# Prospective audit of xerostomia following intensity modulated radiotherapy for head and neck cancer

**Descriptor:**

Xerostomia can affect long term quality of life following radical radiotherapy for head and neck cancer. Sparing the parotid glands using IMRT significantly reduces the incidence of xerostoma.

**Background:**

The PARSPORT trial demonstrated that sparing the parotid glands using IMRT significantly reduces the incidence of xerostomia compared to conventional radiation treatment [1].

## The Cycle

**The standard:**

The IMRT Arm of PARSPORT (39 patients) [1].

**Target:**

Mean contralateral parotid dose less than 24Gy. The proportion of patients who had grade 2 or worse xerostomia at 12 and 24 months = 38% and 29% respectively.

## Assess local practice

**Indicators:**

The proportion of patients who had grade 2 or worse xerostomia at 12 and 24 months using the LENT SOMA scoring system. Mean contralateral parotid dose.

**Data items to be collected:**

• The LENT SOMA scoring system questionnaire

• Mean contralateral parotid dose

**Suggested number:**

39 patients

**Suggestions for change if target not met:**

Review the reasons why rates of grade 2 or worse xerostomia at 12 and 24 months are higher than in PARSPORT. This includes the mean contralateral parotid doses, patient population and proportion of patients having concurrent chemotherapy.

**Resources:**

Prospective data collection required by completion of questionnaires by patients in follow up clinics or by telephone consultations between the patients and healthcare professionals.

**References:**

1. Parotid-sparing intensity modulated versus conventional radiotherapy in head and neck cancer (PARSPORT): a phase 3 multicentre randomised controlled trial. Christopher M Nutting, James P Morden, Kevin J Harrington, Teresa Guerrero Urbano, Shreerang A Bhide, Catharine Clark, Elizabeth A Miles, Aisha B Miah, Kate Newbold, MaryAnne Tanay, Fawzi Adab, Sarah J Jeff eries, Christopher Scrase, Beng K Yap, Roger P A’Hern, Mark A Sydenham, Marie Emson, Emma Hall, on behalf of the PARSPORT trial management group. The Lancet. 2011.

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