Familiarity, opinions, experiences and knowledge about scalp cooling
A Dutch survey among breast cancer patients and oncological professionals

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Background
- Chemotherapy-induced alopecia is distressing
- Impact is underestimated by oncological professionals
- Scalp cooling is used to reduce alopecia, available in 76 out of 90 Dutch hospitals, but minimally offered to patients
- Aim: investigate patients’ familiarity & opinions and oncological professionals’ attitude & knowledge about scalp cooling

Methods
- Survey among Dutch (ex) breast cancer patients (n=177, scalp cooling n=52), nurses (n=49, scalp cooling n=30) & medical oncologists (MD) (n=100, scalp cooling n=52)
- From scalp cooling and non scalp cooling hospitals
- Oncological professionals with minimal, moderate or much experience with scalp cooling
- Self developed, non validated questionnaires

Results
Patients
- 73% never heard about scalp cooling before diagnosis
- 63% satisfied with information provision about scalp cooling. Main reason for dissatisfaction: scalp cooling had not been mentioned to them
- Main reasons for no scalp cooling: not offered, not available, potential risk of scalp metastases
- Scalp cooled patients: 61% satisfied with the final result
  50% insecure about final result until last cycle
  0% severe tolerance problems
- If expected chance for hair preservation of 35%, 36% would like to use scalp cooling in case of future treatment. Figure of 50% preservation was 54%
- If alopecia despite scalp cooling: 70% minded it very much or moderately

<table>
<thead>
<tr>
<th>Respondent group</th>
<th>Sufficient knowledge about effectiveness</th>
<th>Sufficient knowledge about safety</th>
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<tbody>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
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<tr>
<td><strong>MDs</strong></td>
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<tr>
<td>Scalp cooling</td>
<td>27</td>
<td>19</td>
</tr>
<tr>
<td>Non scalp cooling</td>
<td>16</td>
<td>26</td>
</tr>
<tr>
<td><strong>Nurses</strong></td>
<td></td>
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<tr>
<td>Scalp cooling</td>
<td>10</td>
<td>17</td>
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</tbody>
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Table 1 Self perceived knowledge about scalp cooling effectiveness & safety

Oncological professionals
- In scalp cooling hospitals: 77% MDs & 50% nurses satisfied with the results
- Main reason for offering scalp cooling: service for patient
- Main reason for not offering: lack of evidence about effectiveness & safety, logistical difficulties, too burdensome for patients
- 2% severe problems in implementing scalp cooling
- Scalp cooling is hardly offered to male patients

Conclusion
- Much room for improvement of familiarity and knowledge about scalp cooling
- Sharing knowledge is important: www.hoofdhuidkoeling.nl/ www.scalpcooling.nl/ www.geefhaareenkans.nl
- This survey led to a national standard on chemotherapy-induced alopecia
- More regularly offering scalp cooling to patients increases chances on hair preservation & contributes to quality of life