

Purpose

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

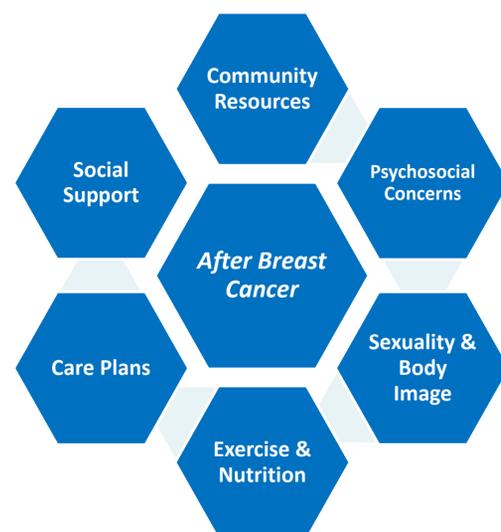
Background

- 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

Acknowledgements

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