

# **Psychological Experience of Using a Mobile Phone to Self-Monitor Toxicity During Individualised Chemotherapy**

**Rebecca Ingram**

Mobile phone technology has the potential to enhance chemotherapy patient 'risk-management' techniques as unacceptable toxicity levels can promptly alert healthcare professionals to focus on the patients requiring intervention. A recent feasibility study demonstrated success when using the technology with colorectal chemotherapy patients, including rapid response to severe toxicity levels and excellent compliance with symptom entry from the patients.

Psychological distress in cancer patients tends to increase as the disease progresses and it can have implications for quality of life and physical and psychological functioning. As a result, quality of life issues are a vital endpoint in the palliative setting, particularly in the face of new treatments, which rarely offer a significantly improved prognosis. Use of the mobile phone will enable individualised chemotherapy which may have subsequent physical advantages; however the effect of using the technology on psychological health is unknown. Therefore this project will attempt to explore and understand the psychological experience and consequences of using the mobile phone in this manner in advanced colorectal and breast cancer patients.