

## **CGA/19/62 - Non-adherence to hormonal therapy in Breast Cancer survivors: a systematic review and qualitative analysis of the role of sleep disturbance**

Women with hormone-receptor-positive breast cancer are prescribed hormone therapy for 5-10 years after breast cancer surgery to minimise the risk of breast cancer recurrence. Research indicates that around 50% of women prescribed hormone therapy do not adhere to their prescription. In most cases, this is because of unpleasant side-effects of the medication. Sleep disturbance is one of the most common side-effects of hormone therapy, but its influence upon adherence has not yet been examined. We will explore the experience of poor sleep and its impact on adherence to hormone therapy in order to consider whether improving sleep would result in improved adherence.