Purpose

• To share findings related to the implementation of After Breast Cancer, a targeted six-week curriculum for post-treatment breast cancer (BC) survivors.

Background

• Breast Cancer Resource Center (BCRC) is a community-based nonprofit in Central Texas whose mission is to empower those affected by breast cancer with personalized support and compassion.

• Staff hypothesized that targeted post-treatment curriculum would increase client awareness of community resources, social support, and survivorship care plans.

• After Breast Cancer curriculum developed as an integrated response to client needs in the post-treatment phase.

• After Breast Cancer design included six weeks of classes with interdisciplinary experts to provide information, tools, and resources related to post-treatment concerns.

Methods

• Mixed-methods study examined the extent to which After Breast Cancer increased knowledge of community resources, care planning, and post-treatment coping skills among class participants.

• Surveys used standardized scales on ability to cope, awareness of local resources, post-treatment plans, care from medical team and open-ended questions relating to support and course benefits.

• Quantitative data was analyzed using simple percentages and thematic analyses explored qualitative data.

• 69 participants completed a pre-survey; 36 completed the post-survey.

Results

Pre-Curriculum Survey

• 57.9% reported adequate support from medical team

• 49.2% reported having treatment care plans

• Awareness of local resources rated 2.98 out of 5

• Themes included concerns about lack of support; lack of tools/resources; feeling isolated and confused; and appreciation of BCRC navigation.

Post-Curriculum Survey

• 89% reported enhanced ability to cope with post-treatment survivorship

• Awareness of local resources rated at 4.45 out of 5

• Participants rated satisfaction with new care plan at 4.4 out of 5

• 94% said the course met their expectations

• Themes extracted from the post-test included expanded resource awareness; supportive social connections; increased knowledge and desire for more shared stories.

Discussion

• Findings suggest that survivorship care plans, social support, and community resource awareness are valued by BCRC clients post BC treatment.

• Qualitative findings indicated that the course provided important coping and information-gathering skills and supported pragmatic responses to challenges associated with post BC treatment.

• Community-based organizations may be well suited to convene interdisciplinary survivorship opportunities for BC clients.

Project Expansion

• CDC funding will support expansion and evaluation of After Breast Cancer content

✓ Additional data collection using needs assessment and focus groups

✓ Creation of targeted curriculum for young women with breast cancer

✓ Digitization of content to increase catchment area

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