

# Building Resilience in Adolescents and Young Adults with Cancer

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# Adolescents and Young Adults (AYAs) with Cancer

- Adolescents and Young Adults (AYAs) = 15-39 year olds
- NCI designated as high risk group
- Pediatric AYAs (ages 15-24) have unique developmental challenges
- AYAs suffer from negative outcomes

# Palliative Care and Resilience Research Program



*Resilience = “process of identifying and harnessing resources to maintain well-being during and after any stressor”*

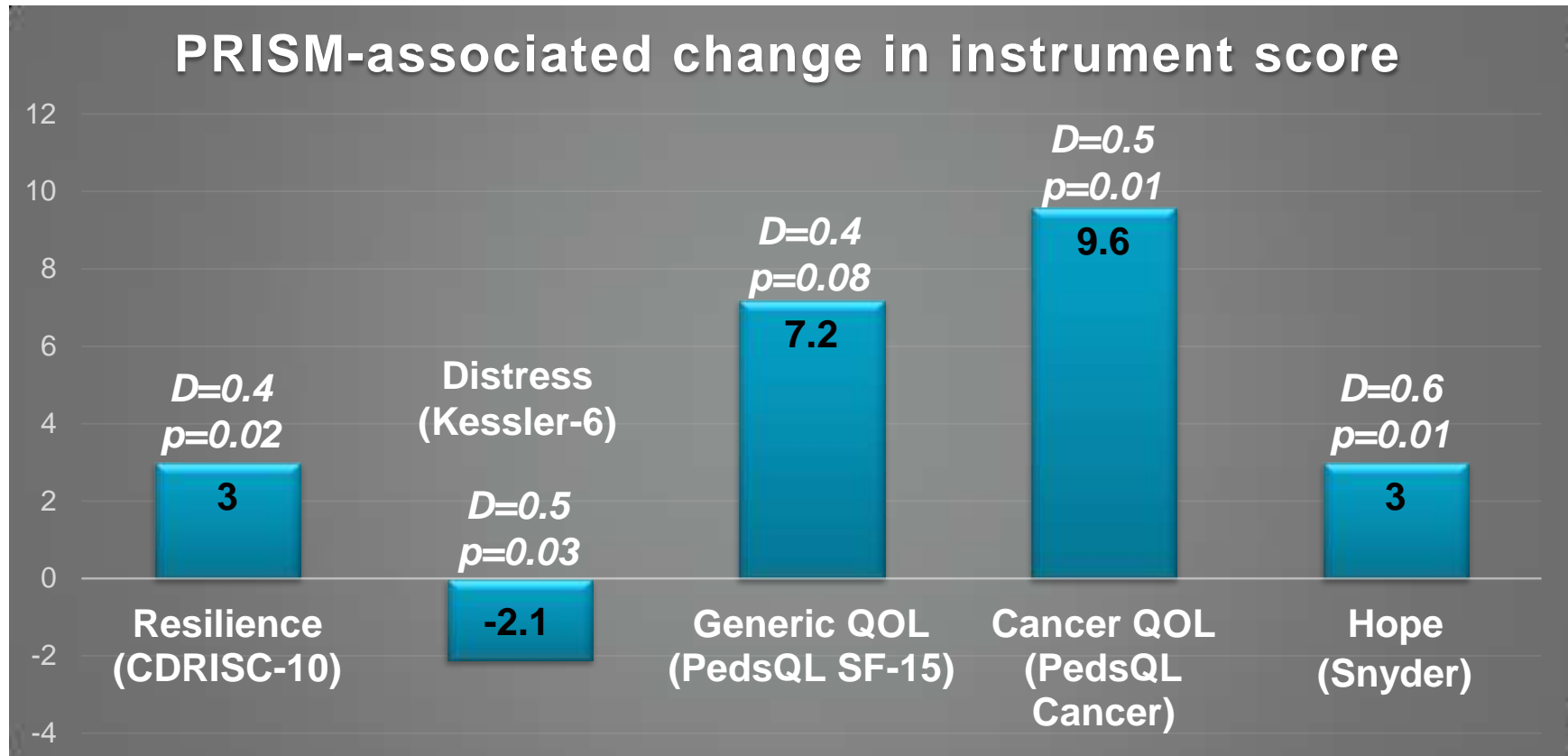
# Promoting Resilience in Stress Management



# Participant Characteristics (N=92)

	Usual Care (n, %) N=44	PRISM (n, %) N=48
Female*	24 (55)	16 (33)
12-17 years-old at enrollment	32 (73)	35 (73)
18-25 years-old at enrollment	12 (27)	13 (27)
Non-White Race	19 (43)	15 (31)
First language not English*	10 (23)	1 (2)
Leukemia/Lymphoma	27 (61)	30 (63)
Central Nervous System (CNS)	3 (7)	3 (7)
Non-CNS Solid Tumor	14 (32)	15 (31)
Advanced Cancer at Enrollment	14 (32)	10 (21)

# Primary and Secondary Outcomes (n=92, intention to treat analyses)

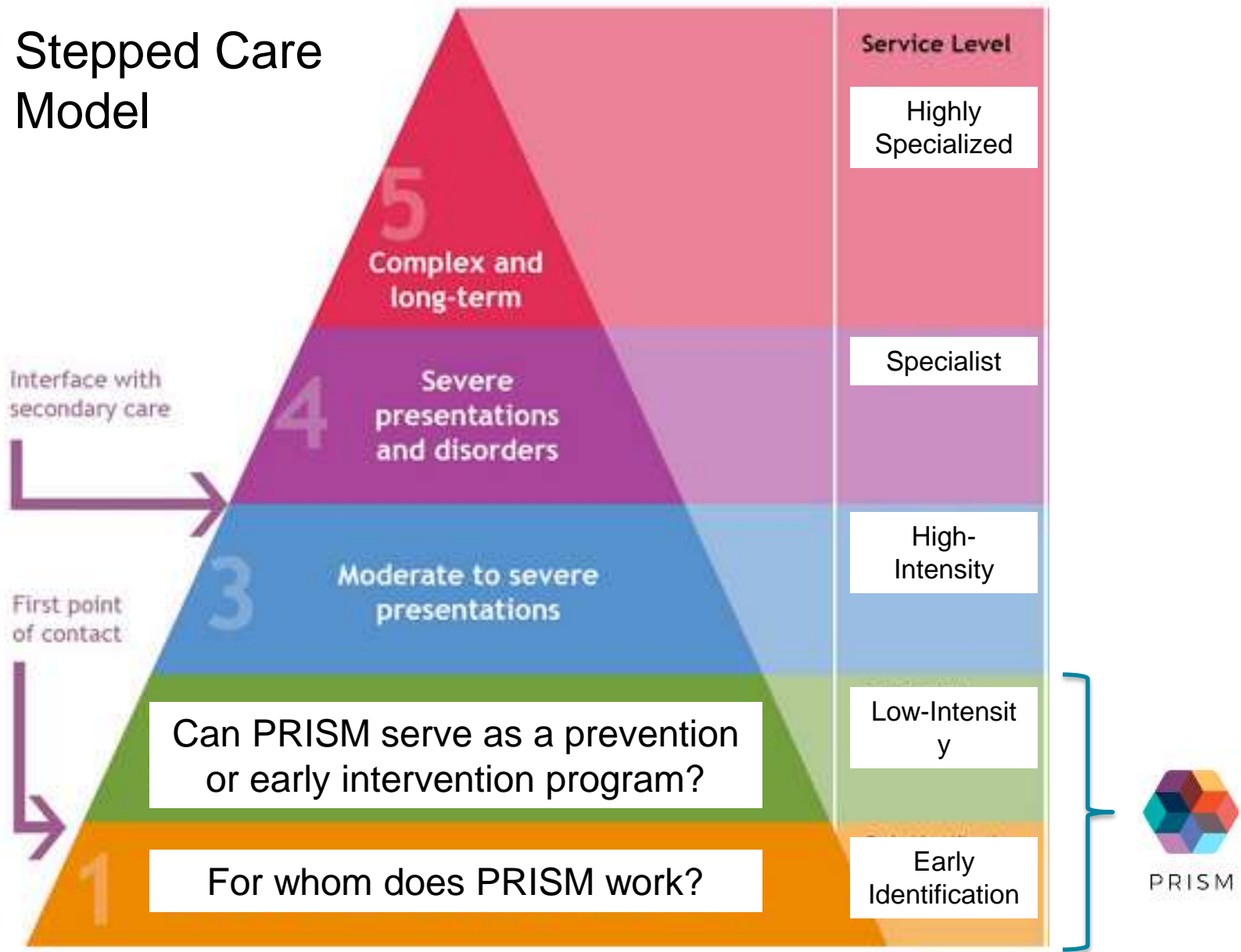




# BRIDGING RESEARCH AND PRACTICE



# Stepped Care Model

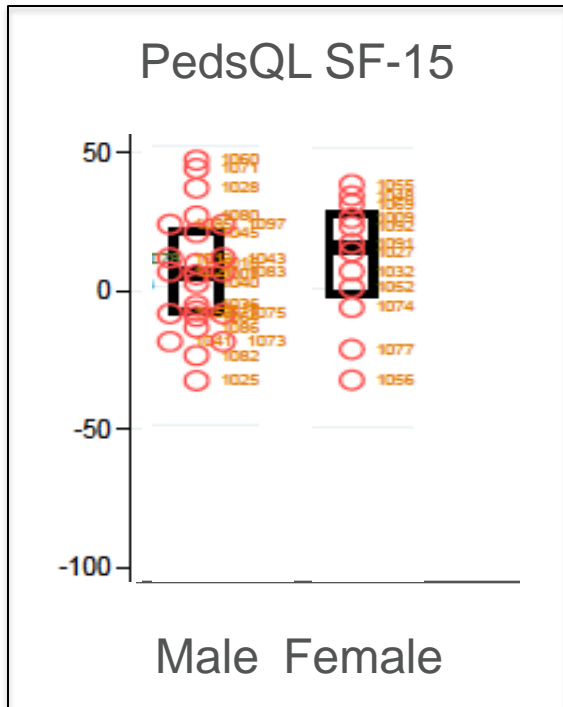




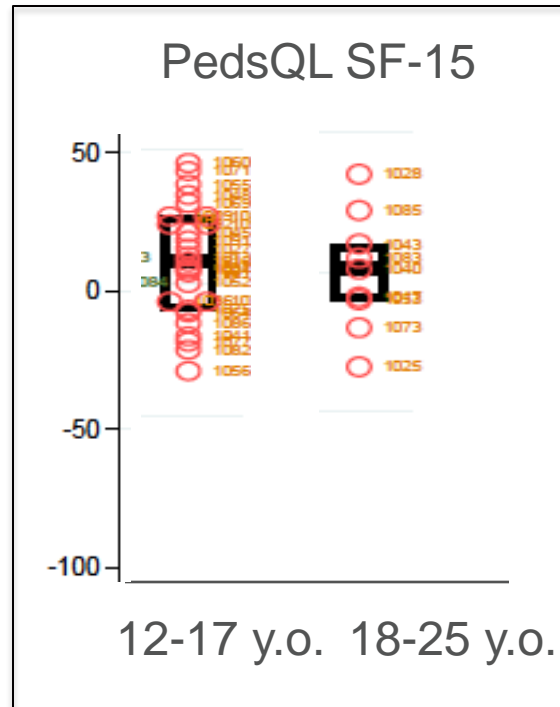
# For whom does PRISM work?

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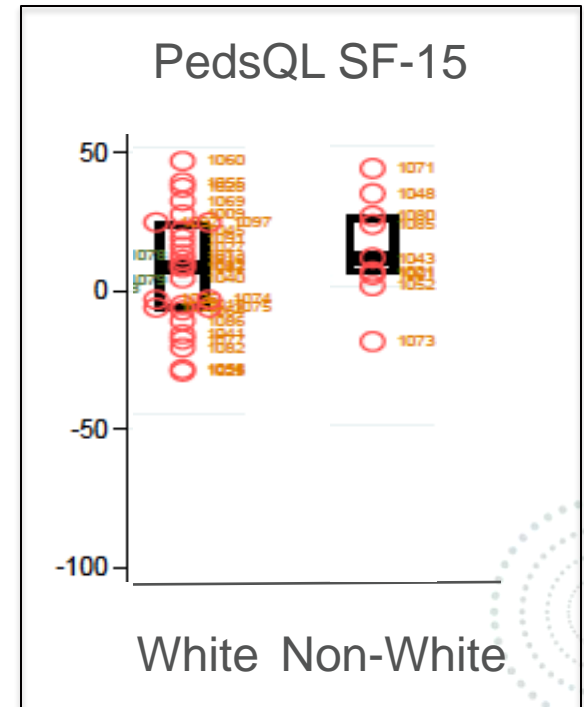
## Gender



## Age

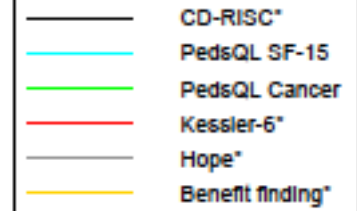


## Race

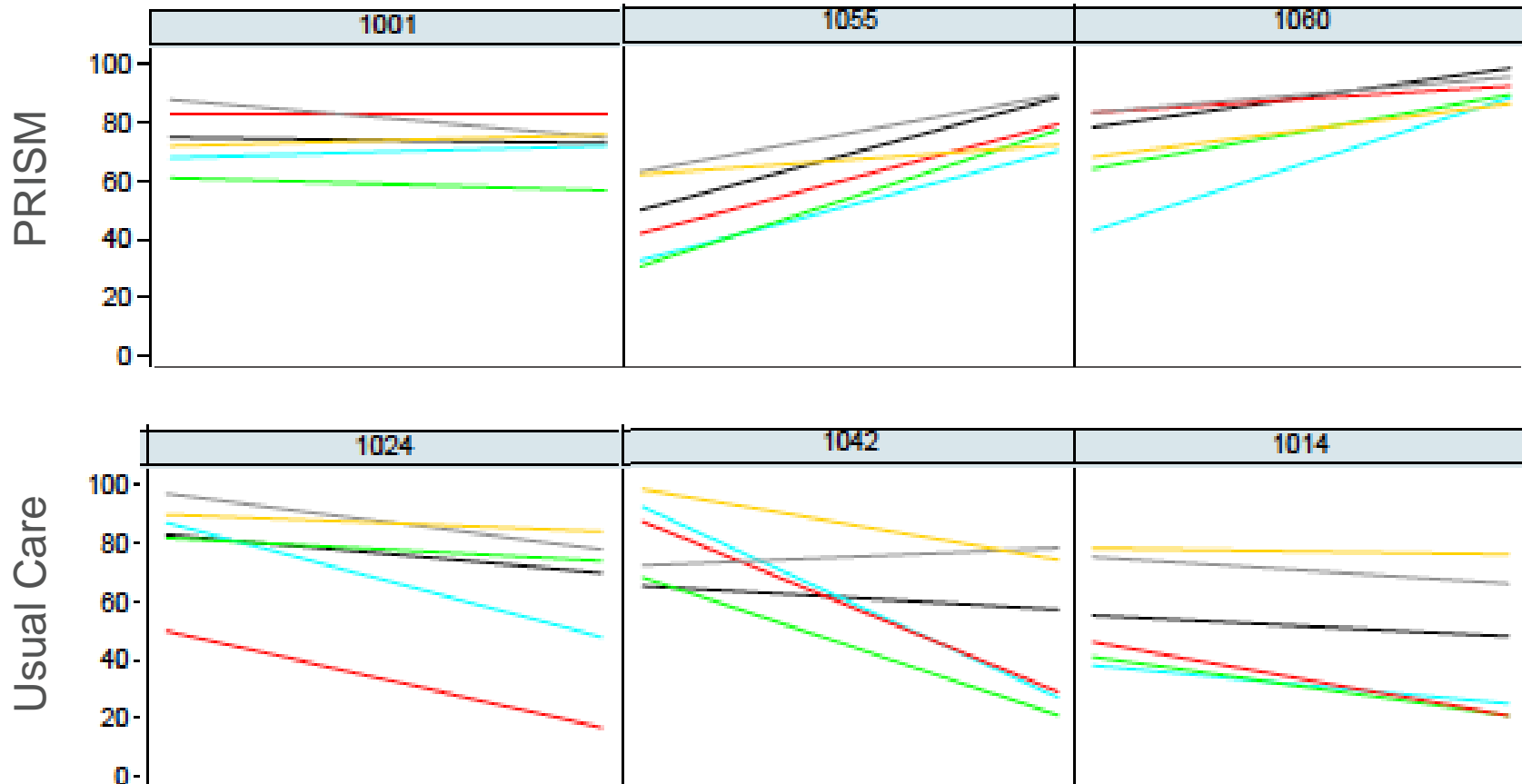


**NO DIFFERENCES**

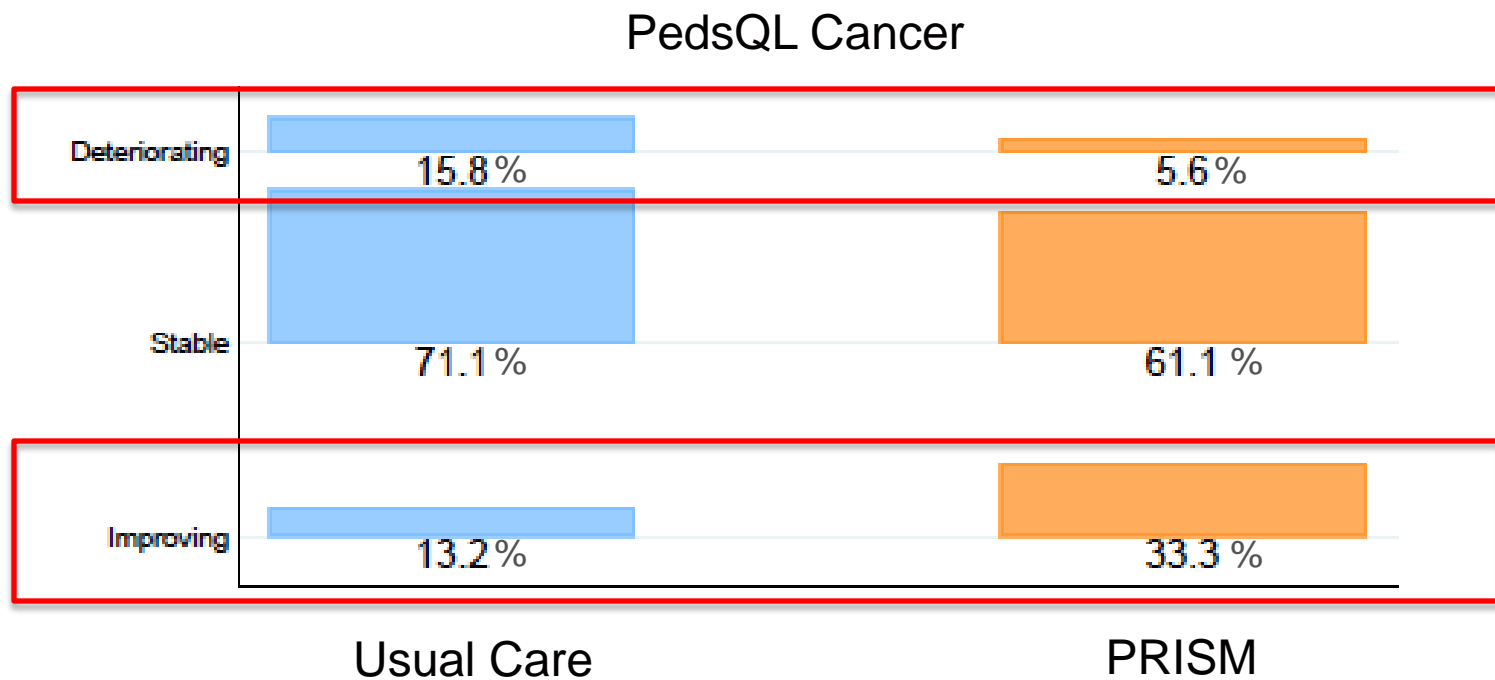
# Can PRISM serve as a prevention or early intervention program?



Individual patient trajectories may be enlightening



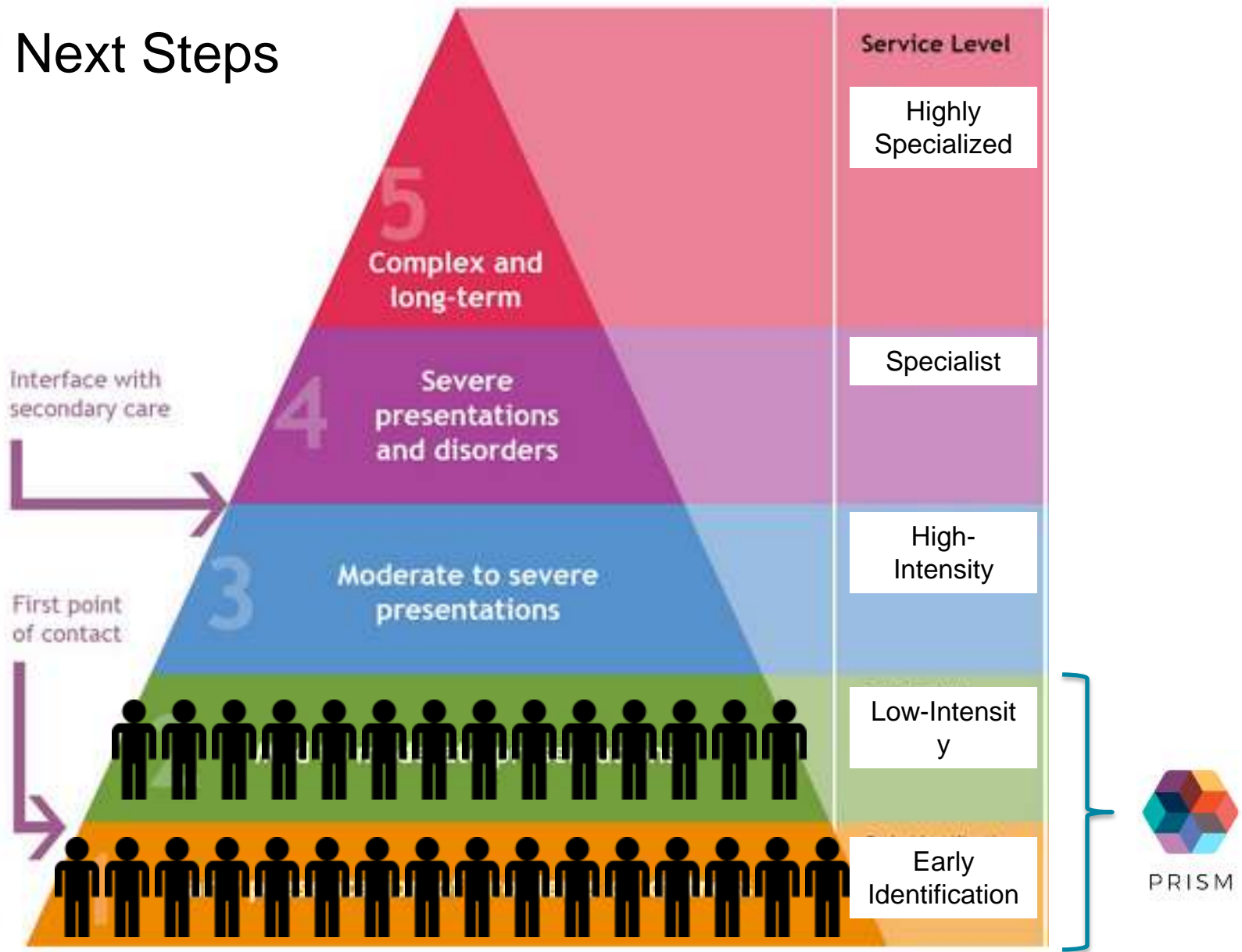
# Can PRISM serve as a prevention or early intervention program?



# Conclusions

- PRISM works equally well
  - sex, age, race
- PRISM may be a viable prevention program
- Real world clinical practice

# Next Steps



# ACKNOWLEDGMENTS

## **Palliative Care and Resilience Research Program (PCAR)**

**PI & Primary Mentor: Abby Rosenberg, MD, MS  
Joyce Yi-Frazier, PhD (co-mentor)**

### **Lab Members:**

**Krysta Barton, PhD**

**Miranda Bradford, MS**

**Nicki Etsekson, MPH**

**Kaitlyn Fladeboe, MA**

**Courtney Junkins, PsyD**

**Samantha Scott, BS**

**Angela Steineck, MD**

**Claire Wharton, BS**

**Lab website: <http://www.seattlechildrens.org/research/clinical-and-translational-research/palliative-care-resilience-research-PCAR/>**

**University of Washington Palliative Care T32 Research Fellowship Program**

**Co-mentors: J. Randall Curtis, MD, MPH (T32 director),  
Elizabeth McCauley, PhD, Tonya Palermo, PhD, Bruce  
Compas, PhD, Chuan Zhou, PhD**





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