
12/6/2022

5:00 PM - 6:15 PM

OT1-18-01

COMPARATIVE ANALYSIS BETWEEN ACUPUNCTURE AND EXERCISE IN IMPROVING DERMAL SENSITIVITY DURING PACLITAXEL-CONTAINING CHEMOTHERAPY: A RANDOMIZED CLINICAL TRIAL

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OBJECTIVE: To compare skin sensitivity in patients diagnosed with breast cancer undergoing cycles of chemotherapy with taxanes, applied three different techniques, acupuncture needles, acupuncture with silicon tablets (Stiper) and kinesiotherapy. **DESIGN:** Randomized, controlled, open, parallel clinical trial. **Inclusion criteria:** women undergoing chemotherapy with taxanes from the 1st cycle onwards both neoadjuvant and adjuvant with stages I to III. **Excluded** were women with pre-existing diseases such as cancer in locoregional or distant activity, previous joint pain, rheumatologic diseases, and not undergoing chemotherapy containing Anthracyclines and/or Cisplatin, and those who had acupuncture in another service in the last three. **METHODS:** This study was carried out at the Oncomastology, Outpatient Clinic of the Mastology Discipline of the Gynecology Department of the Federal University of São Paulo (UNIFESP). 102 patients diagnosed with breast cancer. Excluded 39 patients, 63 volunteers were selected and randomized, allocated to three groups (Group S: Stiper n=26, Group A Acupuncture n=18: and Group C: Kinesiotherapy n=19) to undergo treatment once a week for ten consecutive weeks. Signed the Informed Consent Form and agreed to participate in the project (ICF). **INTERVENTION:** Division of the groups, GS - non-invasive acupuncture technique (silicon pads covered with acrylic blanket) are used for stimulation of acupuncture points on the meridians. GA: acupuncture applied the technique with sterile, disposable systemic needles, (measuring 0.25mm x 30mm) for stimulation of the acupuncture points on the meridians. GC Kinesiotherapy, a physiotherapy technique consisting of upper and lower limb exercises and lower limb proprioception training and sensitivity improvement with vibration. GS, GA, performed acupuncture on the acupoints (B11Dazhu, SI14 Jianwaishu, CV12 Zhongwan, GB34 Yanglingquan, SP6 Sanyinjiao, LR3 Taichong), frequency of 1 time per week, for 10 consecutive weeks, duration of 30 minutes per session. To evaluate Sensitivity, the

esthesiometer was used, consisting of microfilaments thickness and the force (in grams) needed to bend the filaments, the colors and values are: green (0.05 g), blue (0.2 g), violet (2.0 g), dark red (4.0 g), orange (10.0 g) and magenta red (300 g). The evaluation of quality of life FACT/GOG-Ntx before and after treatment. RESULTS: The qualitative demographic characteristics of patients at the chemotherapy. Neoadjuvant Chemotherapy was predominantly in the three groups: GS(88.5%), GA(83.3%) and GC(89.5%), $p=0.83$. Cancer type CINE (Non-special Invasive Carcinoma), GS(92.6%), GA (93.8%) and GC (94.4%), $p=0.58$. Diabetes Mellitus GS(84.6%), GA(77.8%) and GC(79.8%), $p=0.82$ and Systemic Hypertension GS(72%), GA(72.2%) and GC(52.6%), $p=0.32$. The C6D upper limb skin sensitivity assessment ($p < 0.04$ intergroup GS, GA and GC). T1D ($p < 0.03$ intergroup GS, GA and GC), corresponds to the forearm region. FACT/GOG-Ntx quality of life questionnaire in the domains (PWB, FWB and TaxS), Taxane Trial Outcome Index (TOI) comparing 1st session with 10th session $p < 0.02$, TaxS (Evaluates Symptoms of Chemotherapy Induced Peripheral Neuropathy) comparing 1st session with 10th session $p < 0.03$. Taxane total score) comparing 1st session with 10th session, $p < 0.03$. CONCLUSION: The C6 right hand and T1 right forearm sensitivity changes showed improvement in skin sensitivity after the intragroup intervention. FACT/GOG-Ntx questionnaire showed worsening of symptoms, physical, functional and peripheral neuropathy symptoms induced by chemotherapy compared to before and after. The cutaneous sensitivity of hands and feet remained stable and improved in the upper limbs, but chemotherapy had a negative impact on the quality of life, requiring further studies to evaluate the neuropathy of these patients. Keywords: Acupuncture, Chemotherapy, Quality of Life, Integrative and Complementary Practices. Table 1. Characteristics of skin sensitivity between groups Table 1. Characteristics of skin sensitivity between groups

Disclosure(s):

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