

INTRODUCTION

Each year in Europe, nearly 24,000 patients, adults and children of all ages, are transplanted, the last resort to treat and potentially cure serious blood diseases, malignant or nonmalignant [1]. While this intervention is saving more and more lives, it can lead to early or late complications in 50% of patients, such as Graft-versus-Host Disease (GvHD), very disabling in everyday life and fatal in 25% of cases. Therefore, the chances of a successful transplant for these patients correlate directly with the non-occurrence of these complications [2].

Recently, research in the field of transplantation and in particular psycho-neuro-immunology has highlighted the mutual influence of psychological and physical health on the chances of successful transplantation. Indeed, the simultaneous management of the mind and body of the patient would ensure better preparation for the transplant process for faster recovery after it by limiting the occurrence of complications [3]. The establishment of an overall well-being throughout the transplant process, based on three inseparable pillars - nutritional, physical and psychological -, would contribute to very significantly increase the success of the transplant and the chances of recovery of the patient.

Currently, there is limited comprehensive support program in the field of transplantation, based on clinical data and patient quality of life that can help them overcome the difficulties of preparing for transplant, the period of hospitalization in a protected environment as well as those related to the return to social and professional life.

IMPLEMENTATION

In this context, to answer patients' needs in terms of health support and quality of life improvement, the endowment fund HTC Project has initiated the development of the digital solution NewSpringForMe. This tool intends to bring complementary therapeutic support for care, reinforcing it, and making each patient the main player in their quality of life.

To achieve the development of NewSpringForMe, the HTC Project has benefited from the joint expertise of researchers in psychology and haematologists who have highlighted the psychological processes at work in bone marrow transplantation, both before, during and after the transplant [4-5]. The HTC Project has also leaned on studies conducted in nutrition [6-7] and adapted physical activity [8] demonstrating the need for care at these two levels before the transplant, as soon as it is announced, to preserve nutritional resources and muscles of the patients going to the transplant and later allow a faster recovery.

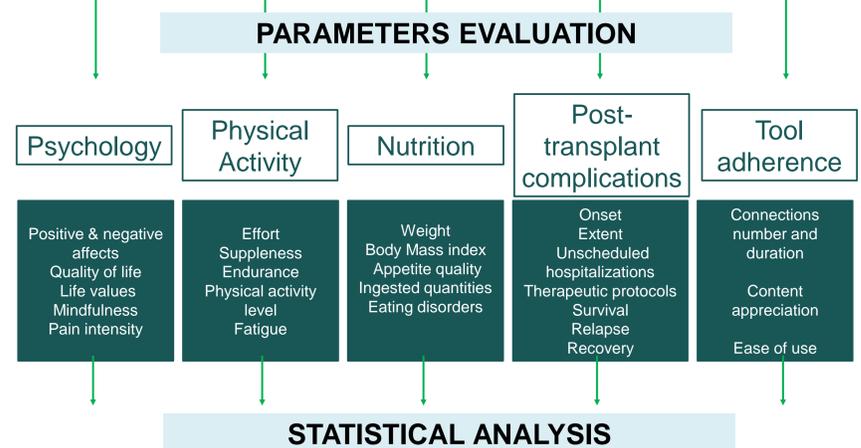
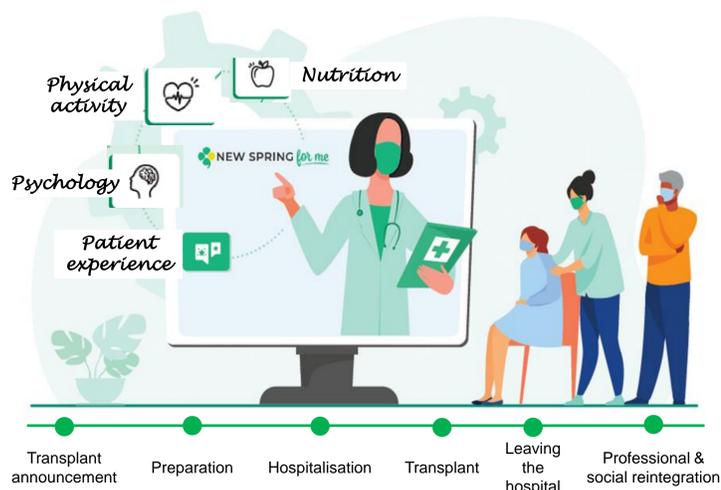
Technical key-points :

- Flexible web platform accessible via all interfaces
- Interconnected spaces
- Deployment of recommendations, tools and interactive exercises adapted to respond to
 - 1) each patient and his specific situation,
 - 2) the different phases of the transplant protocol
- 3 dimensions supported in synergy : psychology, nutrition and physical activity

Evaluation pilot phase :

In order to evaluate the impacts of the use of the digital solution NewSpringForMe, the HTC Project will lead in collaboration with the AP-HP a pilot phase scheduled for spring 2022. The principal characteristics of the study are summarized below.

RIPH 3 study (French CPP acceptance 2022/02/01)
 Monocentric study : St Louis Hospital, AP-HP, Paris
 ≈ 170 patients included ≥ 18 years old
 1st Hematopoietic Stem Cell Transplantation
 Follow-up up to 12 months from the inclusion in the protocol at specific periods



CONCLUSION

Thanks to a global management of the three dimensions, psychology, nutrition and adapted physical activity, throughout the transplant process (in the hospital but also in his daily life), NewSpringForMe aims at a better preparation and a more global management of the patient, condition of the best live towards remission.

NewSpringForMe is a patient centered care approach which intends to multiply the benefits not only for the patients but also for the medical teams and the French care system by demonstrating the positive impact in a further large-scale study, involving all the French transplant units.

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PARTNERS & SPONSORS

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