caregivers”



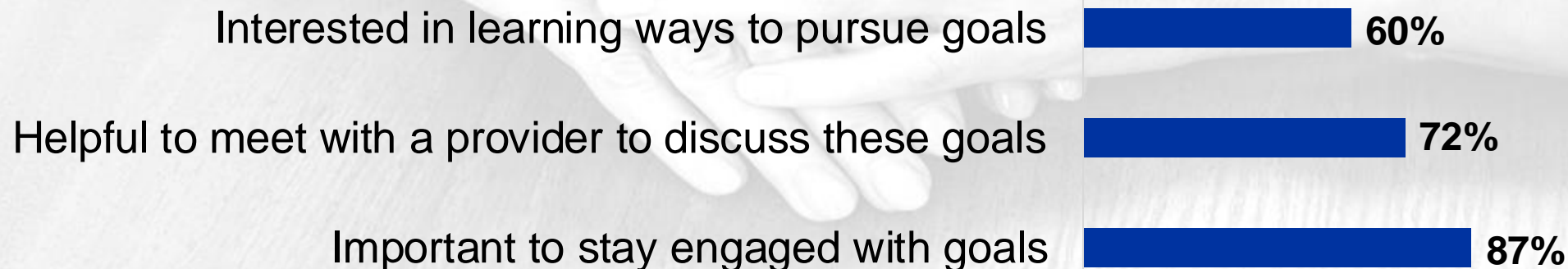
Most important goals:

- Caregiving (e.g., “Get loved one through treatment”)
- Social/relationships (“Improve my family life”)
- Major life changes (e.g., “Decide whether to quit working”)



62% Cancer or treatment interfering with goal progress

Percentage of Caregivers who said “Somewhat” to “Very”



Discussion and Questions

Some Goals Participants have Shared

“Become as strong and independent as possible”

“Patience with my kids”

“Conquer fear of flying”

“Build my relationship with the Lord”

“Play with grandchildren”

“Take a beach vacation”

“Be able to do more housework”

“Quit smoking”

“Get through chemo and radiation”

“Get my oxygen back to normal”

“Get back into cooking”

“Care for my family”

“Get out of this wheelchair”

“Finish quilting projects”

“Finish photo books”

Thank you!
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