

## Background

Breast Cancer Resource Center (BCRC) is the largest provider of breast-specific client support services in Central Texas and delivers a range of services including patient navigation, education, advocacy, and financial assistance. In September 2019, BCRC launched a five-year project funded by Centers for Disease Control and Prevention (CDC) to explore how community organizations may improve survivorship outcomes of women diagnosed with breast cancer before age 45.



BCRC Patient Navigators

## Purpose

Young breast cancer survivors (YBCS) face myriad challenges related to health, psychosocial needs, finances, and other barriers to care and clinical trials. They are at increased risk for poor outcomes including recurrence, mortality, and impacted quality of life. BCRC will develop an integrated response to optimize YBCS survivorship services in Texas, including service expansion and mobilizing stakeholders to develop strategic, actionable, and measurable activities to improve quality of life and wellness of YBCS.

## Methods

A cooperative, integrated approach will improve access to services and establish scalable survivorship best practices. The multiyear project will be informed by a YR01 needs assessment which includes:

- 1) Internal and external data analyses;
- 2) Patient focus groups;
- 3) Development, dissemination, and evaluation of a state survey for YBCS;
- 4) Key informant interviews among breast cancer survivorship support roles in Central Texas.

### Long-term strategies:



Establish a network of providers, survivors, and caregivers to facilitate policy, system, and environmental change interventions



Provide or facilitate innovative educational opportunities for health care providers



Use innovative technological approaches to educate and inform survivors, caregivers, and providers



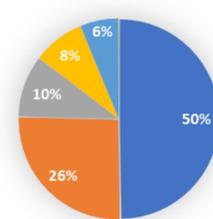
Engage patient navigators and community health workers to reach underserved populations to enhance their access to and utilization of YBCS services and programs

## Preliminary Project Data

A mixed-methods review of BCRC client information is in progress. These data will inform a state YBCS survey, focus groups, and key informant interviews.

- BCRC data includes YBCS client information from 2007 to present (n=1,705) and one annual YBCS client survey (n=119)
- YBCS clients most frequently receive navigation for psychosocial issues (50%) followed by treatment compliance (26%) issues
- 44% of YBCS clients do not participate in peer support groups
  - Themes include conflicts related to time, illness, work, and family, and lack of awareness or interest

Navigator-Reported Needs



■ Psychosocial ■ Treatment Compliance  
 ■ Physical Needs ■ Communication/Cultural  
 ■ Health Insurance/Financial ■ Education/Information

## Anticipated Outcomes

The project will result in shared-care recommendations which are scalable and replicable for similar communities, including those lacking comprehensive cancer care. Short-term, YR01 outcomes include:

- Increased awareness of strategies to mitigate health risks and promote healthy lifestyles
- Increased awareness among healthcare providers
- Improved patient-provider communication
- Increased number of YBCS utilizing supportive services

## Project Opportunities

Current project opportunities include:

- Recruitment of navigators, social workers, and mid-level providers for key informant interviews
- Collaboration with stakeholders with expertise in:
  - Rural health
  - Oncology/Survivorship
  - Social determinants of health
  - Community-based organizations
  - Breast cancer outcomes

