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Poster

The usefulness of a multidisciplinary educational programme after breast cancer surgery: A prospective and comparative study

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Aim of the study was to compare and evaluate a multidisciplinary educational programme with traditional follow-up visits to a physician after breast cancer surgery in terms of well-being, aspects of self-care and coping ability one year after diagnosis.

A reduction in the intensity of follow-up after breast cancer surgery is recommended. New follow-up models are being debated and could be of interest.

Methods: The study design was non-randomised and comparative. Ninety-six consecutively selected women with newly diagnosed breast cancer classified as stage I or stage II, participated in either a multidisciplinary educational programme MP (n = 50), or traditional follow-up by a physician PP (n = 46). Three questionnaires were used: Functional Assessment of Cancer Therapy General (FACT-G), a study specific questionnaire regarding self-care aspects (SCA) and Sense of Coherence (SOC).

With the exception of physical well-being at baseline there was no significant difference between the groups. The women in the multidisciplinary educational programme increased their physical and functional well-being (p < 0.01). The women in traditional follow-up by a physician increased their functional well-being while social/family well-being (p < 0.01) decreased over time. There was a statistically significant difference in sense of coherence (p < 0.001) in the traditional follow-up by a physician between baseline (mean 74.4, SD 12.4) and the one-year follow up (mean = 67.7, SD = 11.4). Thus, women in the traditional follow-up by a physician scored lower in the area of sense of coherence one year after diagnosis.

Conclusion: A multidisciplinary educational programme may be an alternative to traditional follow-up by a physician after breast cancer surgery, but more research is needed about the financial benefits and effectiveness of such a programme.

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Creativity and assertiveness in advancing the fight against breast cancer

M. Ziv. Israel Cancer Association, Givatayim, Israel

Background: We will describe the ways in which we as a voluntary organization have succeeded in initiating and implementing a National Mammography Screening Program.

We will also discuss the creative means and ways that were adopted to break the "code of silence" and to put this issue on the women self-awareness agenda, and contemporaneously on the public health agenda.

Results: The results of this program after 7 years of operation and control will be presented.

The means of bridging gaps in mammography screening compliance rates in various sectors of the population will be discussed.

Conclusions: Through lobbying and advocacy activity, a National Mammography Screening program could be implemented and by using quality control we could improve compliance rates in unique sectors and increase early diagnosis rates.

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Europa Donna Cyprus Experience 2002-2005

M. Diona. Europa Donna Cyprus, Nicosia, Cyprus

The subject of the poster is as indicated to present the Cyprus Forum experience from its establishment until the present. The poster will illustrate in pictures and words the course and the results of the Forum during this period. It also includes the demographic facts of Cyprus.

The presentation aims to show that Advocacy executed in a well organized way, by well informed and passionate advocates can bring results.

2002 was a landmark year for the Cyprus Forum.

In January the Constitutional Assembly established Europa Donna Cyprus as an independent association. A 15-Member Board was elected, and by February the group had new offices and a full time secretary. This important event, covered by the media, also included the launch of the Europa Donna Cyprus website, www.europadonna.com.cy, which aims at giving reliable information to Greek-speaking women. A specially held press conference briefed the media on Europa Donna and EBCC-3.

In March the Europa Donna position on screening for breast cancer was presented to the Health Parliamentary committee, and our Forum now participates with the Ministry of Health team working on this programme. In addition, a panel discussion on genetics testing and breast cancer was held in which about 200 people attended. As part of the Cyprus advocacy programme, we met in May and June in order to lobby doctors and parliamentarians as well as with other breast cancer survivors in order to involve them in the Forum.

In 2003 we strengthened our advocacy activities, we continued to lobby Parliament on the necessity of screening. We organized a Breast Cancer awareness week, translated and issued over 8000 copies of the Europa Donna Passport to Breast Health and issued a new leaflet on Lymphoedema.

We have held ongoing training and educational activities including a lecture on breast surgery by Prof. W. Audretsch to the public and to the Cyprus Surgical Society and a two-day training workshop for breast care nurses and physiotherapists run by the team headed by Miri Ziv. In order to finance a mammography unit, Fashion Targets Breast Cancer was launched in the Presidential Gardens in Cyprus in October 2002.

Our second newsletter has gone to 40,000 homes, supplementing a Sunday newspaper. On Women's Day over 300 pink ribbon "Awareness" pens were given to women employees. And in January 2003 we celebrated our birthday with a street party in Nicosia!! We continued again to lobby Parliament on the necessity of screening and advocate with the media.

SUCCESS!! In June 2003 the launch of the screening program was announced. By August the piloting program started at a specially designed women friendly section of the outpatients department of a hospital in Nicosia.

Next Landmark for the Cyprus Forum was the hosting of the Sixth Europa Donna Pan European Conference the theme of which was *Uniting for Standards – Equality for all*. It brought together breast cancer advocates from 27 European countries to compare and discuss strategies on how to implement the European Parliament Breast Cancer resolutions. Experience from established regional or national programmes was used as a model to help apply the resolution in each country. Hosting the conference reinforced the bonding of our members and local support and action.

In November a group of radiologists and radiographers was sent to Ormelia, Greece for a 2 day training on screening. Also Europa Donna Cyprus board members attended the EUROPA DONNA advocacy training course in Milan.

In 2004 Europa Donna Cyprus second birthday was celebrated by honoring the media people who are by our side. In January also a second group of radiologists and radiographers was sponsored for a training course in Ormelia.

In March a lecture by Prof. Alberto Costa on "Breast Surgery" was attended by over 300 people.

In May an awareness talk by Europa Donna Cyprus in Ayia Napa on "Breast Surgery" with a breast surgeon and a plastic surgeon as guest speakers was well attended. Europa Donna Vice President was invited to Cairo at the Cairo University to present the Europa Donna Cyprus advocacy work.

An awareness talk followed in Paphos and the now established now afternoon gathering of women with breast cancer from all over Cyprus in Nicosia.

June brought with it a pleasant surprise and a great present to the women of Cyprus: The donation of a large sum of money to Europa Donna Cyprus for the purchase of a mobile mammography unit to cover the rural areas of the island as part of the screening program.

In September followed a visit by Dr. Lawrence von Karsa of E.B.C.N. who was asked by Europa Donna Cyprus to advice the Cyprus Ministry of Health on the screening program.

The October 11-18 awareness week started with a press conference, followed by an awareness talk by Dr. Pariboo and Mrs Gloria Fritlich on "Breast Cancer Quality of Life" which was well attended by over 200 people. The next day the same guest speakers, a pathologist and an oncologist from Cyprus gave a talk for the members of the Surgical Society.

Over 60,000 copies of the passport to Health were circulated in magazines and stories of women with breast cancer experience were hosted in women's magazines.

In December another awareness talk followed in Geroskypou, Paphos.

2005. In January the inauguration of the first mammography mobile unit which was donated to Cyprus Ministry of Health by Europa Donna Cyprus, coincided with our third birthday.

In February followed another awareness talk in Limassol, and TV channels presented the "bag" a first present to women who are operated on with all necessary information and gadgets.

In March a talk by Prof. Alberto Costa and Cathy Redmond on "what every woman should know" was presented in Limassol. Different awareness talks followed, to the diplomatic corps wives, to members of CYTA, to residents of Lakatamia and a reception was organized at Geroskypou where the mobile unit was welcomed.