

Background

Those living with metastatic breast cancer have distinct and often unmet support and information needs, even compared to others with breast cancer. To help address these needs, the Cancer Support Community developed *Frankly Speaking About Cancer: Metastatic Breast Cancer*, a comprehensive national evidence-based educational program created for people diagnosed with metastatic breast cancer and their families.

Patient education about metastatic breast cancer can help patients and caregivers interactions with their health care team and provide tools to deal with the psychosocial effects of the disease. This analysis explores participants' experiences related to the gains from Cancer Support Community's *Frankly Speaking About Cancer: Metastatic Breast Cancer*. This psychosocial education program provides information about current treatments, side-effect management, and the social and emotional challenges of an advanced breast cancer diagnosis.

Objectives

- To assess the educational and empowerment outcomes of a psychoeducational workshop for those affected by metastatic breast cancer.
- To better understand decision-making behaviors and patient-provider communication patterns in those affected by metastatic breast cancer.

Frankly Speaking About Cancer Program

- The *Frankly Speaking About Cancer* (FSAC) series provides in-depth coverage of topics relevant to those affected by cancer that are often not otherwise available in a comprehensive format.
- Frankly Speaking About Cancer* is delivered via the Internet, print materials, online radio series, and professionally-led workshops held nationwide.
- Topics covered include: metastatic breast cancer, lung cancer, clinical trials, cancer treatments and side effects, and coping with the cost of care.



- Frankly Speaking About Cancer: Metastatic Breast Cancer* raises awareness and educates patients and caregivers about metastatic breast cancer (MBC), current treatment options, managing side effects, psychosocial impacts, and fostering an open dialogue with their health care team.

Methods

- Between 2014-2017, 427 individuals attending in-person *Frankly Speaking About Cancer: Metastatic Breast Cancer* workshops across the country completed a workshop evaluation survey assessing their experiences and learnings during the educational workshops.
- The evaluation assessed knowledge (1 = not at all; 5 = very much) and program outcomes, including workshop satisfaction, in addition to demographics. Survey questions focused on how participants currently met their informational and assistance needs in regard to metastatic breast cancer and whether the workshop was associated with positive gains.
- Descriptive analyses and ANOVAs were used to assess participant characteristics, participant experience with immunotherapy and workshop outcomes.

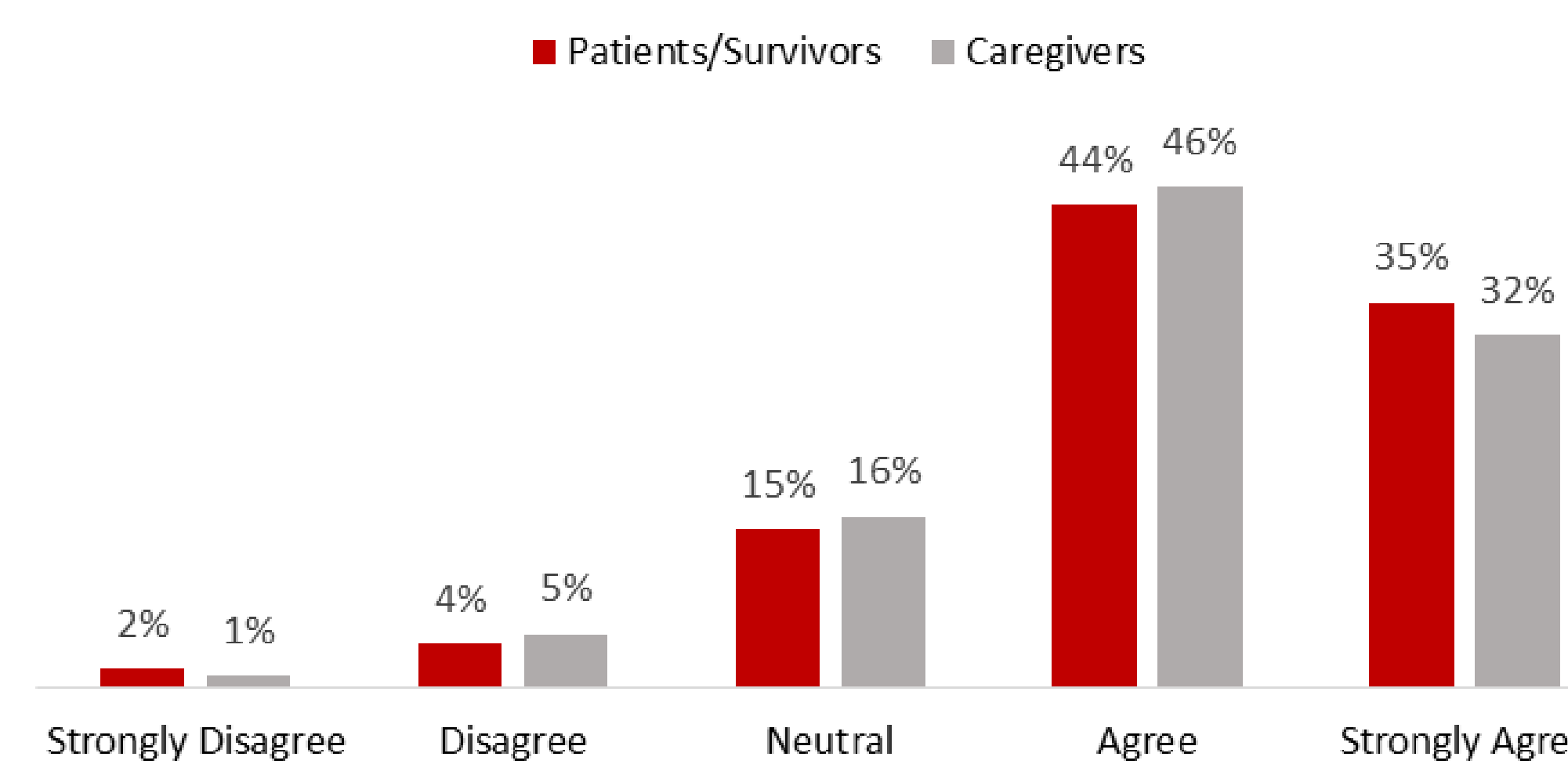
Results

Respondent Characteristics

- Background Characteristics:**
 - Average Age: 47 years (s.d.=24 years)
 - Sex: 89% female
 - Racial Identification: 73% Caucasian, 12% African-American, 9% Asian, 6% Hispanic
- Type of Workshop Attendees:**
 - 71% cancer patient or survivor
 - 21% partner, family or caregiver
 - 8% friend
- Cancer History:**
 - 70% received cancer diagnosis within the past two years
 - 52% of were in active treatment for cancer at the time of the workshop
 - 65% reported being highly involved in their treatment decisions

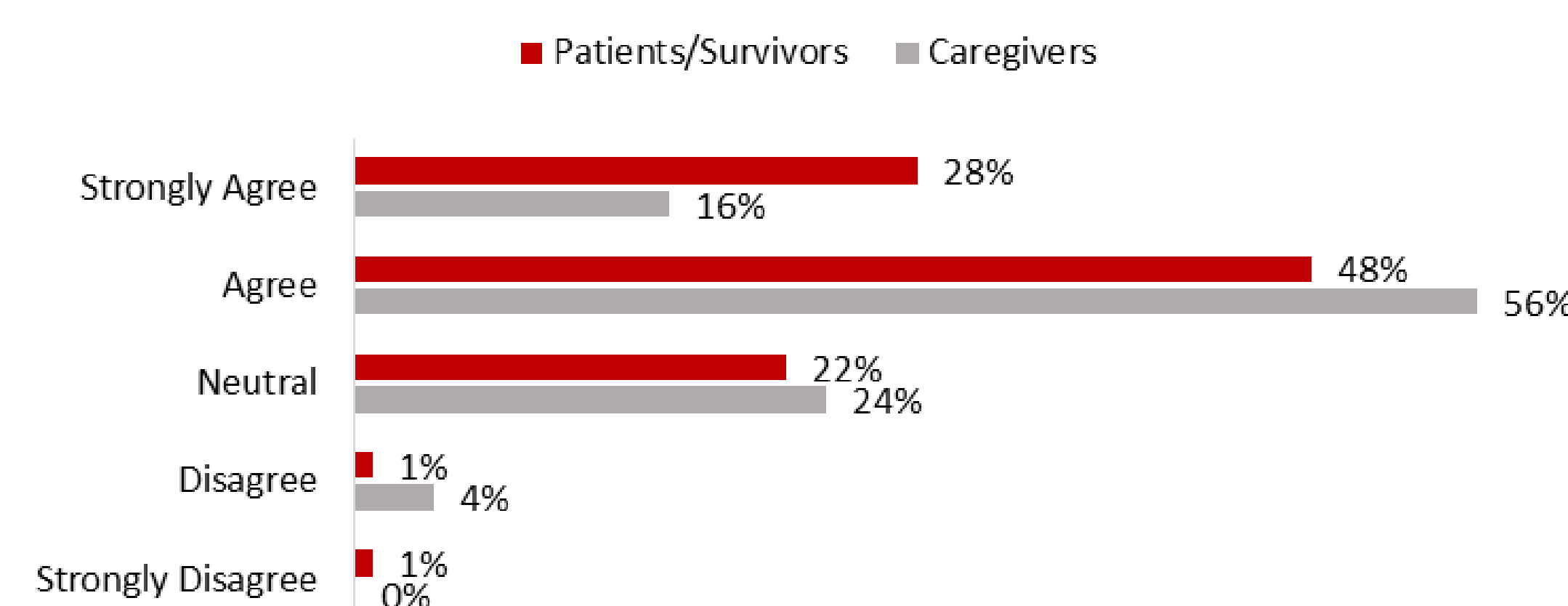
Cancer Related Emotional Distress

I have experienced emotional distress due to my/ my loved one's cancer:



- 79% of patients/survivors and 78% caregivers that participated in the FSAC MBC workshops between 2014 and 2017, reported experiencing emotional distress due to their/their loved one's cancer.

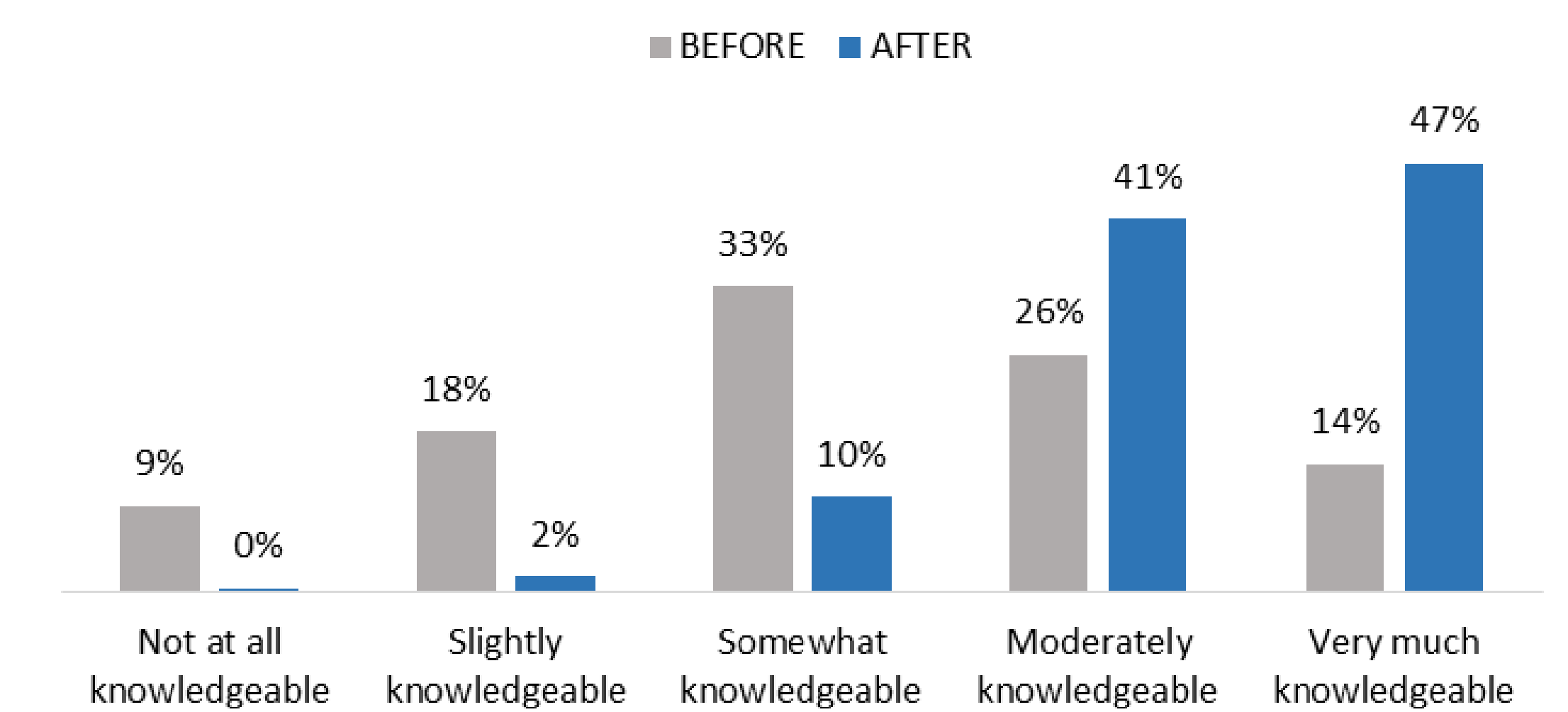
As a result of this workshop, I feel better prepared to emotionally cope with this cancer experience.



- After attending the FSAC MBC workshops, 76% of patients and 72% of caregivers reported that, as a result of the workshops, they felt better prepared to emotionally cope with their metastatic breast cancer experience.

MBC Knowledge Pre-Post Workshop

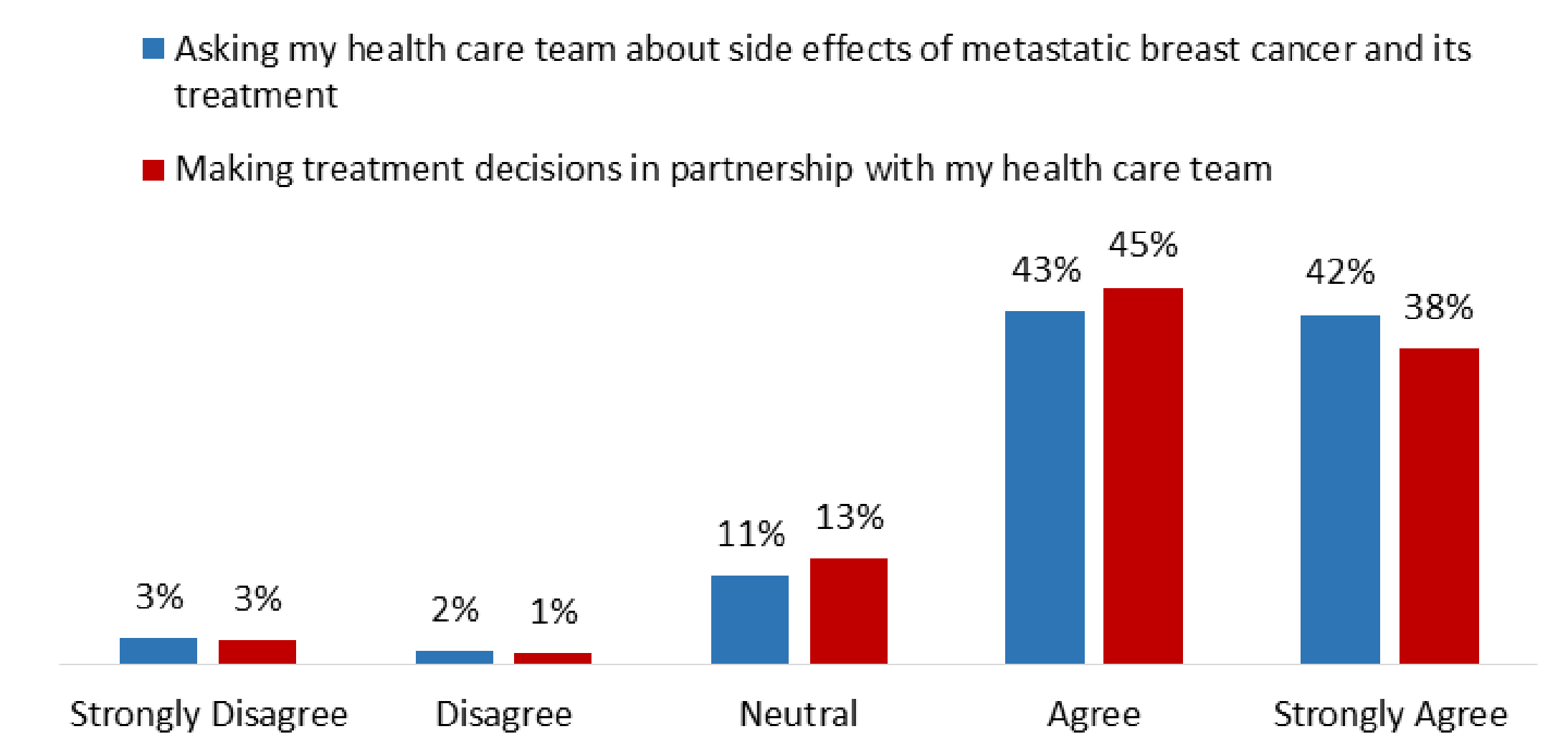
How knowledgeable are you about metastatic breast cancer BEFORE/AFTER this workshop?



- Most workshop participants (88%) reported gaining a high or very high level of knowledge about metastatic breast cancer, which was a significant increase compared with pre-workshop levels ($\chi^2= 13.2, p < .05$).
- Metastatic breast cancer patients were equally as likely as caregivers to report that, as a result of their participation, they gained knowledge about metastatic breast cancer.

Gains in confidence from Attending Workshop

After this workshops, i feel more confident in:



- 85% of participants indicated that after the workshop they felt more confident to talk to their health care team about metastatic breast cancer treatment options.
- 81% of participants reported that after the workshop they felt better prepared to make treatment decisions in partnership with their health care team.
- Caregivers were equally as likely as patients/survivors to report that as a result of their participation, they gained confidence to participate in treatment decision-making with their health care team and to ask questions about side effects of metastatic breast cancer and its treatment.

Implications and Conclusions

These findings indicate that educational workshops can play a role in enhancing patients and caregivers' self-perceived knowledge about metastatic breast cancer and empowering them to become active participants in their treatment decisions. These enhancements can, in turn, support patients and caregivers in their interactions with their health care team and provide tools to manage the psychosocial effects of the disease.