

A life Transformed : Living with Breast Cancer

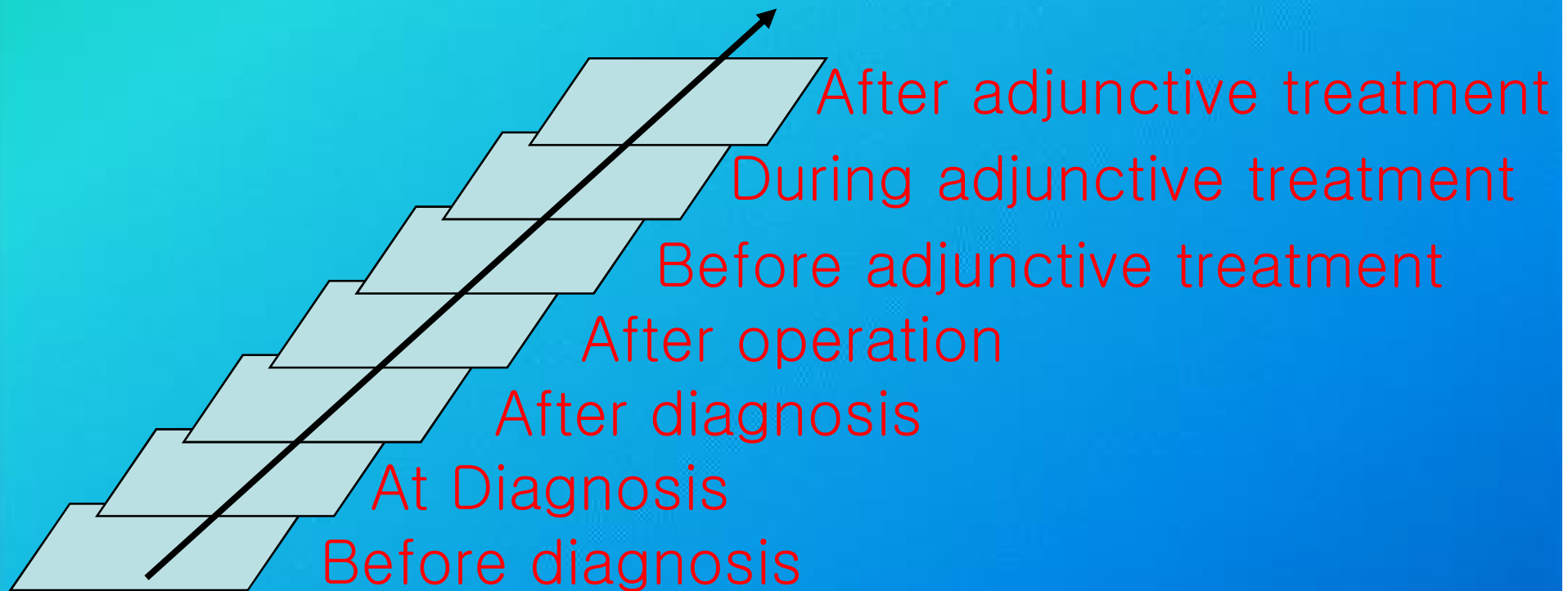
Bok Yae Chung
Kyungpook National University,
Korea

Purpose

- To understand
- To support

breast cancer patients
as a human being!!

Breast cancer patients' life is transformed by breast cancer?



Before diagnosis

- The woman never think they may have breast cancer in their life!!
 - What the life is changed when women feel some strange mumps in their breast!!
 - They become nervous, and think what this is!!
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At Diagnosis

- Probably, breast cancer!!
- Confirm, breast cancer!!
- Can not remember what they did after listen the cancer diagnosis

After diagnosis

- Collect the information about breast cancer!
 - Decide which hospital is the best!
 - Decide who is the best doctor!
 - They do not know hospital environment and process of treatment. They just know what they should accept the present situation!
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After operation

- I may survive!
- Relaxed a little!!
- I am a important person at home!

Before adjuvant treatment

- Do not know what the next treatment is!
 - Duration, types, effects, side effects
 - Know that they follow doctor's prescription!
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During adjuvant treatment

- Submerged under the chemo, radio therapy
 - Recognize their changed body
 - Could not love with their partner comfortably
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After adjuvant treatment

- Afraid to find the tumor in other places!
 - Could not escape from the thinking of recurrence of cancer in their body.
 - Could not enjoy foods comfortably
 - Think their new life! What is important to me now!
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- How breast cancer patient live with breast cancer?
 - There were many studies of the life of breast cancer survivors
 - The rate of survival is improving over the past decade
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Long term survivors

- Survivors of Hodgkins disease
- Still affected 10–to 18 years after treatment
- Showed some limitations of physical function, role functioning, sexuality, overall health perceptions, and employment

<Tulder, 2007>

Long term survivors

- More restrictions in physical functioning and in role functioning like as work and daily activities
- Lower perceived overall health
- Less satisfaction with their sexual lives
- Greater difficulty in obtaining financial loans and life insurance
- More health related employment limitations.

Long term survivors of cancer

- Long term survivor of breast cancer
- Ongoing issues and concerns
- Experience
 - cancer related concerns
 - issues related to aging
 - co-morbid health status

Young breast cancer survivors

- Enjoyed good health and improved quality of life during five years after diagnosis
- 92%; good or excellent
- 10%; getting worse
- Within 5 years, Improved surgical symptoms, body image, worry about the future, communication, intrusiveness of treatment

<Bloom, Stewart, Chang, & Banks, 2004>

Young breast cancer survivors

- Physical, social, and psychological concerns must be addressed
- Be resilient as they age
- Decrease in emotional support
- Decrease in social network
- 75% menopausal
- Fewer children at home

<Bloom, Stewart, Chang, & Banks, 2004>

Disease-free survivors of breast cancer in Korea

- Compared between breast cancer patient with the general population
- Significant differences in cognitive and social functioning, fatigue, insomnia, financial difficulty between two groups

<Ahn, etc., 2007 >

Studies of Breast cancer Survivors in Korea

- Decrease sexual function

<Hye Young Kim, Hyang Sook So, Myeong Jeeong chae, 2009>

- Gradually improved in the physical domain in both group. However, there were no significant group differences in the psychological aspects.

<Jung Won Lim, In Young Han, 2008>

Studies of Breast cancer Survivors in Korea

- Spiritual wellbeing

<Hee Young So, Hye Suk Min, 2006>

- Depression and alteration in QOL

<Young Ran Chae, 2005>

Breast cancer → Survivors

Everyone knows!!

Is breast cancer a critical event?

- It is increasing the health professionals concern about and understand the suffering of breast cancer patients
 - Understand what breast cancer patients dream every night!
 - What breast cancer patients want to know, cope, and escape after they receive cancer diagnosis?
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Emotional distress

- Apprehension and restlessness after finding lumps in their breast
- Hopelessness and black out between the diagnosis and operation
- Uncertainty and hopelessness between and adjunctive therapy
- Suffered from the side effects during the adjunctive therapy
- Expressed a strong will to overcome the cancer and its treatment
- A sense of stability, but they constantly anxious about the recurrence of the cancer after therapy

Meaning and nature of experience of Breast Cancer Patients

- Seven themes:

- 'want to escape from reality'

- 'chest becomes bareness'

- 'Having hope for uncertain future'

- 'fill myself with only my idea'

- 'realize small meanings of life'

- 'deepened family love'

- 'new relations formed tenaciously by disease scar'

Psychosocial Experience in Post-mastectomy women

- A crossroad of life and death
- Sexual-identity crisis
- Feeling mortified due to double binded messages of others
- Conflict between physical and psychological disabilities
- Feelings of gratitude or wish fullness
- Realistic suggestions and wishes

<Yoon Soo Lee, 2007>

Psychosocial Experience in Post-mastectomy women

- Experienced not only self-identity crisis as women but also unending internal turmoil because of their passion to live.

<Yoon Soo Lee, 2007>

What breast cancer patients need to overcome breast cancer?

- Suffer from physio–psycho–social–spiritual problems after cancer diagnosis.
 - The differences is in types of surgery, chemotherapy, radiotherapy, period passed after, life attitude such as "will to meaning", spiritual well being and life attitude, demographic characteristics such as monthly income, religion.
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Programs for breast cancer patients

- Anger management–self efficacy

<Bok Ja Oh, Yi Seung; 2009>

- Comprehensive rehabilitation program–
grip strength, pinch strength, shoulder
joint, flexibility, fatigue

<Yang Sook Yoo, Sang Seol Jung, Ok Hee Cho; 2005>

- Rhythmic walking exercise–physical
strength, fatigue, functional status

<Eun Young Suh, Eun Ok Lee ;1997>

Rehabilitation model

- Physical and cosmetic
- Informational
- Psychosocial
- Cognitive-behavioral

<Chung and Xu, 2008>

Physical and cosmetic rehabilitation

- Managing treatment-related symptoms
 - Regaining physical function
 - Improving functional health outcomes
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Physical and cosmetic rehabilitation

- To improved fitness, reduced fatigue, enjoyment, enhanced mood and a sense of achievement in breast cancer patients.
- Exercise, recovery of shoulder range of movement, cycling, walking, stretching, aerobics, and dance

<Stevinson and Fox, 2005>

Informational rehabilitation

- To adjust breast cancer
- Improve adaptation & coping of cancer and cancer treatment

Informational rehabilitation

Breast cancer patients have distinct needs for information throughout their breast cancer journeys, indicating that information needs change with time after diagnosis and with treatment-related events

<Rees & Bath, 2000>

Informational rehabilitation

- Information interventions to improve quality of life are required for treatment decisions.
- Cope better with their condition and find it easier to overcome emotional conflicts when patients have knowledge of the disease

Contents of information

- Predisposing factors of cancer
 - Methods of diagnosis
 - Types of treatment
 - Diet therapy
 - Reconstruction of the breast
 - Effects, side effects of treatment
 - Symptom management for pain and discomfort, lymph edema, and control of body weight.
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Psychosocial rehabilitation

- Psychological and social approaches to solving the psychosocial discomfort
 - Strategies; Interview, recreation, counseling, and self-management
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Psychosocial rehabilitation

- promote the recovery of the affected shoulder joint range of motion
- alleviate physical symptoms
- improve psychosocial adjustment & QOL



- psychology-based education
- Exercise
- peer support group activity

Cognitive-behavioral rehabilitation

- Problem solving activities focused on discovering and challenging automatic negative thoughts, activity planning, and discovering by breast cancer patients

Cognitive-behavioral rehabilitation

- To improve sexual function
- For understanding and adjusting to the physical changes caused by cancer treatment
- Applied cognitive and behavioral sexual rehabilitation technique to intervene the sexual concerns of patients and their partners

Cognitive-behavioral pain management program

- To relieve chronic treatment-related pain.
- Combination of physical and psychological technique such as education, relaxation, exercise training
- Achieve positive outcome

Cognitive-behavioral stress management intervention

- Breast cancer patients
- Beneficial effects on diverse aspects of quality of life

<Antoni et al., 2006>

Cognitive-behavioral rehabilitation

- Group rehabilitation program
- Cognitive behavioral technique combined with physical training and relaxation
- Usefulness in relaxation, physical training, encountering, breathing exercises, information and cognitive behavioral skills
- Effective in breast cancer patient to cope and adaptation

<Peterson et al., 2000>

Types of Activity/Management

- Physical activity
 - Education
 - Support
 - Complementary therapy.
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Physical activity

- Exercise
- To reduce fatigue, weight gain, early menopause, and the changes in body image and emotional discomfort

Physical activity

- Use exercise as an adjunctive therapy
- To reduce fatigue and improve physical functioning and quality of life

<Campbell, Mutrie, White, McGuire, and Kearney, 2005>

Physical activity

- Improve strength and cardiovascular conditioning, alleviating pain and lessening fatigue
- Exercise help women to physically recover from treatments and potentially prevent cancer recurrence.

<Silver, 2007>

Education

To help for patients to adjust to breast cancer

Education

- To apply cognitive behavioral pain management program
- Combined education with exercise training
- Using handouts
- Contents; breast cancer, types of treatment, complications of treatment, and diet therapy

<Robb, et al., 2006>

Support

- Used peer and group support
- To elevate not only the patient's hope and trust but also reduced depression, anxiety and pain

Support

- Exercise rehabilitation program
- Using peer and support group, complementary therapy, and discussion of psychosocial issues
- Peer support group activity was a time saving & cost effective
- Elevate not only the patient's hope and trust but also reduced depression, anxiety and pain

<Stevinson and fox, 2006>

Complementary therapy

- Relaxation, music, distraction, massage, recreation, heat and cold therapy, yoga
- Effectiveness in managing symptoms

<Carson et al., 2007; Daykin, McClean, & Bunt, 2007>

Complementary therapy

- Music therapy
- Improved anxiety, fear, fatigue, relaxation, and diastolic blood pressure
- Improved quality of life.

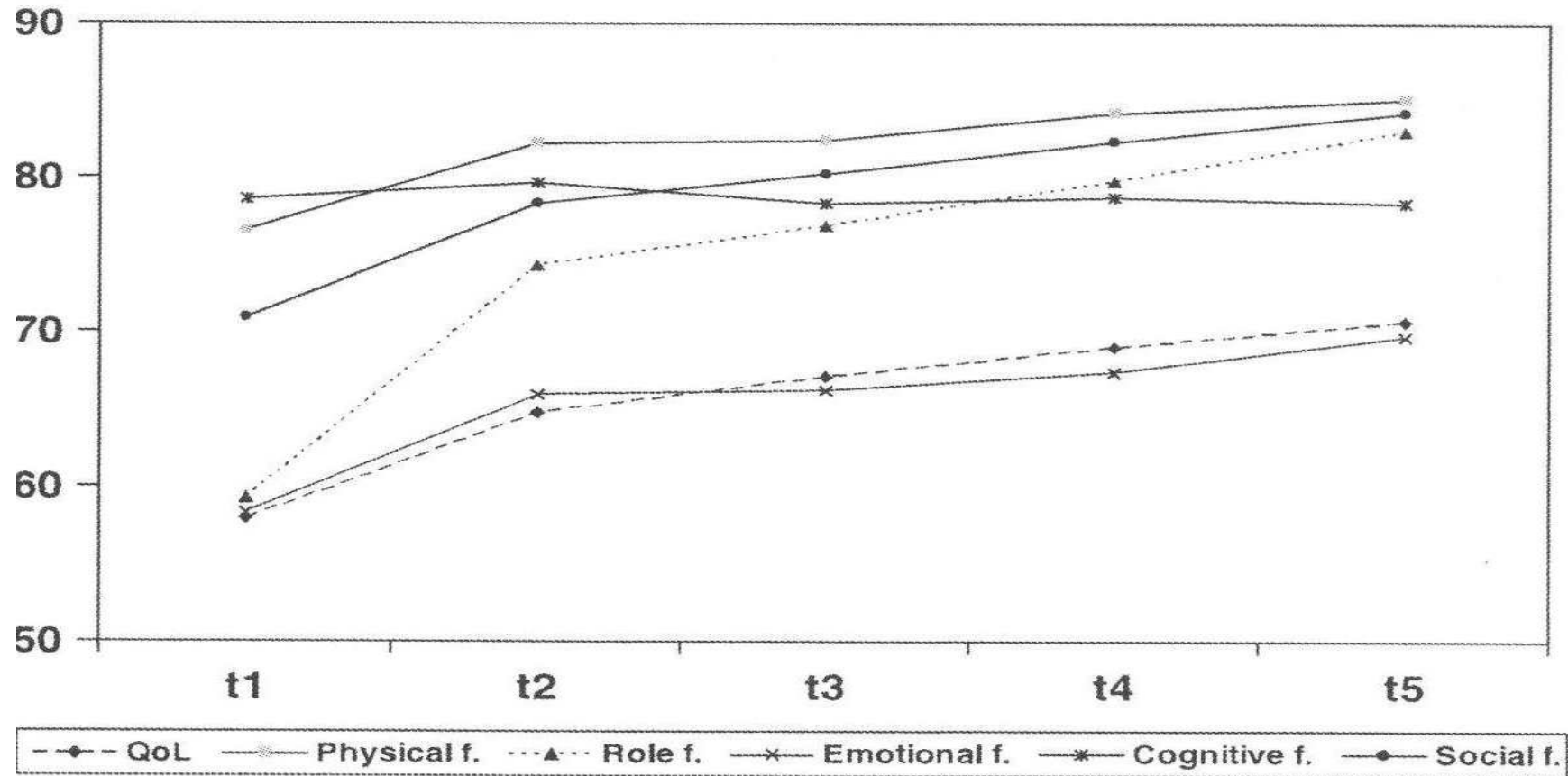
Complementary therapy

- Applied massage therapy and touch
 - To reduce stress, increase relaxation, and comfort
 - Complementary therapies are effective in control of symptoms <Wright, 2007>
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Quality of life

- Quality of life was the outcome of treatment
 - Quality of life was achieved by
 - Physiopsychosocial functional adjustment
 - Recover meaning of life
 - Recover optimal body function
 - Renew sense of safety and comfort
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To live with breast cancer; A life of breast cancer after treatment



- <Hartl, K., Engel, J., Herschbach, P., Reinecker, H., Sommer, H., Friese, K.(2009). Personality traits and Psychosocial stress: quality of life over 2 years following breast cancer diagnosis and psychological impact factors. Psycho-Oncology 10, 1002->

To live with breast cancer

- To overcome concerns and issues such as fatigue, weight gain, early menopause, change of body image, emotional and spiritual discomfort, and relation with partners and families
 - Need to physical and cosmetic support, informational support, psychosocial support, and cognitive behavioral support
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To live with breast cancer

- Need to activities such as physical activity, education, support, and complementary therapy
- To support breast cancer patient is a long and slow process

Recommendations

- Care of patients with breast cancer must be based on evidence and be updated regularly to reflect the most current research.
 - More research on rehabilitation programs for breast cancer patients needs to be encouraged.
 - Find and develop the most effective and efficient programs
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Conclusion

- To support the breast cancer patients is not only a scientific challenge, but also a clinical and ethical imperative.
 - Health professionals should understand the imminence situation of breast cancer patients.
 - Education and training of healthcare professionals regarding breast cancer patients is equally important for an effective support to facilitate physical and cosmetic, informational, psycho-social, cognitive behavioral rehabilitation.
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Conclusion

- Health professionals could promote positive life attitude for breast cancer patients by improving spiritual well being with the encouragement of having religion especially for long term breast cancer survivors in the process of their rehabilitation.
 - Health professionals should understand breast cancer patients as a human being who hurt really physical, psychosocial, emotional and social aspects.
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Conclusion

Breast cancer patients are waiting for our
warm hand and eye touches and warm
smiles!!

Thank you so much for your
attention!!