Quality of Life Assessment Among Vestibular Schwannoma Patients Treated with Microsurgery, Stereotactic radiosurgery or Observation.

Komal Naeem, MD; Mohamed Labib, MD; Malika Bhargava, MD; Michele Wang, BS; Randall Porter, MD

Barrow Neurological Institute

Poster number: 2650
Disclosure

• None
Introduction

• PANQOL is the gold standard for Quality of life assessment in the Vestibular Schwannoma patients

• 26 items, scores ranges 1-5, strongly disagree to strongly agree. 8 domains: Hearing, Tinnitus, Balance, Facial symptoms, Anxiety, General symptoms, Pain, and Energy

• Objectives: to study:
  1. The trends of quality of life outcomes in our patient population
  2. Compare the results between microsurgery, radiosurgery and observation
Methods

• Prospective data collection for patients who underwent treatment for the Vestibular Schwannoma
• Data was collected for the patients visiting from February 2019 to January 2020.
• Inclusion Criteria: Post-treatment/follow-up visit
• Exclusion Criteria: K/C NF-II, Pre-treatment visit
• Included most recent treatment modality, in case of multiple modality
• Included most recent survey, in case of multiple surveys
• t-test for continuous variables
• A p-value of <0.05 was considered significant
## Cohort demographics

<table>
<thead>
<tr>
<th>Parameter (N= 39)</th>
<th>Mean (SD)/ Frequency (%)</th>
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<tbody>
<tr>
<td>Age at the time of survey</td>
<td>58.59 (11.16)</td>
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<tr>
<td>Male: Female</td>
<td>11:28 (1:2.545)</td>
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<tr>
<td>Presenting complains</td>
<td></td>
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<tr>
<td>Hearing loss</td>
<td>30 (76.9)</td>
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<tr>
<td>Dizziness/balance difficulty</td>
<td>27 (69)</td>
</tr>
<tr>
<td>Tinnitus</td>
<td>18 (46)</td>
</tr>
<tr>
<td>Facial symptoms</td>
<td>7 (17.9)</td>
</tr>
<tr>
<td>Headache</td>
<td>6 (15.38)</td>
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<tr>
<td>Others (dysgeusia, ear fullness, eye s)</td>
<td>13 (33.33)</td>
</tr>
<tr>
<td>Co-morbids &gt;2</td>
<td>8 (20.5)</td>
</tr>
<tr>
<td>Body mass index (kg/m²)</td>
<td>26.78 (5.039)</td>
</tr>
<tr>
<td>Pre-treatment AAO-HNS score (n= 12)</td>
<td></td>
</tr>
<tr>
<td>A</td>
<td>5 (41.67)</td>
</tr>
<tr>
<td>B</td>
<td>2 (16.67)</td>
</tr>
<tr>
<td>C</td>
<td>3 (25)</td>
</tr>
<tr>
<td>D</td>
<td>2 (16.67)</td>
</tr>
</tbody>
</table>
PANQOL scores comparison

Mean PANQOL scores: 53.69 (20.93)
Microsurgery: 61.67 (21.9); p-value 0.23
Radiosurgery: 49.4; p-value 0.64
Observation: 51.29; p-value 0.68
Clinical and radiological outcomes: Microsurgery (n=14)

- Mean largest tumor dimension (pre-operative): 24.15mm (range 10-42mm)
- Mean largest tumor dimension (last follow-up): 10.24mm
- Mean clinical follow-up 33.42 months
- Mean radiological follow-up 34.4 months
- Tumor growth: 8- no residue, 4 stable, 2 size growing
Radiosurgery (n=5)

- Mean clinical follow-up 33.6 months
- Mean radiological follow-up 32.23 months
- Tumor growth: 4 stable; 1 growing (lost to follow-up)
Observation (n=20)

- Mean clinical follow-up 9.82 months
- Mean radiological follow-up 20.03 months
- Tumor growth: All but 1 stable (lost to follow-up)
Conclusion

• This study represents the trends of the functional and treatment outcomes.
• The variability of the scores represent the heterogeneity of the disease process.
• Patients undergoing treatment (microsurgery or radiosurgery) report poor scores for hearing, tinnitus and dizziness.
• Patients who are being observed report poorer scores with Anxiety and health related questions.