



A person-centred and sustainable approach to treating patients with Acute Myeloid Leukaemia: A case review of a patient experience on the Low-Dose Cytarabine Home Injection Program

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Background:

- A program was developed for eligible patients to self administer subcutaneous chemotherapy in the comfort of their own home
- A 61-year-old Sunshine Coast male successfully completed the program education and was enrolled to the program
- The patient had haematologist review pre-cycle 2, and subsequently collected the 10 cytarabine doses for cycle 2 self-administration.

Methods: Data came from patient-consented feedback and electronic medical records. The estimated time saved by the patient from self-administration was calculated by using average commute time and typical cytarabine cycle 1 hospital attendance time for nurse administration, less the time for home self-administration.

Results: The patient reported:

- ✓ Reduction in treatment-related anxiety
- ✓ Improved confidence
- ✓ Increased social engagement

Patient:

“ I can now do odd jobs around the house ...I’m less of a burden...and back to being a husband”



43 hours/month of treatment and travel time saved.

The patient did not need to apply for government-subsidised Brisbane accommodation and his wife did not require time off work.

Conclusion: Self administration of cytarabine at home:

- ✓ Improved quality of life
- ✓ Allowed for easier access to services

Further research into the self administration of chemotherapy in the home is warranted.