Looking Forward: Feasibility and acceptability of a cancer survivorship program

Rosana Faria, Susan Law, Tarek Hijal, Joan Zidulka, Mona Magalhaes, Maud Mazaniello, Monique Ferland, Laurie Hendren, George Michaels, Danielle Potas, Givette Volet

CQI Research Grant 2014

INTRODUCTION

CO-DESIGN OF A PSYCHO-SOCIAL PROGRAM

• Few evidence-based interventions exist offering psychosocial care and information to support cancer patients’ transition from active treatment to a ‘new normal’

• The Looking Forward program was developed to address the physical and emotional challenges patients can experience at post-treatment, also known as the ‘re-entry phase’, for which patients are often not prepared

• Adapted experience-based co-design (EBCD) methodology – improve user experience through understanding patient perspectives of a process or service

RESULTS

1) PERCEIVED PREPAREDNESS FOR RE-ENTRY

• Overall, significant improvement in perceived preparedness for re-entry from baseline to 1 month follow-up; effect size of .51.

2) HEALTH EDUCATION (heiQ)

3) ACCEPTABILITY

CONCLUSION

• Pilot results suggest acceptability of the program and improvement in preparedness for recovery.

• Responding to emotional distress remains an ongoing issue although patients found the materials regarding emotions helpful.

ANTICIPATED PATIENT IMPACT

• Increased patient preparedness after treatment, increase in engagement in health and wellbeing

TRANSLATION ACROSS THE RCN

• Program implemented at St. Mary’s Hospital

• Dissemination of booklets at MUHC through Cedars CanSupport

• Incorporation of booklets onto Opal (smart phone app and patient portal) developed for radiation oncology patients at MUHC

EVALUATION OBJECTIVES

1) Effectiveness on changes in perceived preparedness for re-entry1 from baseline to 1-month follow-up

2) Impact of health education (heiQ)2 from baseline to 1-month follow-up

3) User feedback on program and materials


Contact: rosana.faria@ssss.gouv.qc.ca; susan.law@thp.ca

For personal use only
Not for distribution