

## PHARMACEUTICAL MONITORING AND INTERVENTIONS IN PATIENTS UNDERGOING GASTRIC AND COLORECTAL CANCER TREATMENT AT A FEDERAL HOSPITAL IN RIO DE JANEIRO

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### Introduction

Pharmaceutical care prioritizes guidance and pharmacotherapy follow-up, aiming to achieve satisfactory health outcomes by identifying medication-related problems and thus contributing to improving the patient's quality of life.<sup>1</sup>

Medication-related problems are common during pharmacological treatment, especially in oncological patients. Pharmaceutical intervention, which consists of a planned, documented action carried out in collaboration with the patient and the healthcare team, aims to resolve or prevent these problems, which may impact the patient's pharmacotherapy.<sup>2,3</sup>

### Material and Methods

This is a prospective longitudinal study conducted from July 2020 to January 2021 at the Federal Hospital of Lagoa. Patients with gastric and colorectal cancer who underwent treatment with the XELOX protocol (Oxaliplatin-IV and capecitabine-oral) were followed. The study was approved by the Ethics and Research Committee of the Fluminense Federal University and the Federal Hospital of Lagoa (Opinion: 03177218.4.0000.5243, dated 21/02/2019).

Data collection was conducted through pharmaceutical follow-up, carried out via pharmaceutical consultations with the patients. The objective of the pharmaceutical consultation is to provide relevant guidance on the treatment, ensuring the proper use of medications.

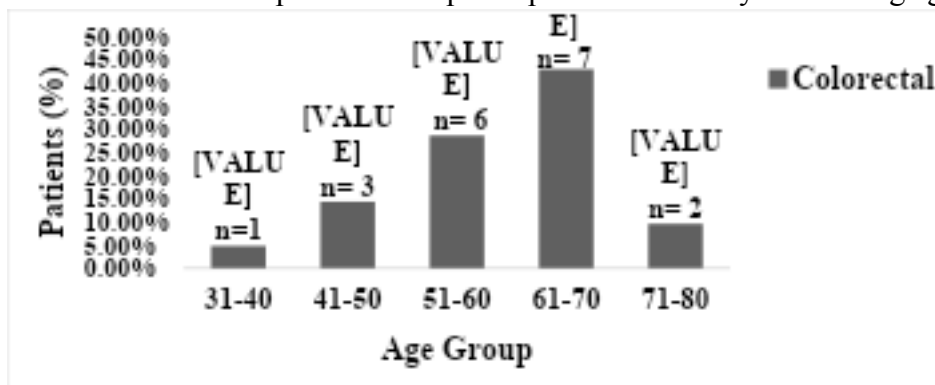
The data were evaluated using descriptive statistics with the assistance of Microsoft Excel software and were compared with other studies available in the scientific literature.

### Results and Discussion

The study included 14 men and 7 women. Of these, 90.48% had colorectal cancer, and 9.52% had gastric cancer.

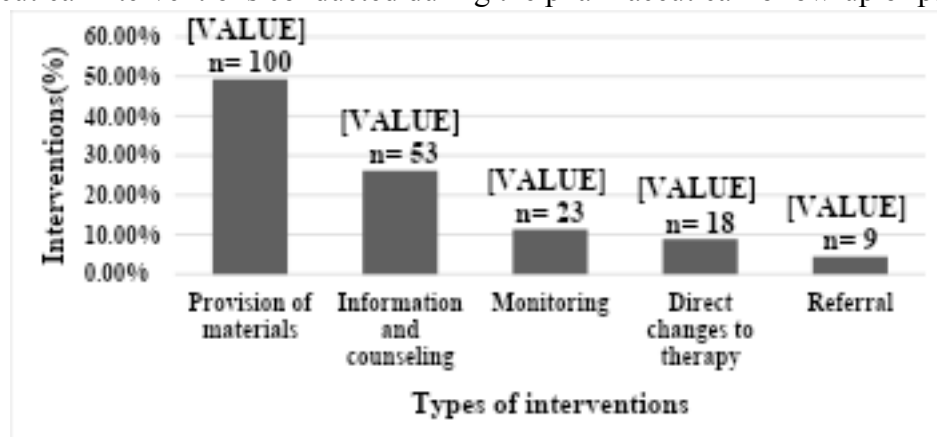
Regarding age, the youngest patient was 40 years old, and the oldest was 78 years old. The average age was 60.9 years, regardless of cancer type. The age group with the highest percentage of patients was between 61-70 years for colorectal cancer. For gastric cancer, it was not possible to define an age group with the highest percentage of patients, as only two patients were followed during the study (Figure 1).

Figure 1: Profile of colorectal cancer patients who participated in the study concerning age.



During the study period, 203 interventions were carried out, with 100 (49.26%) involving the provision of materials, 53 (26.11%) related to information and counseling, 23 (11.33%) for monitoring, 18 (8.87%) involving direct changes to therapy, and 9 (4.43%) referring to referrals (Figure 2).

Figure 2: Pharmaceutical interventions conducted during the pharmaceutical follow-up of patients.



## Conclusion

The results obtained during the pharmacotherapy follow-up of patients undergoing oncological treatment suggest that the assistance provided by the pharmacist contributes to the management of the treatment, considering the number of interventions performed.

The high number of pharmaceutical interventions carried out with the patient demonstrates that the pharmacist plays a crucial role in communication with the patient, contributing to treatment adherence and the safe and rational use of medications.

## Acknowledgments

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