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Living with Multiple Myeloma: Patient and Informal Caregiver Perspectives on the Impact of Physical Function Impairments and COVID-19 Restrictions on Social Activities

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Introduction: Older adults living with multiple myeloma (MM), are chronically at risk for lower engagement in social activities due to decrements in physical function and COVID-19-related social restrictions. Informal caregivers and social networks are critical to helping older adults with MM cope with biopsychosocial impairments.

Objectives: To examine dyadic perspectives on the effect of MM and COVID-19 restrictions on engagement in physical and social activities.

Methods: Remote semi-structured interviews were conducted between 11/2021–04/2022 with 21 older adult patients and 21 caregivers (Table 1). Dyads were asked about their experiences with MM concerning 1) function, 2) quality of life, and 3) social activities. We used a constant comparative thematic analysis approach for our analysis.

Results and Conclusion: Most dyads reported physical or other social activities changes due to MM and COVID-19 (Table 2). The most frequently reported symptoms were neuropathy and fatigue. Caregivers adapted their social and physical activities in response to their care recipients' needs.

Table 1. Study participant characteristics

Study participant characteristics	Patients (n=24) No. (%)	Caregivers (n=21) No. (%)
Mean age, (range) years	70 (57 - 90)	68 (57-88)
Sex assigned at birth		
Female	13 (54)	11 (52)
Male	11 (46)	10 (48)
Self-identified Race		
Black or African American	17 (71)	5 (24)
White	6 (25)	16 (76)
Other	1 (4)	0
Ethnicity		
Non-Hispanic/Latino/Latina	24 (100)	21 (100)
Marital Status		
Married	21 (88)	19 (90)
Never married	0	2 (10)
Divorced	1 (4)	0
Widowed	2 (8)	0
Highest education attained		
High school graduate or less	4 (17)	1 (5)
Associate degree	3 (13)	4 (19)
Bachelor's degree	8 (33)	8 (38)
Advanced degree	8 (33)	4 (19)
Some College/No degree	1 (4)	4 (19)
Insurance status		
Medicare	14 (58)	16 (76)
Medicaid	0	1(5)
Private Payor	15 (63)	1 (5)
VA/Military	2 (8)	13 (62)
Prefer not to answer	1 (4)	0
Median Household income		
< \$30,000	3 (13)	0
\$30,000- \$39,000	0	3 (14)
\$40,000- \$49,000	5 (21)	0
\$50,000- \$59,000	5 (21)	3 (14)
\$60,000- \$69,000	5 (21)	0
\$70,000- \$79,000	1 (4)	0
\$80,000- \$89,000	0	2 (10)
\$90,000- \$99,000	1 (4)	0
>\$100,000	3 (13)	7(34)
Prefer not to answer	1 (4)	4 (19)
Missing	0	2 (10)

*Three patient participants were loss to follow up, 21 patients completed the study.
VA, Veterans Affairs

The COVID-19 pandemic led to additional challenges for patient-caregiver dyads resulting in a loss of social support that might otherwise address both patient and caregiver's emotional or instrumental needs, ultimately influencing the dyad's ability to cope with MM. This study highlights a need for dyadic interventions that provide alternate physical and social activity opportunities given functional and pandemic-related restrictions.

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Covid Survivorship: Evaluating the importance of engaging older people in Smart Home Technology to assist with their independent living. This is now a key strategy for older people to develop their resilience, knowledge, creativity and talents

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Introduction: In 2018, Dublin City University was one of the principal investigators in a European project between five European partners to evaluate the benefits of Smart Home Technology for people over 60 years. The aim was to enable older people to continue to live independently in their own homes. In 2019, the relevance of this project was even more important due to Covid. This research evaluates the importance of enabling older people to understand and use Smart Home Technology as a relevant support to their independent living and well-being.

Objectives: The key objectives was to enable older people to understand about this technology in a user-friendly way. In addition it was to facilitate them to tap into their own creativity, independence and talents by using Smart Home Technology suitable for their independent living.

Methods: Questionnaires, focus groups and a final research report highlighted the findings of this project. In addition older people were provided with samples of Smart Home Technology for them to use in the comfort of their own home. The findings of the research are outlined in this paper.

Results and Conclusion: Older people like the concept of Smart Home Technology if it contributed to their self-efficacy, resilience and independent living. They found the technology was useful if it was found to be cost-effective, user-friendly and purposeful. This was to ensure that the Smart Home Technology significantly contributed to the quality of their independent living in their own homes and communities.

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Treatment toxicity reporting in advanced gastroesophageal adenocarcinoma – should we take account of baseline symptoms?

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Introduction: Patients (Pts) with advanced gastroesophageal cancer (aGOC) often have symptoms (sx) from their cancer prior to