

Involving Community Pharmacists in the Care Pathway of Patients receiving Adjuvant Endocrine Therapy (AET) after Breast Cancer: Pilot study of the PACHA program

Authors :

Allyson Turcotte^{1,2}, Sarah Jeanveaux^{1,2}, Julie Lapointe¹PhD, Jorane Fournier¹, Laurence Harvey-Gagné¹, Laurence Guillaumie^{1,3}PhD, Anne Dionne^{1, 4, 5}PhD, Lyne Lalonde⁶PhD, Julie Lemieux^{1, 5}MD, Michel Dorval^{1, 4, 7}PhD, Hermann Nabi^{1, 8}PhD, Martine Lemay⁵RN, Line Guénette^{1, 4}PhD, Jason Robert Guertin^{1, 8}PhD, Benoît Mâsse⁹PhD, Sophie Lauzier*PhD^{1, 4}

Affiliations :

1. CHU de Québec-Université Laval Research Center, Quebec, QC, Canada
2. Faculty of Medicine, Laval University, Quebec, QC, Canada
3. Faculty of Nursing Laval University Quebec, QC, Canada
4. Faculty of Pharmacy, Laval University, Quebec, QC, Canada
5. Centre des Maladies du Sein, CHU de Québec-Université Laval, Quebec, QC, Canada
6. Faculty of Pharmacy, Montreal University, Montreal, QC, Canada
7. CISSS Chaudière-Appalaches Research Center, Lévis, Canada
8. Social and preventive medicine department, Faculty of Medicine, Laval University, Quebec, QC, Canada
9. CHU Sainte-Justine, Research Center, Montreal University, Montreal, Quebec, Canada

Background: Adjuvant endocrine therapy (AET) is prescribed for 5-10 years to women diagnosed with hormone sensitive breast cancer to reduce the risks of recurrence and mortality. For some women, adherence is suboptimal. Community pharmacists could help optimize adherence.

Objectives: Evaluate the acceptability, feasibility, and preliminary effects of PACHA, a community pharmacy-based program designed to enhance adherence to AET and patient experience.

Methods: This pilot cluster randomized controlled trial used mixed methods. A cluster included pharmacists and women receiving AET for ≤ 30 months from a same pharmacy, randomized (1:1) to the intervention or the control group. In the intervention group, pharmacists completed an online training and conducted consultations with the women to assess their needs and support side effect management. Resources were available to the women on the program's website. Data was collected through questionnaires and semi-structured interviews.

Results: Fifty-six clusters, 92 pharmacists and 105 women were recruited. Pharmacists had a mean 14.3 years of practice. Women had a mean age of 59.9 years (67% were menopausal), with 16.2 months since diagnosis. Recommended treatment duration was 5 years in 70.5% of cases and >5 years in 12.4%. Ongoing analyses will assess the implementation process and the program's preliminary effects on psychosocial factors influencing AET adherence.

Conclusion: The results will guide program improvements with the objective of conducting a large-scale study. By improving women's experience with AET and strengthening the role of community pharmacists in adherence support, this program could help reduce the burden of breast cancer.

Corresponding author: Sophie Lauzier, PhD

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