

THE VALUE OF A LUNG CANCER EDUCATION PROGRAM FOR PATIENTS AND CAREGIVERS

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Program Rationale

A diagnosis of lung cancer is often grim. The Cancer Support Community developed *Frankly Speaking About Cancer: Lung Cancer*, in 2002, a program designed to meet the needs of those affected by lung cancer.

This evidence-based program combines educational booklets, professionally-led workshops, and tailored web-content. In addition to health information, the program empowers attendees through the faces and stories of those touched by lung cancer.

In 2011, 359 individuals attended workshops across the U.S., and 66% completed a workshop evaluation. Evaluation results indicate all attendees would recommend this workshop to others. Overall, results indicate this program's ability to provide valuable education and support to those affected by lung cancer.

Program Background

Frankly Speaking About Cancer: Lung Cancer, launched in 2002, is part of the Frankly Speaking About Cancer (FSAC) series of programs developed by the Cancer Support Community (CSC).



FSAC programs provide in-depth coverage of topics of relevance to those affected by cancer, guided by the Patient Empowerment concept, that are often not otherwise available in a comprehensive format.

FSAC program materials, representing the most up-to-date content, include:

- Web-based materials
- Booklets
- Online radio series and podcasts
- Professionally-led workshops held across the country

This program's clinically facilitated evidence-based education workshops served 359 individuals across the U.S. affected by lung cancer in 2011.

All program attendees were invited to complete an onsite post-workshop evaluation, and 237 (66%) completed a workshop evaluation. Results from the attendee evaluation are presented.

Workshop Evaluation

Evaluations addressed:

- Demographics and cancer history
- Satisfaction with workshop
- Pre/post-workshop knowledge about lung cancer
- Patient Empowerment and patient/provider communication: Workshop participants rated on a 5-point scale (strongly disagree to strongly agree) whether, as a result of the workshop, they plan to:
 - Increase communication with healthcare team
 - Discuss side-effects/ask questions to healthcare team
 - Ask about clinical trials that might be relevant to them

Respondent Characteristics

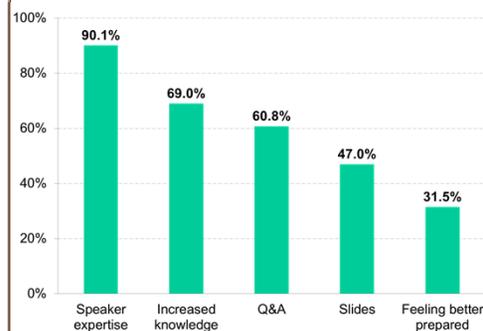
(n= 237)

- 85.7% were Caucasian
- 5.2% African-American; 3.9% Hispanic; 4.8% Asian
- Average attendee age was 61.9 years
- Workshop respondents included:
 - Individuals with lung cancer (50.0%)
 - Family members (16.9%)
 - Spouse/ partner (17.4%)
 - Health care professionals (6.8%)
 - Other (e.g. friends) (8.9%)
- 43.8% of respondents diagnosed with lung cancer received diagnosis within past year

Workshop Satisfaction

Overall, respondents reported that they were very satisfied with the workshop. **All participants** reported that they would **recommend the workshop** to others affected by lung cancer.

Most Valuable Aspects of the Workshop

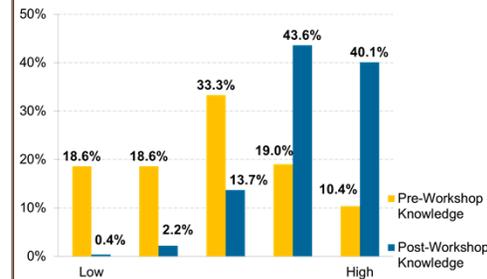


Gains in Knowledge

Participants rated their level of knowledge of lung cancer on a 5-point scale. Workshop participants reported a significant gain in knowledge about lung cancer, post-workshop compared to pre-workshop (p <.01).

Most workshop respondents (83.8%) reported gaining a high or very high level of knowledge about lung cancer.

Changes in Knowledge about Lung Cancer



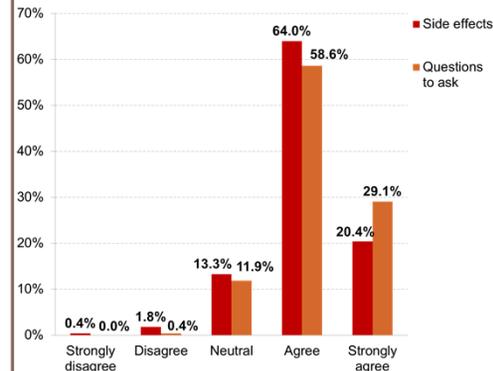
Communication Gains

One of the most significant workshop gains reported was improved self-efficacy in communicating with their healthcare team.

Most workshop attendees reported increased self-efficacy in:

- Asking questions to their healthcare team (87.7%)
- Discussing side effects of their cancer treatment with their doctors (84.4%), a key issue in regards to quality of life

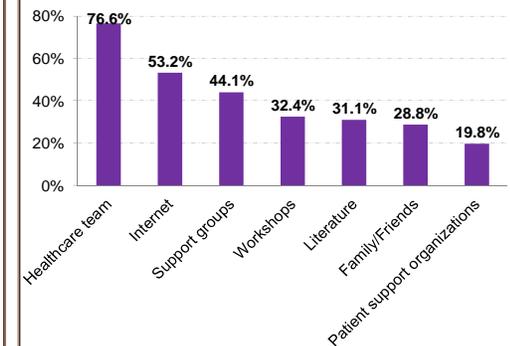
Communication-Related Workshop Outcomes



Treatment Decision Making

79.2% of lung cancer patients reported that their **physicians' recommendation** was a key factor in treatment decision-making for them. In addition to relying on their healthcare team for information about lung cancer (76.6%), respondents also used the Internet (53.2%), as well as in-person or online support groups (44.1%) as sources of information.

Information Sources



Almost half of all respondents (43.5%) reported they **currently attend a support group**, reiterating their need for social and emotional support.

Summary

- Most respondents reported gaining knowledge and all recommend that others affected by lung cancer attend the workshop.
- Most respondents intend to increase communication with their clinical team following the workshop. One of the most significant gains reported was improved self-efficacy in communicating with their healthcare team.
- Data indicate the continued relevance of this program for those affected by lung cancer.
- Results indicate this program's ability to provide valuable education and support to those affected by lung cancer.

For More Information Contact CSC at 1-888-793-9355 or www.cancersupportcommunity.org

Future Directions

- Continue to meet the informational and support needs of lung cancer patients and their loved ones
- Continue to evaluate program to inform future iterations

Acknowledgement of Funding

Eli Lilly

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In 2011, 359 individuals attended workshops across the U.S., and 66% completed a workshop evaluation. 85.7% of all respondents were Caucasian and the average age was 61.9 years. 34.3% of respondents were family members. 50.0% of respondents were lung cancer patients, 43.8% of whom had been diagnosed within the past year.

79.2% of lung cancer patients reported that their physicians' recommendation was a key factor in treatment decision-making for them. In addition to relying on their healthcare team for information (76.6%), respondents also used the Internet (53.2%), as well as in-person or online support groups (44.1%). Almost half of all respondents reported that they currently attend a support group, which reiterates their need for social and emotional support.

Evaluation results indicate all attendees would recommend this workshop to others. One of the most significant workshop gains reported was improved self-efficacy in communicating with their healthcare team. Overall, results indicate this program's ability to provide valuable education and support to those affected by lung cancer.