



FESTIVAL OF CONTAGIOUS IDEAS 2016



NEW SOUTH WALES
HEALTH INNOVATION
Symposium 2016

TRANSLATIONAL RESEARCH

Hypofractionated post mastectomy radiotherapy at Mid North Coast Cancer Institute Mid North Coast Local Health District

Challenge

There is currently no randomised evidence and very limited retrospective evidence comparing hypofractionated post-mastectomy radiotherapy (Hf-PMRT) with traditional conventionally-fractionated post-mastectomy radiotherapy (Cf-PMRT) for breast cancer.

Hf-PMRT is commonly used in the United Kingdom and Canada, but Cf-PMRT is most commonly used in Australia. The Mid North Coast Cancer Institute has been using Hf-PMRT routinely for over five years and, on that basis, has probably the most experience with the regimen in Australia. Our results are very likely to influence clinical practice in Australia and overseas.

Solution

The hypofractionated regimen for radiotherapy to the intact breast has been gradually introduced into clinical practice in Australia following the results of landmark randomised trials which demonstrated its safety and efficacy in 2010.

However, there is currently no randomised evidence comparing Cf-PMRT with Hf-PMRT.

Results

We were able to confirm that patients treated with Hf-PMRT had reduced acute treatment toxicity and no increase in long-term toxicity, when compared



with a similar group of patients treated with Cf-PMRT.

Within six months of treatment, patients receiving Hf-PMRT were significantly less likely to be referred for wound care, indicating that they had less severe acute skin toxicity from the radiotherapy.



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