

4221

POSTER

Hellenic Nurses' caring behaviours in cancer care: a pilot study

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Background: Caring is the core of nursing. In cancer care the concept of "caring" is considered as a multidimensional phenomenon, that constitutes a challenge for measurement. Many authors illustrate caring as a set of caring behaviours, including both existential aspects and nursing actions. Despite the availability of previous research caring behaviours are recognized as an issue worthy for closer examination, in different cultures. The purpose of this pilot descriptive, exploratory, study was to explore Hellenic nurses caring behaviours in cancer care.

Materials and Methods: Data was provided by a convenience sample of 83 nurses working in 6 purposeful selected oncology settings all over the country. Participants completed a brief demographic form and the Caring Behavior Inventory (CBI) instrument consisted by four subscales-24 items measured in 6-point Likert scale. After permission was obtained CBI was forward and backward translated in Greek. Data were analyzed by Factor analysis.

Results: The majority of the respondents were female (94%), aged 36-40 years old (30.6%), married (72%) and Technological Educational Institute (TEI) graduates (54.2%). The overall Cronbach's alpha of CBI Greek version was 0.96. Factor analysis identified four factors (Professional knowledge and skills, Respectful defence to others, Positive connectedness and attentiveness, Assurance of human presence), corresponding to the original subscales of the CBI. Professional knowledge and skills was determined as the most important factor, with the items "Giving the patient's medications and treatments on time" and "Knowing how to give shots" being the highest in the list. In addition items "Spending time with patients" and "Attentively listening to patient" were ranked higher by older and married than younger and single nurses. Moreover "Managing equipment skilfully" and "helping to reduce patient's pain" items were ranked higher by more experienced nurses than those with less years of experience ($p=0.01$). University graduates perceptions of caring behaviour "spending time with patients" was ranked less than TEI graduates ($p=0.01$).

Conclusion: Despite study limitations, the positive results of piloting CBI is encouraging for further research in Hellenic nurses caring behaviors.

Poster presentations**Impact of cancer on patients and families**

4222

POSTER

Introduction of a patient education DVD in a radiotherapy department

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Background: Audiovisual media in patient education may have a huge potential to improve quality and efficiency in the daily clinic, but has not yet been generally implemented. We therefore decided to conduct a pilot study to evaluate problems and benefit of using a DVD to supplement the personal consultations and instructions, which are given to our new radiotherapy patients. We chose DVD as media, since a DVD can contain movies and audio recordings, and the patient can maneuver using a familiar menu system.

Material and Methods: The DVD, containing four thematic movies, was designed like a commercial DVD with a main feature, choice of language and supplementary material. The menu is constructed to highlight the language options. The four items were:

- a patient coming to receive treatment, showing planning and treatment. Recorded in Danish with an option of voiceover in English, Arabic, Somali, Turkish and Bosnian (18 minutes)
- technical aspects of radiotherapy, made as an animated film (15 minutes)
- dietary concerns: if you appetite is normal or limited (5 minutes)
- the psychological impact of receiving radiation therapy (15 minutes).

These topics were chosen to give a broad introduction to our field with appeal to many patients. By using the language option, we were able to use identical DVDs to all patients.

Results: Patients referred in Sep and Oct 2008 received the first version of the DVD together with the letter of notice of first consultation, thus allowing the patient time to watch it before start of treatment.

The first 120 patients were invited to fill out a short questionnaire. A total of 60 patients replied, corresponding to a response rate of 50%. The results showed that 58 patients (97%) had watched the DVD; one patient did not have access to a DVD player, and one patient had problems with the menu. Two thirds of the patients watched the DVD with someone else, mostly

spouse but it could be children or neighbors. Half of the patients stated that they would not have seen the film, if we only had supplied a www address and expected them to download.

Conclusions: A DVD with patient education material was successful implemented as a useful supplement to the personal communication at the department. A follow up of the full version is necessary at a later stage, also to study how radiation therapists and oncologists receive and use the DVD.

4223

POSTER

Adherence to screening recommendations for breast and ovarian cancer

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Background: Genetic counselling program for hereditary breast/ovarian cancer at the Institute of Oncology Ljubljana started in 2001. One of the aims of genetic counselling is planning different measures of action according to assessed risk and patient's preferences (genetic testing, medical management, screening recommendations). The aim of this research was to evaluate the adherence to the screening recommendations in healthy women who visited our program.

Material and Methods: The study population consisted of full age healthy women (without cancer, exception were cancer of cervix and basal cell skin cancer) with family history of breast cancer and pre-test counselling between the years 2001 and 2006. The study design was a mailed, self-administered questionnaire with questions concerning their current surveillance methods.

Results: Of the 315 eligible participants, 160 (50.8%) returned completed questionnaires, and 108 (34.3%) questionnaires were eligible for data analysis. Mean age of women was 42.7 years old with the range of 20 to 84 years old. Seventy five (69.4%) women were married or lived with partner. More than half (52.8%) had finished secondary school, 25% finished university. Sixteen women (14.8%) had medical or allied health training. Majority of women had children. Thirty six women were tested for BRCA mutations and 10 were mutation carriers. Majority of women were not in adherence to the screening recommendations (33.3%) or were not old enough for screening (26.9%). Only 14.8% fully adhered to the screening program. Twenty three (21.3%) women reported difficulties with enforcing recommended screening plan. The significant association was found between adherence to the screening recommendations and the year of first visit ($p=0.002$), genetic testing results ($p=0.005$), marital status ($p=0.001$), number ($p=0.002$) and sex ($p=0.001$) of children, and difficulties with enforcing recommended screening plan ($p=0.002$).

Conclusions: Study showed that women poorly followed screening recommendations. One of significant associations was found between adherence to the screening recommendations and difficulties with enforcing recommended screening plan. Other studies also suggested that primary physician's behaviour appear to be a significant influence on screening adherence. That is why efforts to improve breast cancer screening adherence should be targeted to patients as well as their physicians.

4224

POSTER

Exploring the breast cancer experiences, needs and preferences of women aged 70 years and over

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Background: Over a third of women with breast cancer are over 70 at diagnosis and many have other health conditions. However the breast cancer experiences of these women have largely been neglected. This presentation reports on a study exploring in-depth older women's breast cancer experiences in the context of age-related co-morbidities.

Materials and Methods: Thirty women over 70 who had experienced breast cancer and had one or more co-morbidities were identified by advertising in the public media. One-to-one, face to face interviews were conducted exploring their breast cancer experiences and information and support needs. The interviews were analysed in accordance to The Framework Approach (Ritchie and Spencer 1994). This involved analysing the transcripts identifying key repetitive themes relating to the main aims of the study outlined above but also recording any emerging new themes.