**INTRODUCTION**

- **BACKGROUND**
  - Cancer Bridges is a community to support all individuals impacted by cancer (Cancer Bridges, 2021).
  - One of the many programs offered at Cancer Bridges includes Happy Feet which focuses on the 7 Pillars of Wellness: (Movement, Activities of Daily Living (ADLs), Nutrition, Rest/Sleep, Stress, Spirituality, Social Communication and Environment).

- **SIGNIFICANCE**
  - Cancer Bridges aims to improve members' quality of life by increasing social communication opportunities for physical activity and sharing knowledge on the 7 Pillars of Wellness that they can apply to their daily lives.

**PURPOSE**

The purpose of the Happy Feet program is to create a virtual wellness community.

**OBJECTIVES**

- Participants will be able to:
  - Apply the 7 Pillars of Wellness to their daily lives as independently as possible.
  - Identify that a value of occupational therapy is to improve the overall wellbeing of cancer survivors.

**METHODS**

- **DEMOGRAPHICS**
  - Cancer Bridges members participating in the Happy Feet program
  - Age range of 35 to 75 years with the average age of 65 years
  - Open to all types of cancer with the majority being breast cancer
  - Majority (65%) of participants were post treatment and the rest (35%) were currently in treatment

- **SURVEYS**
  - Six pre-surveys and six post-surveys for a total of 12
  - Surveys measured confidence, knowledge, and satisfaction about the 7 Pillars of Wellness

- **EDUCATION SESSIONS**
  - Each weekly session was dedicated to one of the 7 Pillars of Wellness.

**SESSION OBJECTIVES**

- Provide tips & strategies to improve quality of life
- Address physical/mental/social barriers
- Educate about occupational therapy’s role in each pillar of wellness

**7 PILLARS OF WELLNESS**

<table>
<thead>
<tr>
<th>Pillar</th>
<th>Sessions</th>
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</thead>
<tbody>
<tr>
<td>Movement/ADLs</td>
<td>Week 1</td>
</tr>
<tr>
<td>Nutrition</td>
<td>Week 2</td>
</tr>
<tr>
<td>Rest</td>
<td>Week 3</td>
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<tr>
<td>Stress Level</td>
<td>Week 4</td>
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<tr>
<td>Spirituality</td>
<td>Week 5</td>
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<tr>
<td>Intimacy &amp; Social Communication</td>
<td>Week 6</td>
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</tbody>
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**RESULTS**

- **Overall Change in Score**
  - **Solidarity**
    - Pre-Sessions Average: 3.0
    - Post-Sessions Average: 4.2
  - **Confidence**
    - Pre-Sessions Average: 3.5
    - Post-Sessions Average: 4.2
  - **Knowledge**
    - Pre-Sessions Average: 3.0
    - Post-Sessions Average: 4.1

**DISCUSSION**

- **Overall, after participation in the Happy Feet program, participants’ knowledge, confidence, and satisfaction of their knowledge on the 7 Pillars of Wellness improved.
- These results in conjunction with the qualitative survey responses suggest an improvement in the quality of the Happy Feet program.

**LIMITATIONS**

- To maintain confidentiality, individual participant responses were not tracked throughout the six sessions so individual comparisons of scores is not possible.
- There were inconsistencies with the number of participants within each session and from one session to another.

**IMPLICATIONS FOR FUTURE PRACTICE**

- There is a critical need for future Happy Feet programs to implement a form of communication that allows members to connect on a regular basis.
- Expand Happy Feet to include a food delivery service to members during treatment to address barriers in Instrumental Activities of Daily Living (IADLs).
- Provide a demonstration on how to use the rating scale for data collection.

**ACKNOWLEDGEMENTS**

We would like to thank Jen Kelm and Wendy Meyers, our site mentors, for allowing us to bring occupational therapy into the Happy Feet program. Jen shared information from her cancer journey that allowed us to learn one on one as well as in groups. Thank you to the Happy Feet participants for welcoming and embracing us. Thank you to the staff at Cancer Bridges for their support during each of our on-site visits. Lastly, thank you to Jennifer White, our faculty mentor, who has helped make this poster possible with her continuous guidance and feedback.

**REFERENCES**