

Abstract

Cancer-Related Fatigue and Oncology Communication: Development and Evaluation of a Multimodal Educational Tool

Gloria Benivegna¹, Beatrice Venanzetti²

¹ Università Politecnica delle Marche, Ancona, Italy

² Oncology, AST Macerata, Macerata, Italy

(Corresponding Author: gloria.benivegna@gmail.com)

Citation: Benivegna, G., & Venanzetti, B. (2026). Cancer-related fatigue and oncology communication: Development and evaluation of a multimodal educational tool. *International Journal of Health Supplements*, 1(Suppl. 2), 146–147. <https://doi.org/10.82051/ijhs-2026-Suppl2>

 Winner of the Early Bird Abstract Award

Introduction. Communication is a key component of oncology care, yet it is often challenged by patients' clinical and emotional vulnerability. Although affecting up to 80% of oncology patients, cancer-related fatigue (CRF) remains a disabling symptom that is frequently underestimated and inadequately managed. Informational gaps persist, limiting patients' awareness and their ability to self-manage this condition. The aim of this study was to develop and evaluate the effectiveness of a multimodal educational tool, consisting of an informational brochure integrated with a QR code-linked website, to improve knowledge and management of CRF in oncology patients.

Methods. A descriptive observational study was conducted to develop and evaluate an educational intervention. The brochure, designed based on scientific evidence, was administered to a sample of oncology patients. Anonymous evaluation was performed using a structured questionnaire based on the validated Patient Educational Materials Assessment Tool (PEMAT). Understandability, perceived usefulness, promotion of self-management behaviors, and overall satisfaction using a 5-point Likert scale were analyzed using descriptive statistics.

Results. A total of 163 questionnaires were collected. Overall, 78% of participants rated the brochure as “very understandable,” while 74% reported increased knowledge of CRF and its management strategies. A high level of behavioral intention emerged, with 72% of participants expressing maximum willingness to adopt the recommended strategies. Overall satisfaction was high, and 96% of participants would recommend the tool to other patients. Findings indicated a positive impact on patient awareness and behavioral intention.

Discussion. The intervention proved effective in reducing informational gaps and supporting both understanding and self-management of CRF, reinforcing the role of patient education and patient-provider communication. The integration of printed and digital resources represents an accessible, scalable, and easily replicable approach in clinical practice. Despite limitations related to the descriptive design and the lack of objective outcome measures, the findings suggest a potential impact in promoting patient empowerment and improving quality of care.

Keywords: Cancer-Related Fatigue, Therapeutic Education, Oncology Communication

© The Author(s) 2026. This abstract is published by iEditore and distributed under the terms of the [Creative Commons Attribution 4.0 International License \(CC BY 4.0\)](#).

Funding: This research received no external funding. **Conflict of Interest:** The authors declare no conflict of interest.