

Is leaving hospital early directly after initial chemotherapy just as safe as it is following further therapy after achieving a remission in people with acute myeloid leukemia or myelodysplastic syndrome?


Date of summary: December 2019
A review of medical records from August 2014 to July 2018

The full title of this abstract is: Comparison of Outcomes After Early Hospital Discharge (EHD) Following Intensive Induction Vs Post-Remission Chemotherapy for Adults With Acute Myeloid Leukemia (AML) And Other High-Grade Myeloid Neoplasms

This study looked at patients receiving standard treatments in a real-world setting. The treatments given were not experimental.

More information can be found in the scientific abstract of this study, which you can access here: [View ASH Abstract](#)

This summary reports the results of only one study. The results of this study might be different from the results of other studies that the researchers look at.

 Click to find out how to say tricky medical terms ^

 Myelodysplastic syndrome <MY-eh-loh-dis-PLAS-tik SIN-drome> 

 Myeloid leukemia <MY-eh-loyd loo-KEE-mee-ah> 

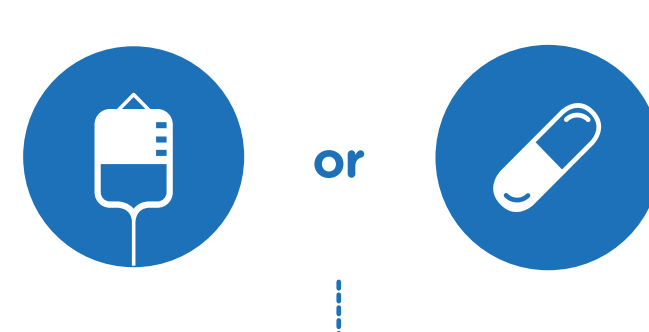
What did this study look at?

- Acute myeloid leukemia (AML for short) is a type of cancer that affects the white blood cells.
 - In AML, the body produces too many of a certain type of white blood cell that doesn't develop properly.
 - Acute means that the cancer progresses quickly.
 - Myelodysplastic syndromes (MDS for short) are a group of rare blood cancers where the blood-forming cells in the bone marrow don't develop properly.
 - In some people, MDS can lead to AML.
 - People with a type of MDS called MDS-EB-2 often receive similar treatments as people with AML.
 - People with AML or MDS-EB-2 usually receive chemotherapy treatment in 2 stages:
 - Induction
 - People receiving induction chemotherapy may either:
 - stay in hospital until they fully recover from the treatment (this is usually what happens worldwide), or
 - leave hospital early (within 3 days of finishing chemotherapy), and attend a clinic for further tests and treatments. This rarely happens outside the hospital where this study was done.
 - Consolidation
 - People receive consolidation chemotherapy if they have no signs of cancer following their induction chemotherapy. The aim of this second round of chemotherapy is to make sure that there are no cancer cells still left in the body.
 - At most hospitals, people receiving consolidation chemotherapy usually leave hospital early and attend a clinic for further tests and treatments.
- This study looked at people with AML or MDS-EB-2 who received chemotherapy and left hospital early.
- Researchers wanted to know whether it was equally safe to send people home immediately after induction chemotherapy as it was to send people home immediately after consolidation chemotherapy.
 - This study is a real-world study. Real-world studies look at what happens to people in a real-life setting, rather than in a clinical trial.
 - This summary compares induction and consolidation chemotherapy in terms of:
 - how treatment affected people's health and wellbeing, and
 - how many further tests and treatments they needed.

Who took part in this study?

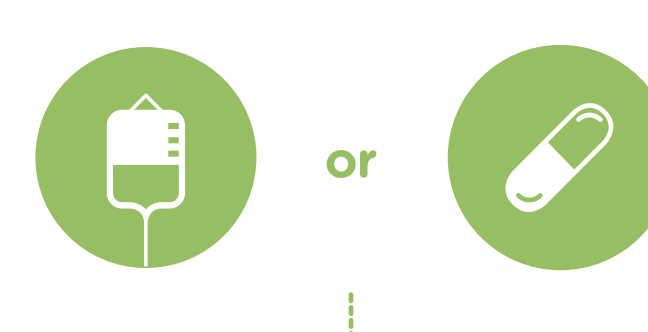
Researchers looked at:

215 rounds of induction chemotherapy



The average age of people who had induction chemotherapy was 58 years

225 rounds of consolidation chemotherapy*



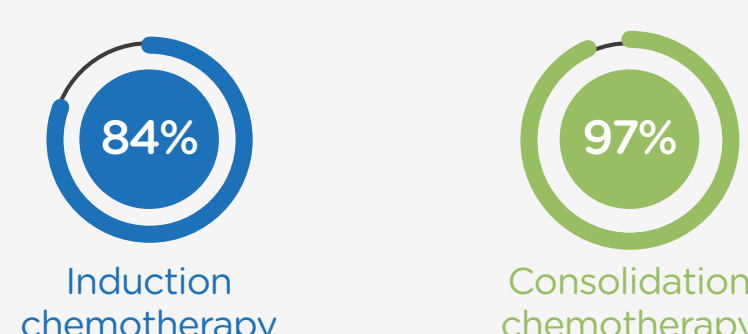
The average age of people who had consolidation chemotherapy was 52 years

* The 225 rounds of consolidation chemotherapy includes 100 people who received both induction and consolidation chemotherapy, and 62 people who had more than one round of consolidation chemotherapy.

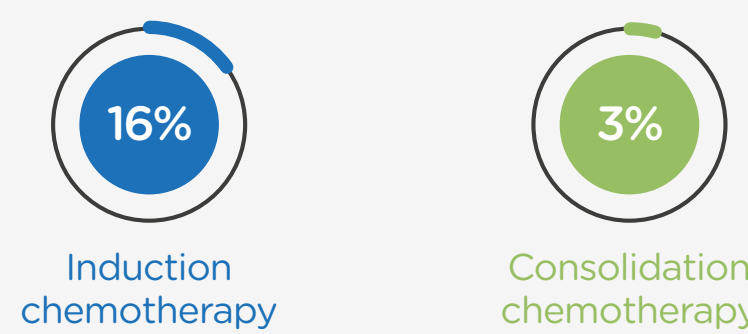
- Each person was monitored for 42 days after they left hospital, or until:
 - they fully recovered from treatment
 - they started a new treatment
 - they attended a different hospital, or
 - they died.

What were the results of the study?

The proportion of people who were well enough to do light or sedentary work before being included in this study



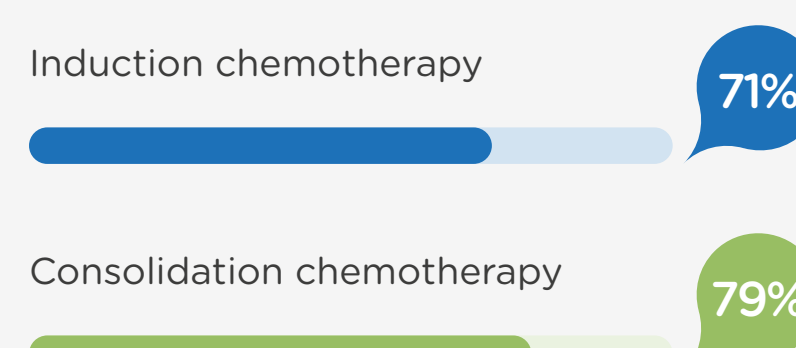
The proportion of people who were too unwell to work before being included in this study



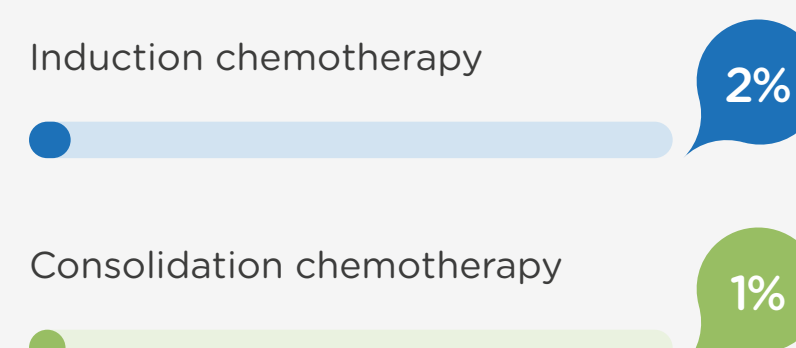
The proportion of people who did not live for more than 30 days after leaving hospital



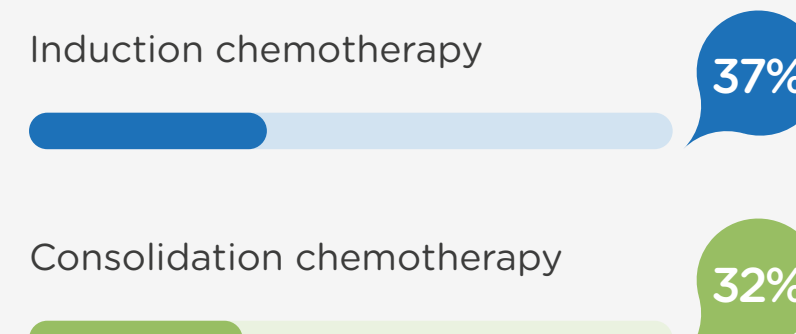
Average proportion of time spent at home instead of at the hospital during the study



Average proportion of time spent in intensive care during the study



Average proportion of time spent on intravenous antibiotics during the study



- Compared with people receiving consolidation chemotherapy, people receiving induction chemotherapy had, on average, slightly more:
 - visits to the doctor
 - visits to a nurse or other healthcare professional, and
 - readmissions to hospital
- People receiving either induction or consolidation chemotherapy had a similar number of:
 - laboratory tests, and
 - blood transfusions (where people receive blood through a drip)
 - This includes transfusions of either platelets or red blood cells.

More results from this study can be found here: [View ASH Abstract](#)

What were the main conclusions reported by the researchers?

- In this study, people receiving induction chemotherapy were less likely to live for more than 30 days after leaving the hospital, compared with people receiving consolidation chemotherapy.
 - The researchers expected this, because people receiving induction chemotherapy were in poorer health before the study, compared with people receiving consolidation chemotherapy.
- Regardless of whether people received induction or consolidation chemotherapy, there were no differences in the time they spent in intensive care, the number of laboratory tests they needed, or the number of blood transfusions they needed.
 - This suggests that it is safe for people who have received induction chemotherapy to leave hospital early and get further tests and treatments at centers that provide this service for patients who have received consolidation chemotherapy.

Who sponsored this study?

Pfizer Inc
235 East 42nd Street
NY, NY 10017
Phone (United States): +1 212-733-2323

Pfizer would like to thank all of the people who took part in this study.

Further information

Click to show more information on the study and clinical trials in general ^

For more information on this study, please visit: [View ASH Abstract](#)

For more information on clinical studies in general, please visit:

<https://www.clinicaltrials.gov/ct2/about-studies/learn>
<http://www.cancerresearchuk.org/about-cancer/find-a-clinical-trial/what-clinical-trials-are>