



9th Asia-Pacific BreastTM Cancer Summit

Reaching New Heights in Breast Cancer Care

9 - 10 JANUARY 2021
VIRTUAL SUMMIT

IN CONJUNCTION WITH

**6th SINGAPORE
BREAST ONCOPLASTIC
SURGERY SYMPOSIUM (SBOSS)**
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Oncology Nursing Session
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QOL of Asian breast cancer women and their caregivers: A psychosocial perspective

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**One in 13 women in Singapore will develop
breast cancer by the age of 75***

Singapore Cancer Registry 50th Anniversary Monograph (1968- 2017)

**In 2013-2017, there were 10,824 new
cases of invasive breast cancer
diagnosed (nearly six cases per day)**

Singapore Cancer Registry 50th Anniversary Monograph (1968- 2017)

- Breast cancer diagnosis and the treatment trajectory can have negative psychological impact on both patients and their caregivers.

Hanson Frost, Suman, Rummans, et al (2000); Petrie, Logan & DeGrasse (2001), Landmark, Bohler, Loberg & Wahl (2008); Montazeri (2008)

- Unmet supportive care needs have been observed to be significantly associated with poorer QOL among breast cancer patients, which could potentially impact long-term survival.

Mehnert & Koch (2008); Edib, Kumarasamy, Binti Abdullah; Rizal & Al-Dubai (2016); Epplen, Zheng, et al (2011)

Jane- a case study



60 years old female, presented with left breast lump for one month

- Not painful
- Not increasing in size
- No nipple discharge
- No previous breast op
- Last mgn done in Aug 2019- was told normal

Jane- a case study

- Physical examination
 - Large palpable left breast lump
 - Hard and irregular
 - 4.5 x 3cm
 - Not fixed to skin
 - No other palpable lumps
 - No palpable lymph nodes

LEFT Breast Cancer



Jane- a case study

1. PMH

- Diabetes
- Hypertension
- Hyperlipidemia

2. PSH

- Bilateral cataract op done in 2018

3. FH

- Mother with brain tumor

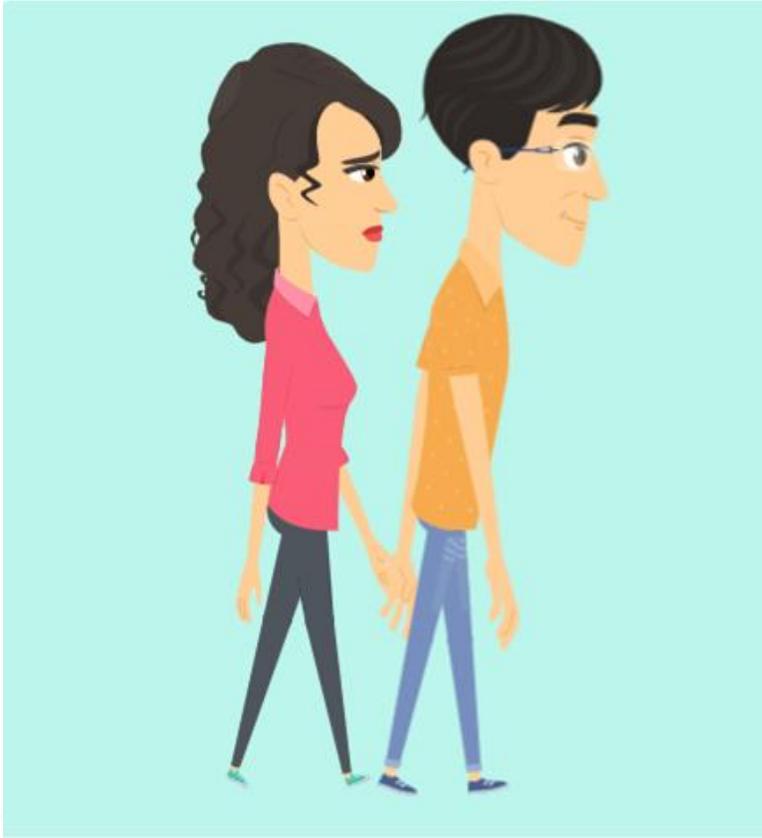
4. Social history

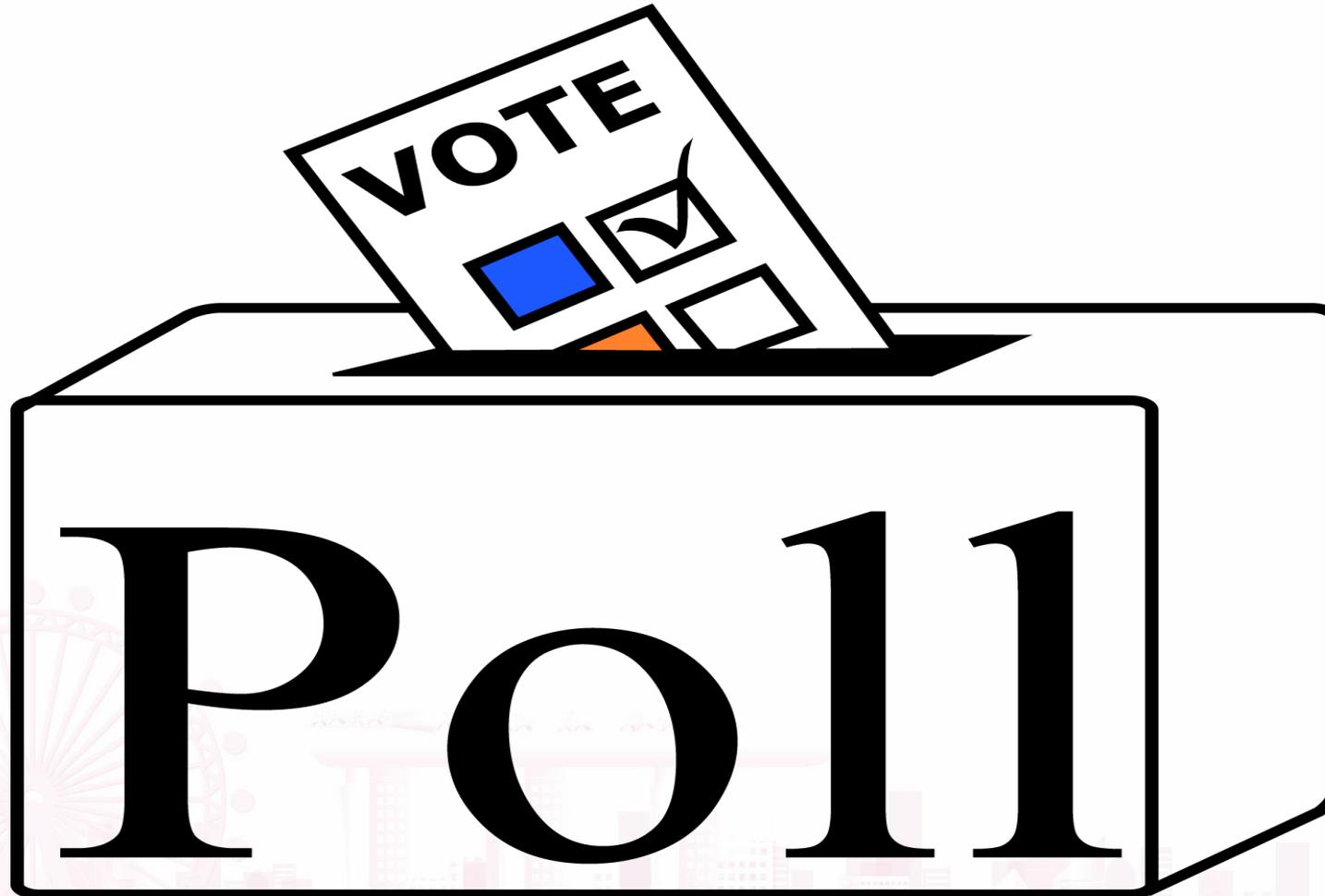
- Happily married for the past 35 years
- Loving relationship with husband
- Three grown up children
- Proud grandmother of 2
- Close knitted family, lives together except daughter
- Preschool principal



- Husband is the main caregiver; 62 yrs old retiree
- Healthy and active
- Enjoys cycling and jogging









Which of the following is viewed as the **most important by breast cancer patients at the time of diagnosis?**

1. To have prompt information on treatment and side effects
2. To have prompt treatment for the side-effects of treatment
3. Having a family around me
4. To be able to communicate clearly with healthcare professionals



Which of the following is viewed as the **most important by caregiver at the time of diagnosis?**

1. To have prompt information on treatment and side effects
2. To have prompt treatment provided for my partner for the side-effects of treatment
3. Having a family around me
4. To be able to communicate clearly with healthcare professionals

Factors influencing quality of life of Asian breast cancer patients and their caregivers at diagnosis: perceived medical and psychosocial needs

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Factors influencing quality of life of Asian breast cancer patients and their caregivers at diagnosis: perceived medical and psychosocial needs

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Aim: examine the needs of patients and their caregivers, as well as their QoL over a period of 12 months

TOP THREE NEEDS RATED AS IMPORTANT TO MOST PATIENT AT THE POINT OF DIAGNOSIS

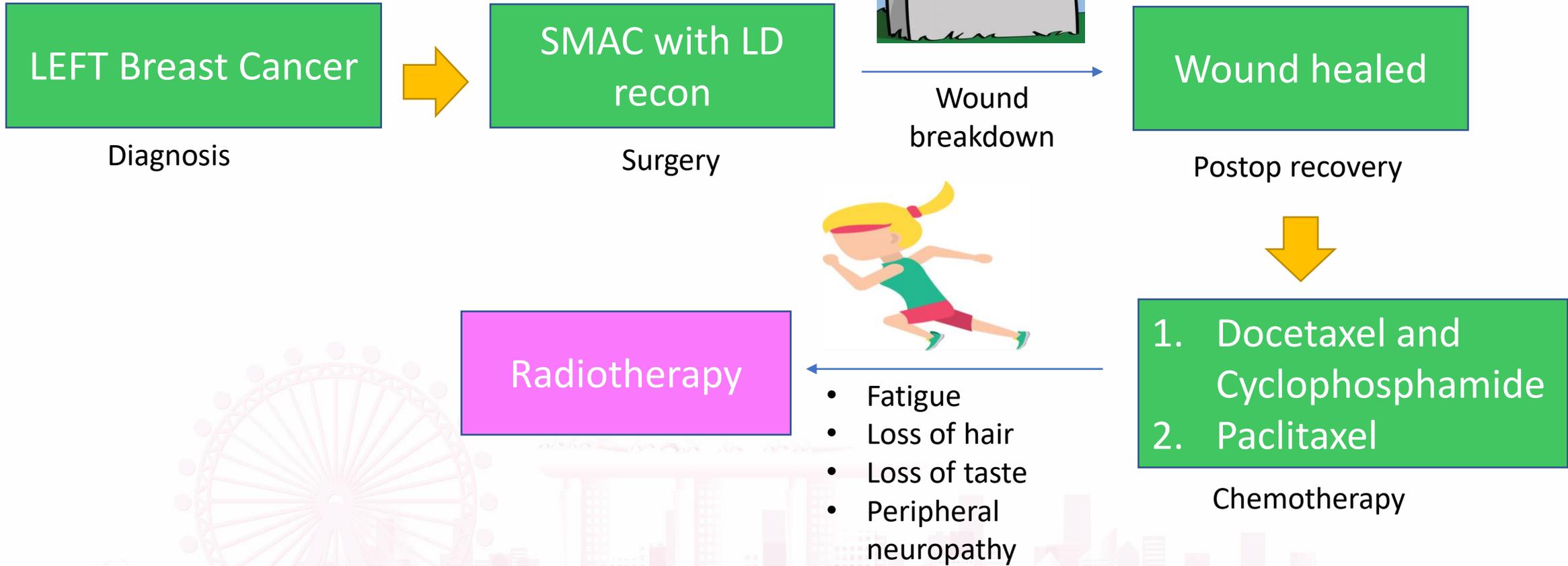
RESULTS

- 1. To have family around oneself**
2. Prompt information about treatment and treatment options, including side-effects
3. Prompt treatment for side-effects of treatment

RESULTS

TOP THREE NEEDS RATED AS IMPORTANT TO MOST CAREGIVER AT THE POINT OF DIAGNOSIS

- 1. Prompt information about treatment and treatment options, including side-effects**
2. Prompt treatment for side-effects of treatment
3. To have family around oneself



Discussion



- What are the psychosocial concerns or challenges that you may identify in this case study?
 - Patient
 - Caregiver



Patient

- Sad and grieving over MIL's death
- Declines in performance status and functional activity
- Poor concentration
- Memory impairment
- Altered sexuality
- Loss of certainty
- Reduction of self-esteem
- Threat of death

Caregiver

- Sad and grieving over mum's death
- Stressful over patient's poor wound healing
- Frequent visit to clinic for wound dressing
- Looking after patient; food, clinic visit etc
- No 'me time'

Discussion



- What factors have played the key role in the patient's QOL?
- What factors have played the key role in the caregiver's QOL?

RESULTS

Significant factors influencing the QOL of patients

Race

Age

Education
level

Stage of
disease

Patient's QOL at the time of diagnosis

RESULTS

- Supportive nurses as part of the treatment team positively improved patients' QOL in the physical problem and social functioning domains.
- Receiving prompt treatment for side-effects were important, positively influenced their QOL in the domain of bodily pain.

Caregiver's QOL at the time of diagnosis

RESULTS

- Having chronic disease is the only factor that influences QOL.
- Specifically in the Physical Functioning (PF) domain and in the Physical Composite Score (PCS).

RESULTS

The largest difference in the QOL score for patients and caregivers was in the domain of Role Physical and the smallest was in the domain of Mental Health.

Learning points

- Patients and caregivers have similar perceptions of needs at diagnosis.
- A supportive healthcare team can positively influence patients' QOL, highlighting the importance of tailoring support according to needs.

Going back to the case study...

How is Jane coping now?



My husband and daughter are always there for me

Family support

Spiritual support



Thankful for breast care nurses for their care and management

support

My boss and colleagues are understanding, I am still working from home

Work support



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