

Module: Introduction to Research

Assessment 2: Viva Voce

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Support Breast Cancer Survivor Mental Health

Introduction

In this presentation, I will talk about the importance of supporting breast cancer survivor mental health.

Breast Cancer affect many women globally, causing emotional and physical challenges for survivors. These challenges include concerns about disease return, appearance, treatment side effects, and adjusting to life after diagnosis. (according WHO world health organization)



L. Baker (2023)



Methods

- **Secondary research and systematic analysis:** Questionnaire and Interviews
- **Key words:** Breast Cancer, Support mental health, survivor UK
- **Database:** university Library, PubMed
- **Inclusion and Exclusion Criteria:** UK, aged 40-70 years, Women with early breast cancer.

Literature Review

SOURCE CITATION	AIM OF STUDY	METHODS AND SAMPLE SIZE AND CHARACTERISTICS	SUMMARY OF MAIN FINDINGS
Carreira , Williams , Dempsey , Stanway , Smeeth , Bhaskaran . (2021)	Comparing the breast cancer survivor with women with no history of breast cancer.	Via postal questionnaire. Breast Cancer survivor. 356 Breast cancer survivor has participants	Breast cancer survivors experience more cognitive, sexual, fatigue, and anxiety issues.
Foster , Niedzwiedz (2021)	Investigating multimorbidity and depression in UK women with and without breast cancer.	Data from UK Biobank by the patient health questionnaire, 8438 participants	Female UK biobank participants strongly associated with multimorbidity, depression.



Literature Review

SOURCE CITATION	AIM OF STUDY	METHODS AND SAMPLE SIZE AND CHARACTERISTICS	SUMMARY OF MAIN FINDINGS
Deery , Johnston , Butler (2022)	Support for breast cancer survivors and rehabilitation.	Interviews with 8 participants was recruited.	Rehabilitation support, diet, exercise, stress management are crucial for survivorship.



Results

- ▶ **Theme 1:** Breast cancer survivors require evidence-based interventions for fatigue, cognitive dysfunction, and sexual issues.
- ▶ **Theme 2:** These findings underline the importance of continued care and therapies for breast cancer survivors' mental well-being. Future research should concentrate on developing effective techniques for dealing with these effects in this group.
- ▶ **Theme 3:** Investigating possible mediation and agents of multimorbidity and depression in breast cancer survivors might give an understanding of the underlying processes. Social support, coping mechanisms, and access to healthcare services, for example, could all play a role in this connection.

Discussion

Strengths:

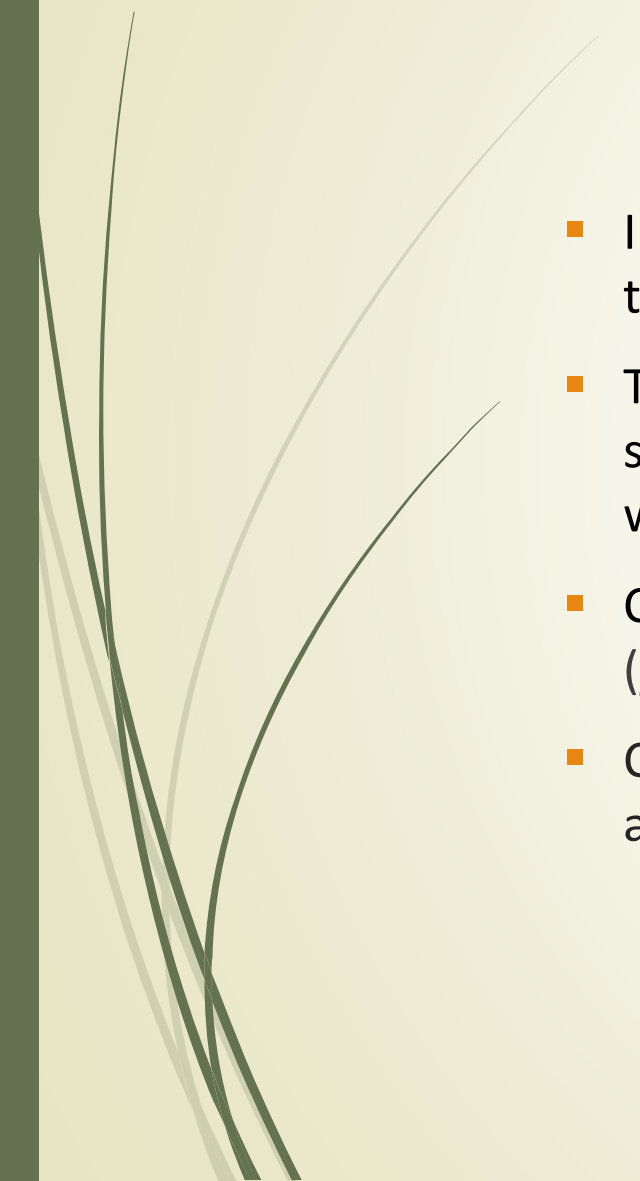
1. the inclusion of validated questionnaires to measure outcomes, and the matching of breast cancer survivors and controls based on age and primary care, helps reduce disorganisation and improves the comparability of the two groups.
2. The inclusion of women who have already been diagnosed with breast cancer allows for a more targeted approach to this demographic.
3. The study explores breast cancer survivors' views, awareness of support systems, and post-treatment health.

Limitations:

1. As the study is representative, causal inference is limited. If certain people are less likely to answer, using a postal questionnaire may induce selection bias.
2. Breast cancer cases were identified using linked cancer registries, which may result in inaccurate or incomplete reporting of instances.
3. The small sample size of eight breast cancer survivors may restrict the findings' generalizability to other characteristics or circumstances. A bigger sample size would have allowed for a more in-depth analysis of survivors' views and awareness.



Recommendations



- I would like to recommend get in touch with (Breast cancer now) it would help talk with other women that experienced breast cancer.
- There is also (Look better feel good) That provides practical support for women struggling before and after treatment, they offer free skincare and make up workshops.
- Contact group support by breast cancer helpline or email at (helpline@komen.org.)
- Cancer self-help and support groups provide emotional and practical assistance.(MacMillan cancer support)



Conclusion



In conclusion, breast cancer mental health support plays a crucial role in addressing the emotional and psychological well-being of individuals affected by this disease. The diagnosis and treatment journey can be overwhelming. By offering counselling services, support groups, and educational resources specifically tailored to their unique needs, individuals can gain the necessary tools to navigate the emotional complexities of their breast cancer journey.



References



- ▶ Carreira H;Williams R;Dempsey H;Stanway S;Smeeth L;Bhaskaran K;, H., Rachael, Harley, Susannah, Liam, Krishnan (2020) *Quality of life and mental health in breast cancer survivors compared with non-cancer controls: A study of patient-reported outcomes in the United Kingdom, Journal of cancer survivorship : research and practice*. Available at: <https://pubmed.ncbi.nlm.nih.gov/33089480/> (Accessed: 01 August 2023).
- ▶ Foster, L Niedzwiedz, M., Claire (2021) *Associations between multimorbidity and depression among breast cancer survivors within the UK biobank cohort: A cross-sectional study, BMC cancer*. Available at: <https://pubmed.ncbi.nlm.nih.gov/34058985/> (Accessed: 01 August 2023).
- ▶ Deery, Johnston, Butler, E., Katie, Thomas (2022) *'it's like being pushed into sea on a boat with no oars': Breast cancer survivorship and rehabilitation support in Ireland and the UK, Journal of human nutrition and dietetics : the official journal of the British Dietetic Association*. Available at: <https://pubmed.ncbi.nlm.nih.gov/36148961/> (Accessed: 03 August 2023).
- ▶ *Breast Cancer Resources and support organisations* (2023) *Cancer Research UK*. Available at: <https://www.cancerresearchuk.org/about-cancer/breast-cancer/living-with/resources-books> (Accessed: 03 August 2023).