

Background Information

BACKGROUND:

- Cancer Bridges provides free services to those impacted by cancer including counseling, support groups, social activities, health and wellness resources, and community collaborations.
- The diagnosed, family, friends, and caregivers are welcome to join Cancer Bridges and receive the social, emotional, and informational tools they need.

SIGNIFICANCE:

- A gap in educational resources for community-dwelling adult cancer survivors following cancer-related surgery was identified. Many cancer survivors do not receive in-depth education on activities of daily living (basic and instrumental), as well as other areas within the scope of occupational therapy, prior to and after surgery.
- The inability to participate in daily activities **can lead to a decrease in safety, poor quality of life, and disability**. Providing education about participating in meaningful daily activities after surgery can enhance the transition from hospital to home.^{1,2}

OBJECTIVES:

- Develop and implement patient-friendly, occupation-based educational resources for community-dwelling cancer survivors.
- Increase cancer survivors' knowledge and confidence in participating in meaningful activities following cancer-related surgery.

Methods

RESOURCE GUIDE DEVELOPMENT: The project is composed of two distinct guides:

CANCER SURGERY RECOVERY GUIDE

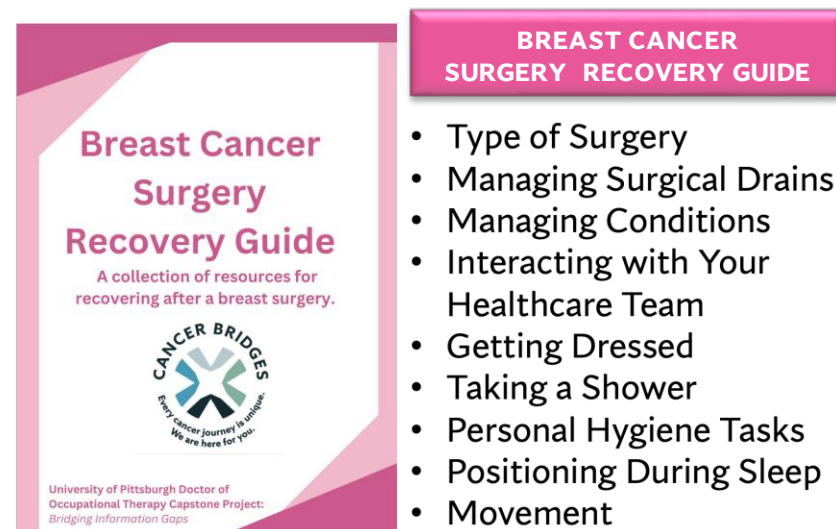
BREAST CANCER SURGERY RECOVERY GUIDE

- Summary:** Education and recommendations for cancer survivors who had or are planning to have any cancer-related surgery.
- Recruitment:** Cancer Bridges' Happy Feet virtual wellness program
- Sample Size:** n=17

- Summary:** Education and recommendations for cancer survivors who had or are planning to have a breast cancer-related surgery.
- Recruitment:** Cancer Bridges' breast cancer support group
- Sample Size:** n=33

DATA COLLECTION:

- Two surveys, **(1) A Pre-Survey** and **(2) Post-Survey** were distributed for each resource guide using Qualtrics XM, a secure, online data-collection platform. Both surveys were designed to measure levels of knowledge and confidence with performing daily activities.
- The **pre-survey** was distributed *before* participants reviewed the recovery guide.
- The **post-survey** was distributed *after* participants reviewed the recovery guide.



Results

Figure 1a Comments from the Cancer Surgery Recovery Guide

"I learned that breaks allow me to get more done after resting. I no longer try to do everything in one day. I space things out!"

"[The guide] provided wonderful suggestions on how to put pants, socks, and shoes on with ease."

"Some of this was never addressed before or after my surgery. I really got the importance of this aspect of my care with this guide, and I am so glad that I did."

Figure 1b Comments from the Breast Cancer Surgery Recovery Guide

"I learned a great deal on how to handle post-op conditions."

"This guide had great tips & illustrations on getting dressed & other activities."

"Very comprehensive guide on how to care for self and what to be aware of after surgery!"

CANCER SURGERY RECOVERY GUIDE

Figure 2a

Self-Reported Knowledge: Average of 10 Sub-Categories

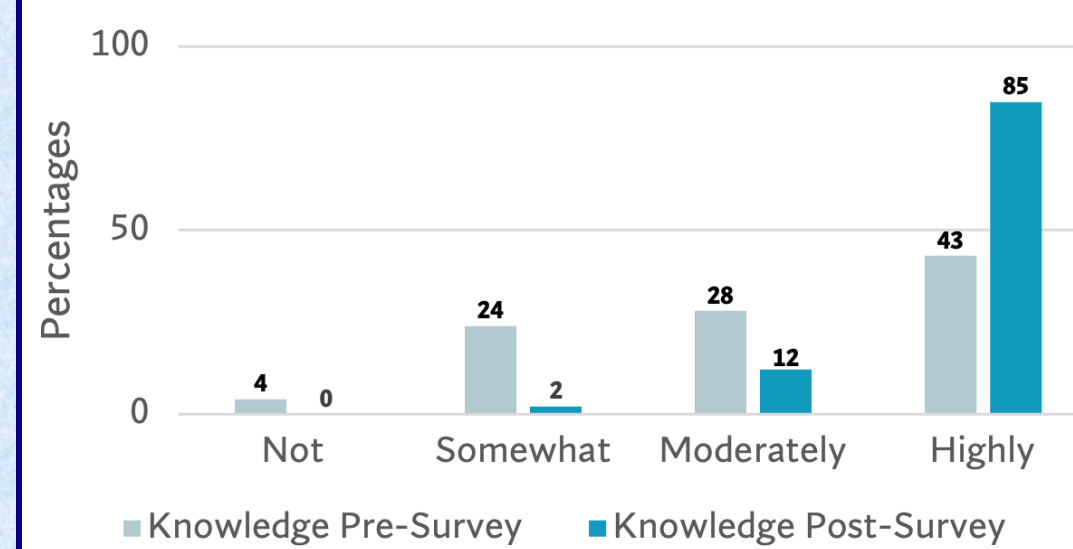
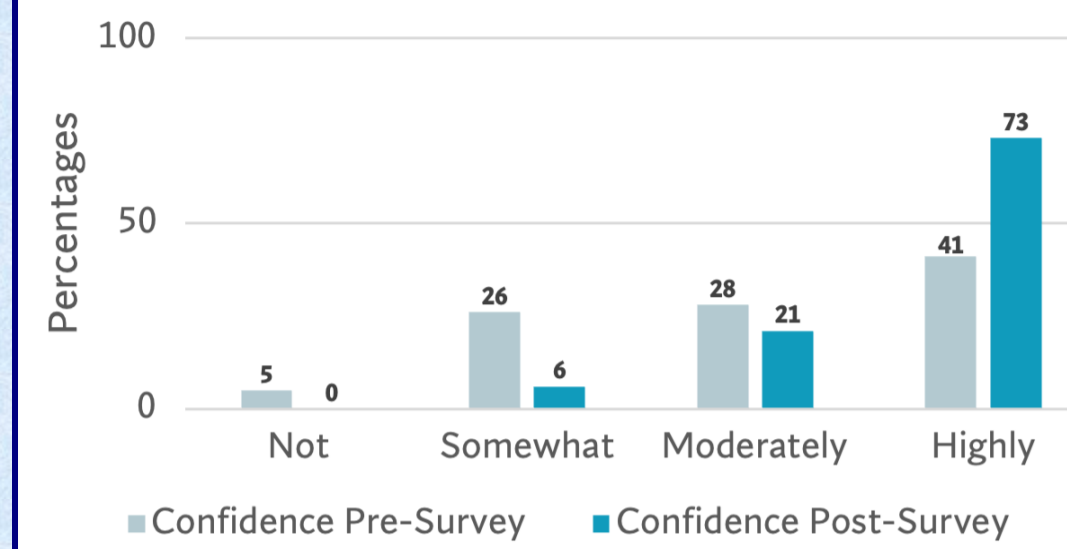


Figure 2b

Self-Reported Confidence: Average of 10 Sub-Categories



BREAST CANCER SURGERY RECOVERY GUIDE

Figure 3a

Self-Reported Knowledge: Average of 9 Sub-Categories

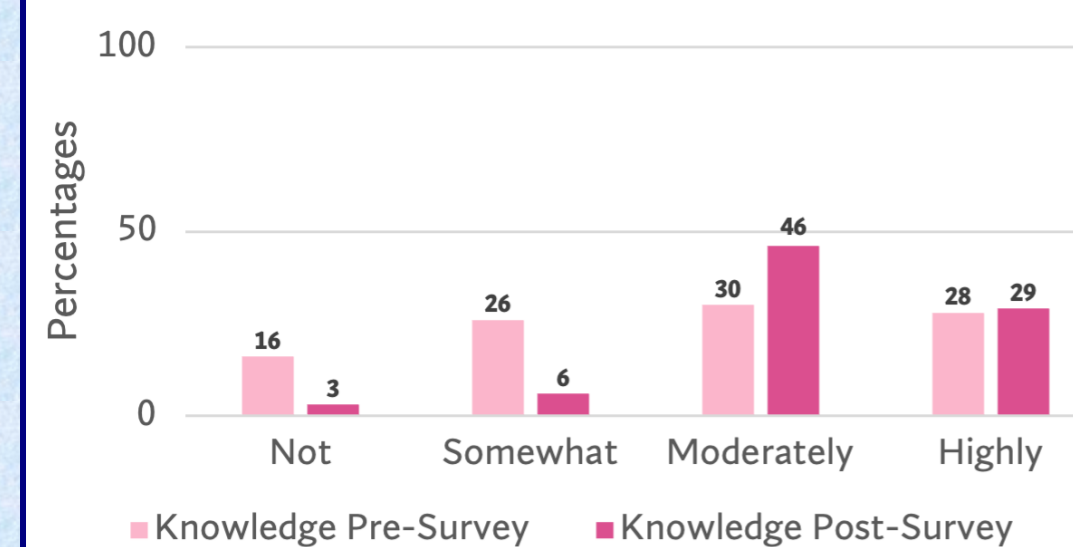
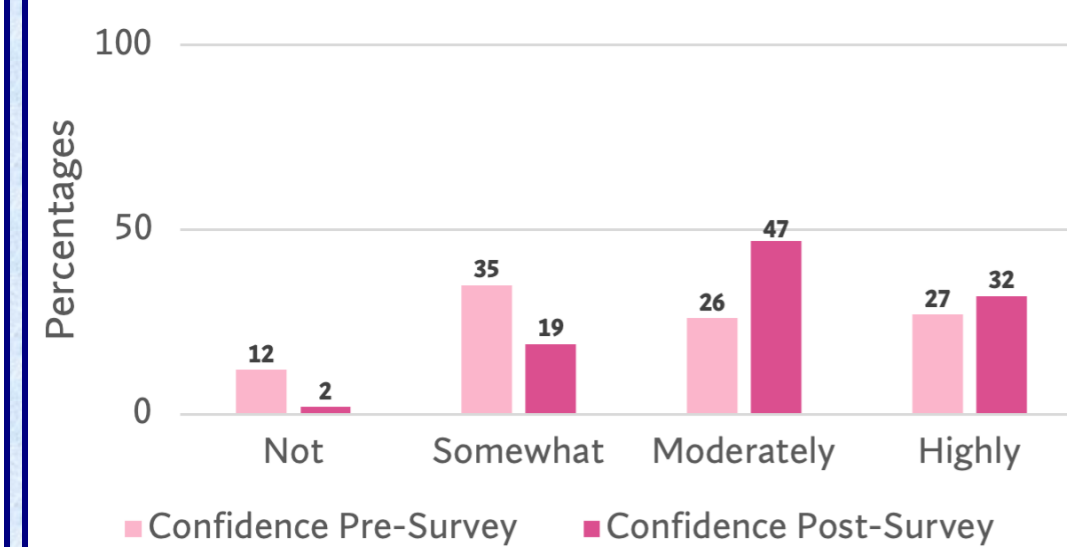


Figure 3b

Self-Reported Confidence: Average of 8 Sub-Categories



Discussion

Overall, participants reported high satisfaction with the content of the recovery guides. Results show an increase in knowledge and confidence between the pre- and post-surveys, which demonstrates achievement of project objectives.

CANCER SURGERY RECOVERY GUIDE

- Results indicate that most participants were Highly Knowledgeable and Highly Confident after reviewing the recovery guide.
- Greatest improvements in Knowledge and Confidence:
 - Taking Breaks**
 - Movement**

BREAST CANCER SURGERY RECOVERY GUIDE

- Results indicate that most participants were Moderately Knowledgeable and Moderately Confident after reviewing the recovery guide.
- Greatest improvements in Knowledge and Confidence:
 - Managing Drains**
 - Personal Hygiene**

LIMITATIONS:

- Most participants had their surgery greater than 1 year ago, so they potentially had a higher baseline knowledge about cancer surgery recovery.
- Participant attrition rate was 24% for the Cancer Surgery Recovery Guide and 45% for the Breast Cancer Surgery Recovery Guide between the pre- and post-surveys.

Conclusion

This project demonstrates the importance of addressing gaps in occupational participation and performance following cancer-related surgery through patient-friendly educational materials. Occupational therapy plays a vital role in improving quality of life and empowering adult cancer survivors during this transitional and pivotal period of their cancer journey.

IMPLICATIONS FOR FUTURE PRACTICE:

- Ensure that cancer survivors have the access to patient-friendly education for the post-surgery journey. Education is needed to maximize recovery potential.
- Utilize the recovery guides when educating patients on participation in daily life activities after surgery.
- Develop additional cancer surgery recovery guides for specific diagnoses to enhance knowledge and confidence in other cancer populations.

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References

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