

# Addressing Cancer-Related Knowledge and Communication Skills

Eight Years of Outcome Data from  
Psychoeducational Cancer Workshop Attendees

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2017 ICEC  
September 15, 2017

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# Acknowledgement of Funding

Workshops were funded by multiple corporate organizations through unrestricted educational grants.

# Cancer Support Community

OUR MISSION:

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.



# Cancer Support Community

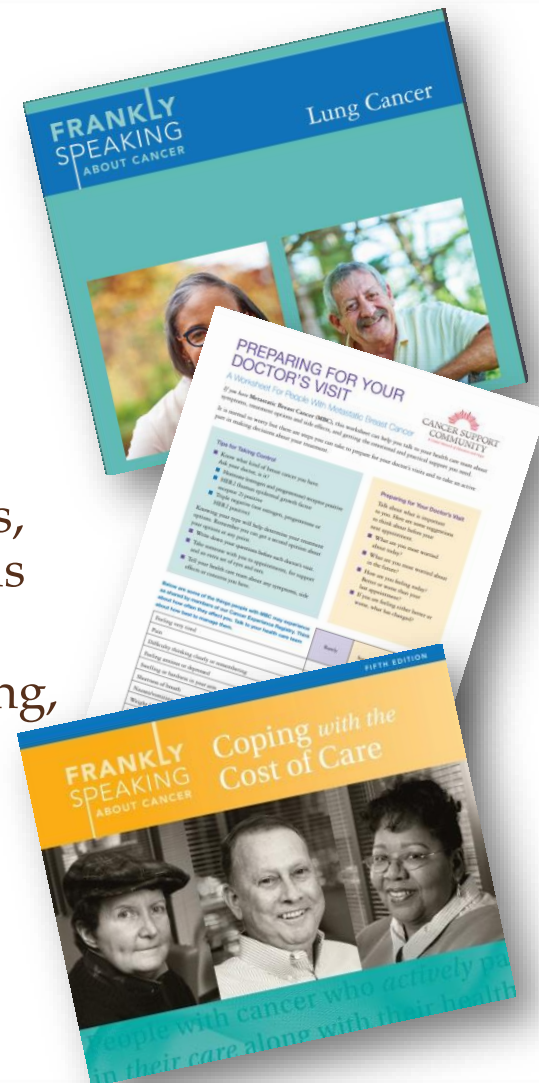


# The Need for Psychoeducational Resources

- In a national general population survey, 63.1% of cancer survivors and 54.6% individuals with family histories of cancer reported searching for cancer information. Information-seeking is prevalent among cancer survivors and does not diminish over time (Hesse, et al., 2008).
- Patient and caregiver needs often correspond. When patients had a higher unmet number of needs, cancer caregivers were also likely to have had unmet needs (such as informational needs, psychological needs, or communication-related needs) (Sklenarova, et al., 2015).

# Frankly Speaking About Cancer®

- High quality, evidence-based educational programming for cancer patients, survivors, caregivers, and health care professionals.
- *Frankly Speaking About Cancer Workshops*
  - Provide easy to understand in-depth coverage of topics relevant to those affected by cancer.
  - Goals: To educate and to empower cancer patients, survivors, caregivers, and health care professionals on the workshop topic.
  - Topics are tumor type-specific (e.g. melanoma, lung, metastatic breast, liver, colorectal, multiple myeloma) or cross-tumors (e.g. immunotherapy, clinical trials, treatments and side effects).
  - Provide up-to-date content and reflect new advances in knowledge.



# Purpose of Analyses

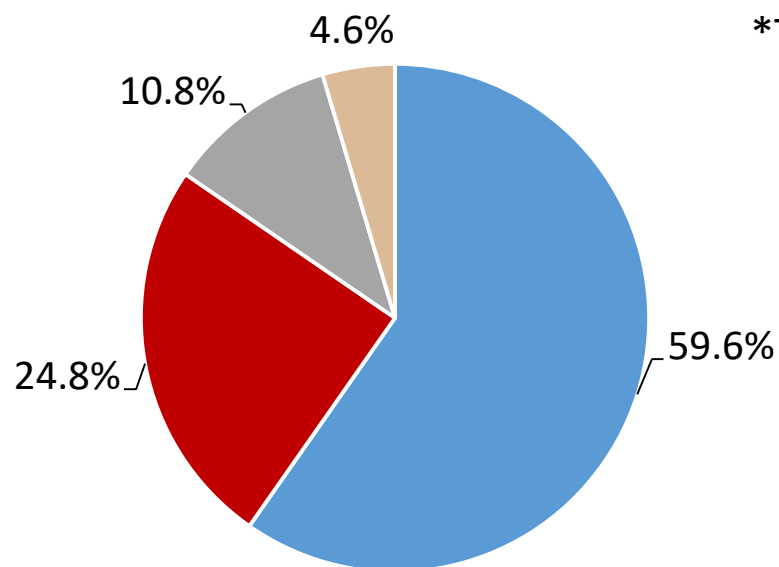
- The CSC sought to better understand the benefits of participating in a psychoeducational workshop for all affected by cancer.
- Goals were:
  - To assess how attendees typically receive cancer information and support.
  - To assess program outcomes (e.g. gains in knowledge, increases in patient-provider communication).
  - To ascertain how psychosocial needs of those seeking out psychoeducational workshops are being met.

# Methods

- From 2009-2016, 13,594 FSAC workshop attendees across CSC's national affiliate network completed a post-program evaluation (representing ~75% response rate).
- Workshop evaluation assessed:
  - Demographics
  - Cancer history (e.g. cancer and treatment types, time since diagnosis)
  - Cancer-related knowledge
  - Attendance at previous psychoeducational workshops
  - Current participation in support group
  - Usual sources of cancer-related support
  - Usual sources of cancer information
  - Comfort discussing workshop content with health care team
  - Overall workshop satisfaction



# FSAC Workshop Attendees



\*Total of 13,594 respondents

- Cancer Patients/Survivors
- Caregivers
- Health Care Professionals
- Other (Students, Volunteers, Facility Staff, etc)

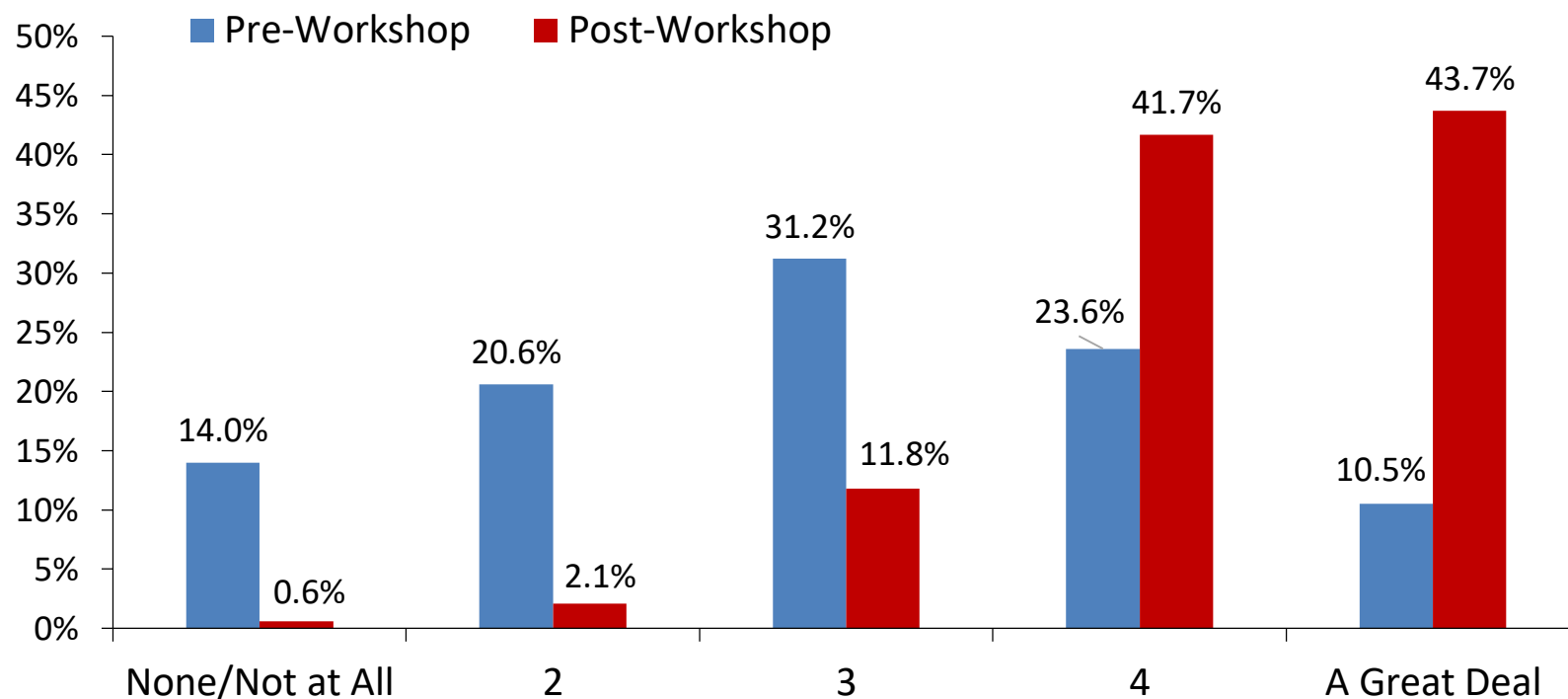
# FSAC Workshop Demographics

- Age: 57.9 years (s.d.=13.6)
- Racial identification
  - 79.0% White
  - 4.5% Asian
  - 9.8% Black/ African-American
  - 4.5% Hispanic
- Gender:
  - 77.0% female
- Highest level of education
  - 60% college graduates
- Differences between attendee types:
  - Fewer caregivers (64.4%) were female compared with cancer patients/survivors (80.2%) or health professionals (87.1%) ( $\chi^2 = 298, p = <.01$ )
  - Healthcare professionals were younger, on average, than cancer patients or caregivers ( $F=761.8, p = <.01$ )

# Results: Prior Workshop Experience

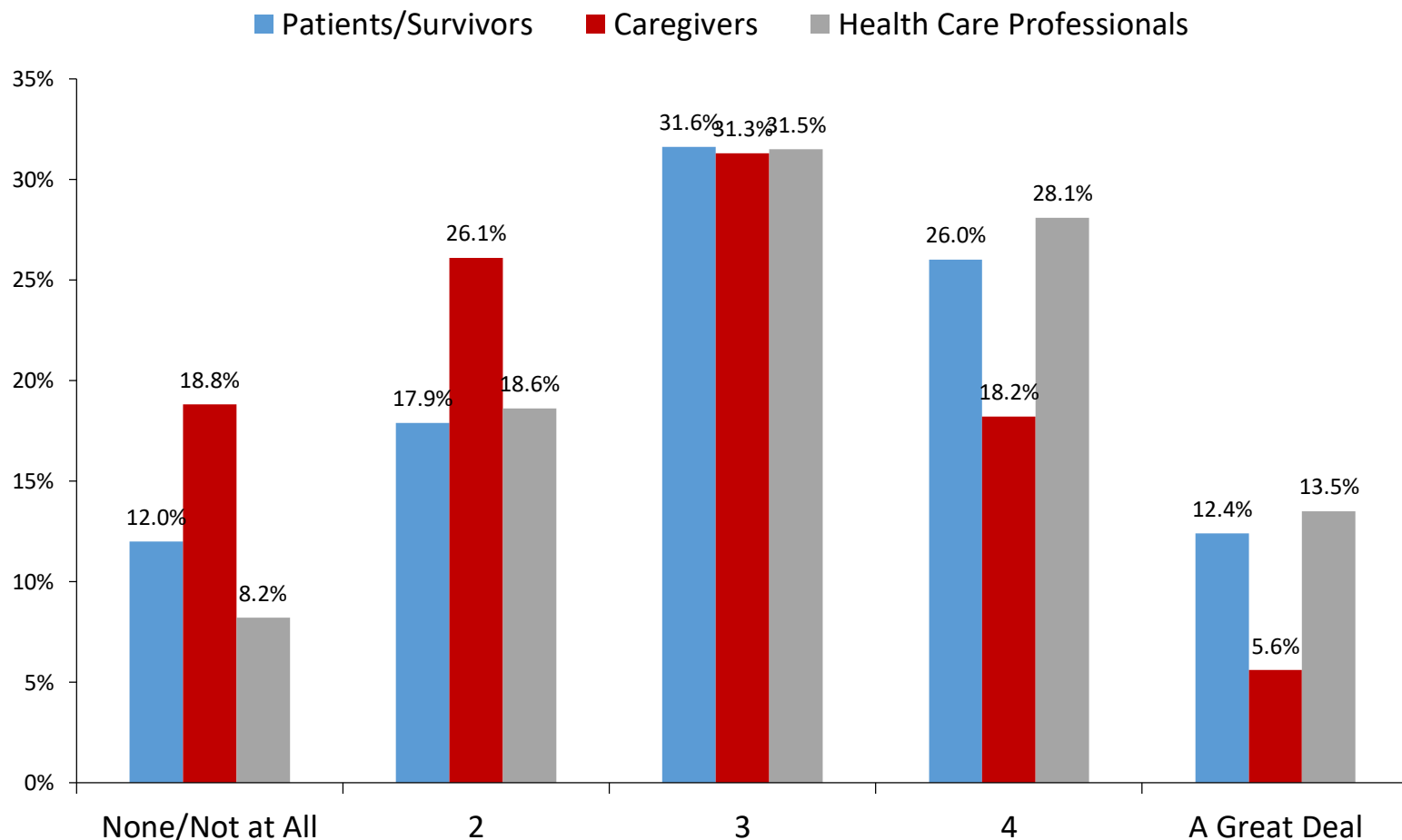
- First cancer-focused psychoeducational workshop for 51.9% of attendees
- More caregivers (61.8%) were first-time cancer workshop attendees compared with cancer patients/ survivors (46.7%) or health professionals (51.5%) ( $\chi^2 = 165.2, p = <.01$ )

# Results: Knowledge Gain

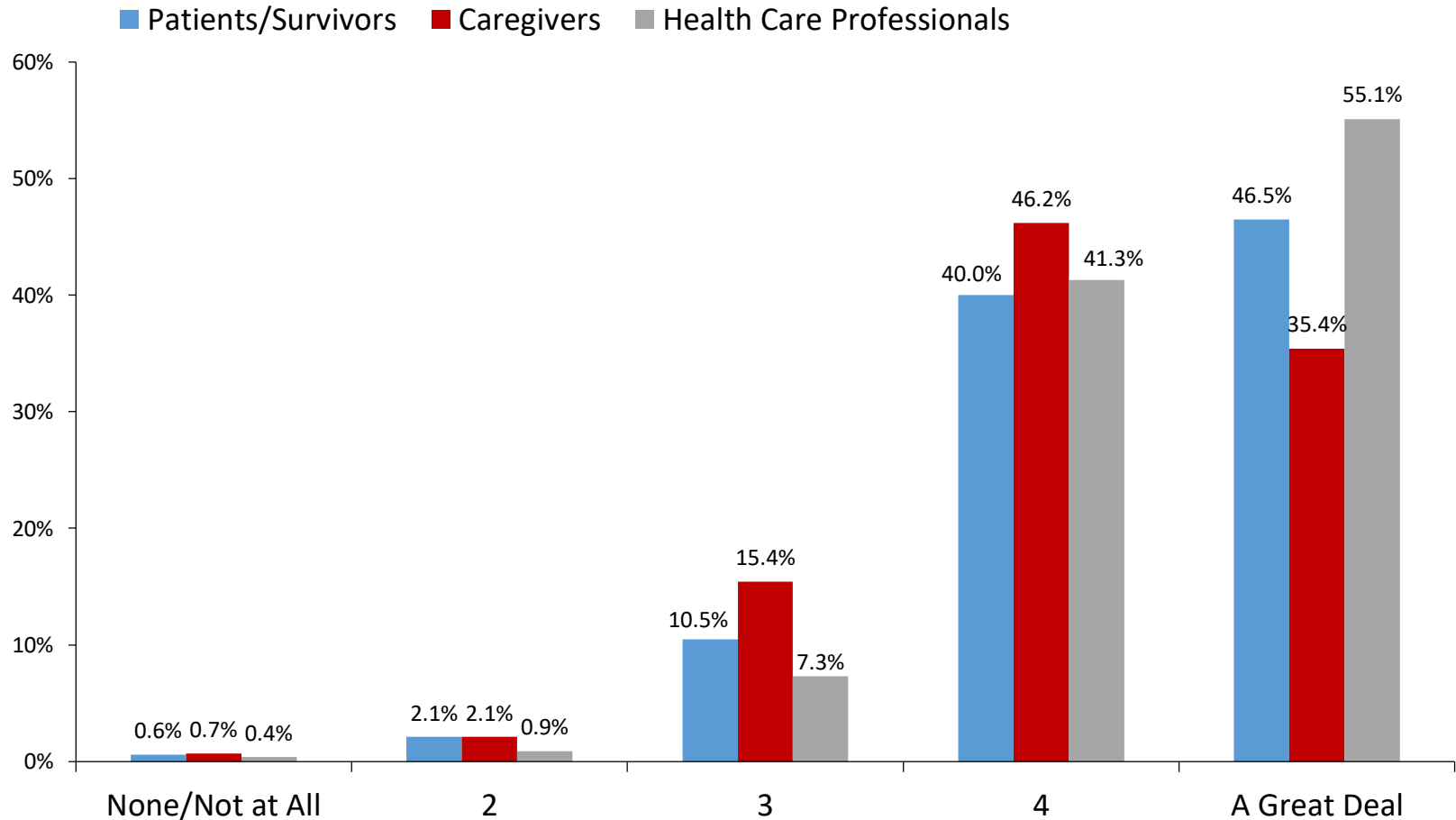


- Post-workshop knowledge levels were significantly higher than pre-participation knowledge levels ( $F = 127.3, p < .01$ ). This is in spite of the fact that many reported a good degree of knowledge pre-workshop.

# Results: Pre-Workshop Knowledge by Attendee Type



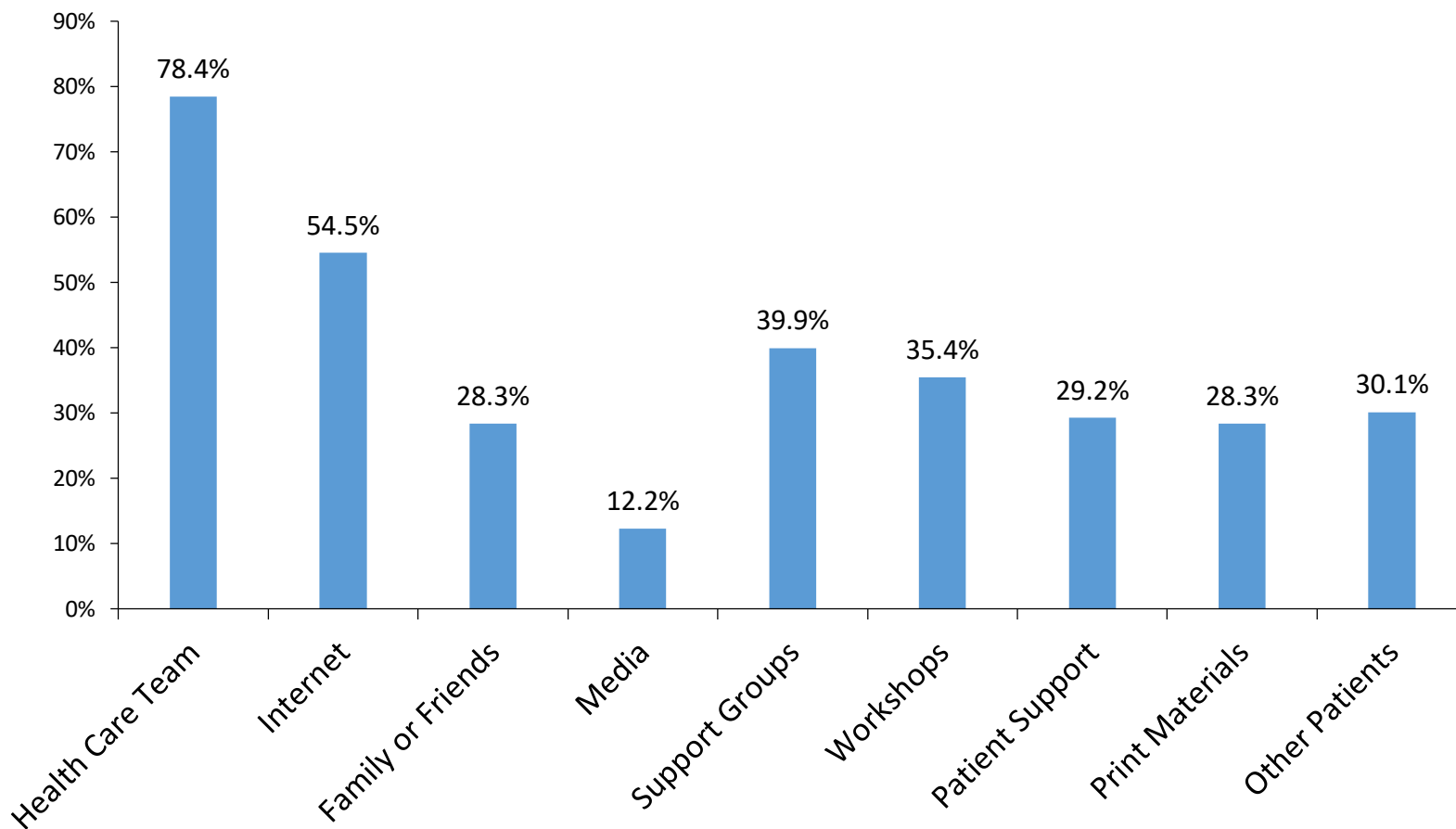
# Results: Post-Workshop Knowledge by Attendee Type



# Results: Communication Knowledge Gains

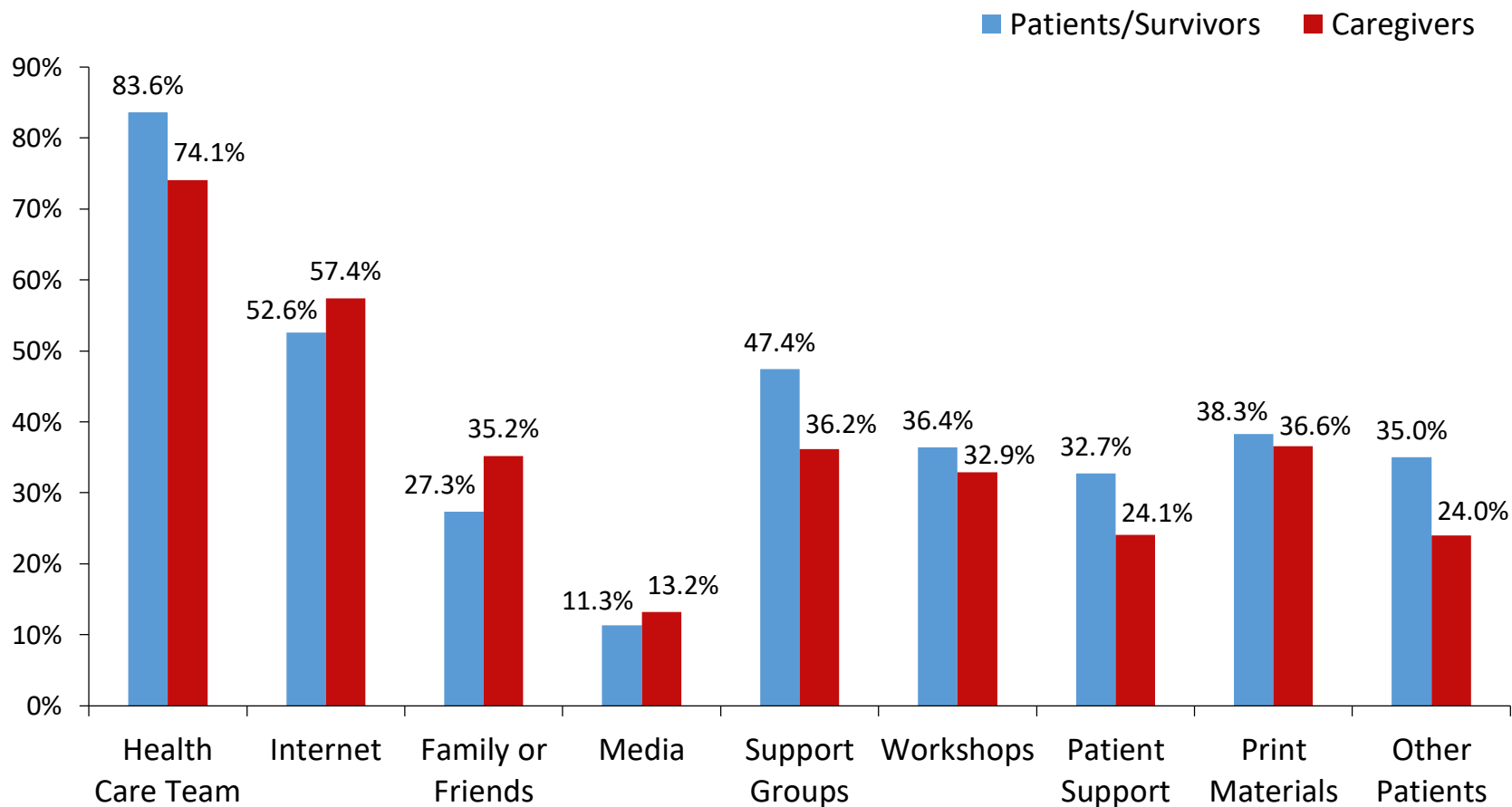
- After participating in the workshop:
  - 88.3% reported increased knowledge about treatment options
  - 87.8% feel more comfortable speaking about treatment side effects
  - 69.9% plan to discuss clinical trials with their healthcare team to see whether they would be an appropriate option for them
  - 87.1% reported increased confidence about discussing treatment decisions with their healthcare team

# Sources of Cancer Information

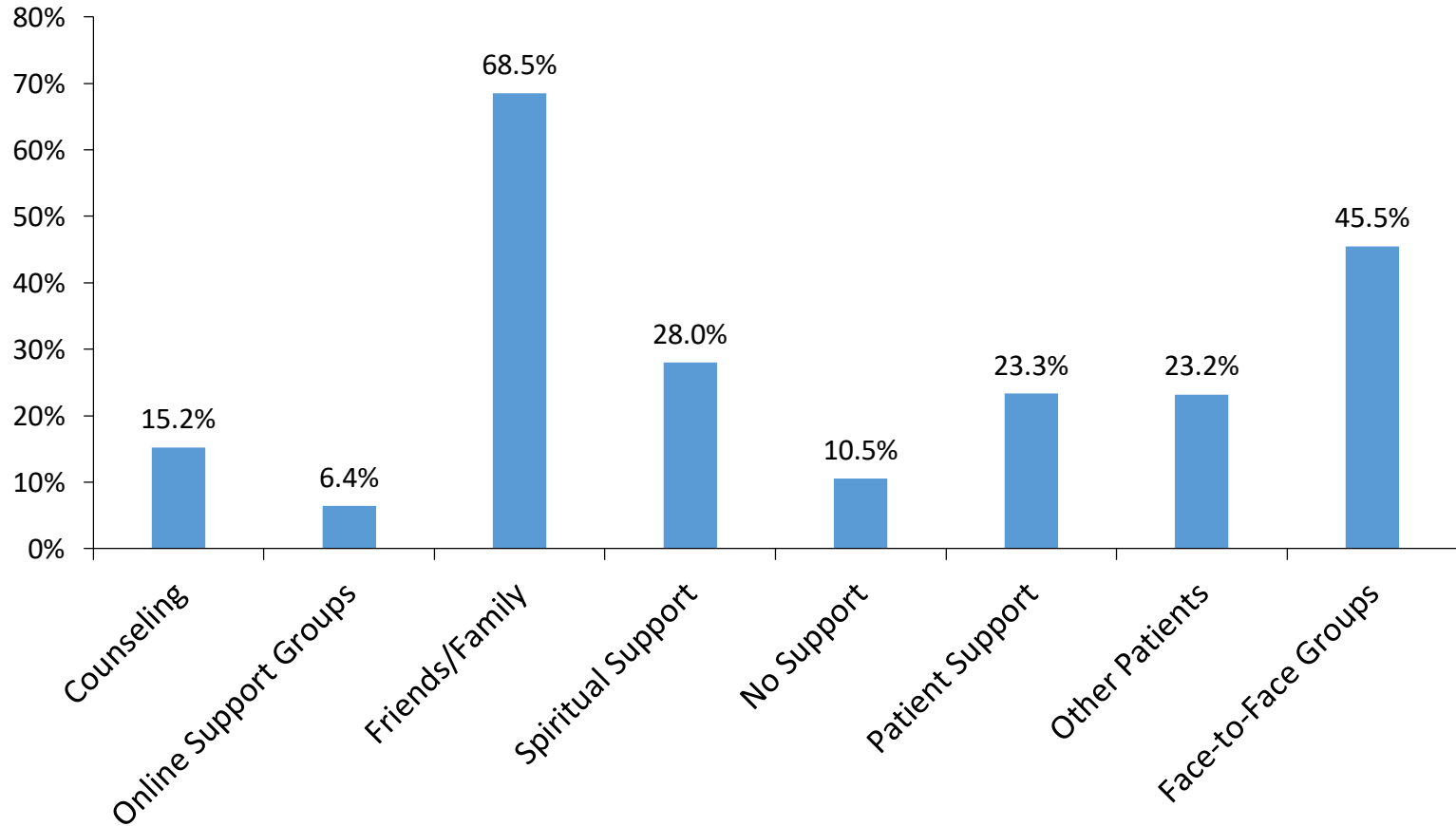




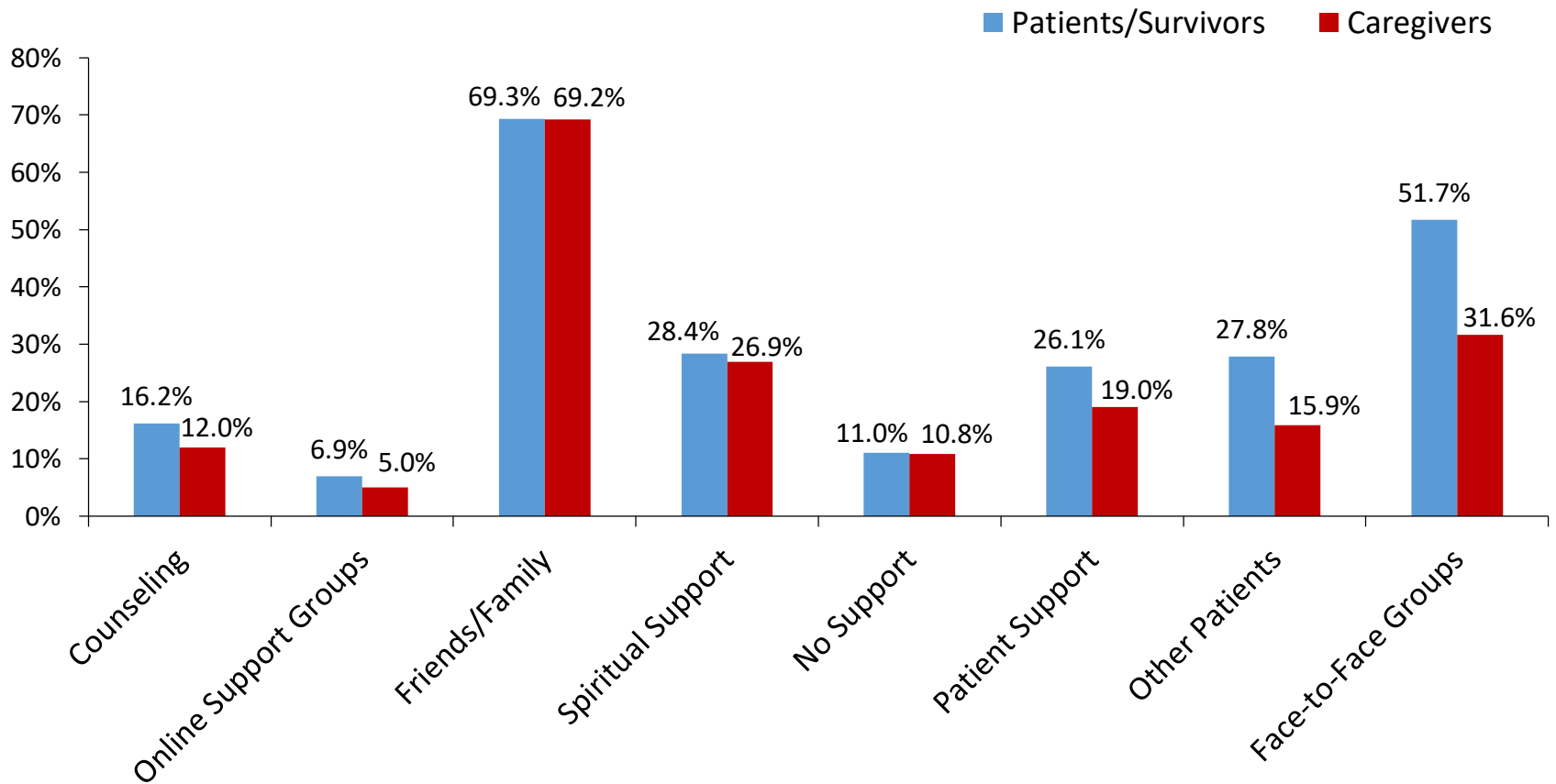
# Sources of Cancer Information: Survivors vs Caregivers



# Sources of Social Support



# Sources of Social Support: Survivors vs Caregivers



# Results: Participant Feedback

“I would like to repeat this workshop, there was lots of new info to swallow.”  
2012 FSAC New Discoveries workshop participant (caregiver)



“This workshop had an excellent balance between medical issues and psychosocial concerns.” 2012 FSAC New Discoveries workshop participant (cancer survivor)



“The coping with grief section was helpful.” 2016 FSAC Metastatic Breast Cancer workshop participant (cancer survivor and healthcare professional)



“The workshop was very informative. I wish I had the information at the beginning of my cancer journey.” 2014 FSAC Cost of Care workshop participant (cancer survivor)



# Results: Workshop Recommendation

- Nearly all (95.4%) attendees recommend the workshop to others affected by cancer.
- This was consistent across attendee type:
  - Diagnosed with cancer 95.0%
  - Caregiver 96.3%
  - Healthcare Professional 95.6%

# Summary and Discussion

- Results suggest the FSAC workshops successfully deliver comprehensive topic-specific information to workshop attendees.
- Attendees report significant benefits from attending workshop, including increased knowledge and confidence in discussing treatment concerns with their providers.
- Cancer educators and professional providers of psychosocial support can effectively meet the needs of those affected by cancer by running a targeted psychoeducational workshop.
- Understanding support and informational utilization patterns for all affected by cancer can help inform how to best meet these needs.

# Limitations of Research

- Workshop participants:
  - Were geographically diverse.
  - Spanned many cancer diagnoses.
  - Had variability in their familiarity with workshop topics.

Demographic characteristics were consistent across workshop types.
- Caution in generalizing to all individuals impacted by cancer:
  - Participants chose to attend and had access to the psychoeducational workshop.
    - These participants may be more engaged, connected, and/or already accessing services.
  - Demographics do not reflect the national cancer population.
    - Racial minorities, males, and less educated individuals were clearly under-represented.

# For More Information



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