

SAN ANTONIO BREAST CANCER SYMPOSIUM, DECEMBER 7-10, 2021 For more information: 1-888-793-9355; www.CancerSupportCommunity.org Contact: Claire Saxton, MBA: csaxton@CancerSupportCommunity.org

BACKGROUND

Caregivers of those living with metastatic breast cancer have distinct and often unmet support and information needs, even compared to those with non-metastatic 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 caregivers that provides information about current treatments, side-effect management, and social and emotional challenges of an advanced breast cancer diagnosis.

Education about metastatic breast cancer can help caregivers by providing tools to deal with the psychosocial effects of the disease. This analysis explores metastatic breast cancer caregivers' experiences related to participation in Cancer Support Community's national evidence-based educational program, Frankly Speaking About Cancer: Metastatic Breast Cancer.

OBJECTIVE

Assess the educational and self-efficacy outcomes for metastatic breast cancer caregivers from participation in the Frankly Speaking About Cancer: Metastatic Breast Cancer psychoeducational workshop.

METHODS

- Caregivers who attended 67 workshops across the country between 2014 and 2019 completed program evaluations and provided self-reported data on factors including pre- and post-workshop knowledge, workshop satisfaction, confidence levels, and intentions for patient-provider communication post-workshop.
- •The evaluation survey assessed knowledge (1 = not at all; 5 = very much) and program outcomes, including workshop satisfaction. Survey questions focused on participants' informational and assistance needs in regard to metastatic breast cancer and whether the workshop was associated with positive gains.
- •In total, 305 caregivers of patients with metastatic breast cancer attending in-person Frankly Speaking About Cancer: Metastatic Breast Cancer workshops nationwide completed a survey assessing their experiences and learnings as a result of their participation in the educational workshops.
- Descriptive analyses and pre-and post-workshop comparisons were conducted to assess workshop outcomes.

IMPLICATIONS AND CONCLUSIONS

Our findings indicate that educational workshops can play a role in enhancing caregivers' self-perceived knowledge about metastatic breast cancer and empowering caregivers to become active participants in their loved ones' treatment decisions. These results underscore the importance of providing educational resources and interventions to support caregivers in their interactions with their health care team. These findings contribute to an ongoing body of research on how to better support caregivers and identify areas for further research on intervention development.

Metastatic Breast Cancer Caregiver Participation in a Psychoeducational Cancer Support Program. Results from the Frankly Speaking About Cancer: Metastatic Breast Cancer Evidence-Based Educational Workshops

M. Claire Saxton, MBA*, Maria B. Gonzalo, MS*, Kirstin Fearnley, MALS*, Cynthia Schwartz, MLIS**

*Cancer Support Community, Washington, DC. **Research and Training Institute, Cancer Support Community, Philadelphia PA.

RESULTS

Respondent Characteristics

Average Age: 64.2 years (SD=12.5 years)

Sex: 75% Female

Race/Ethnicity:

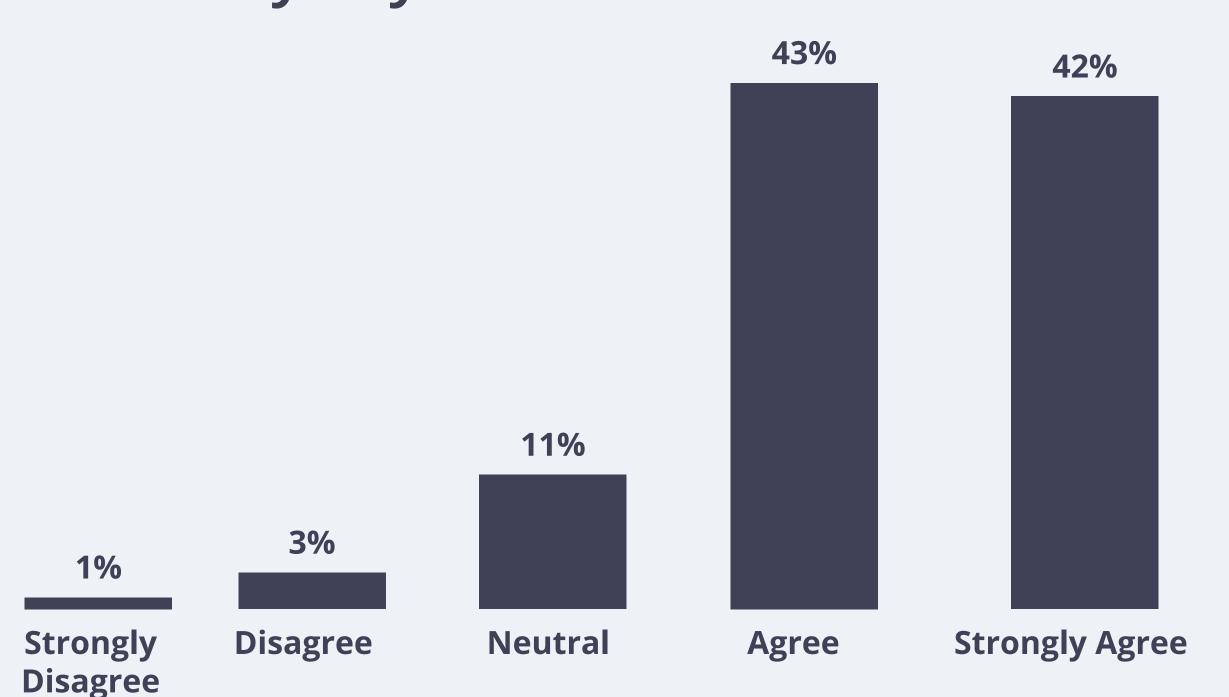
- 89% White
- 9% African American
- 3% Asian
- 9% Hispanic

Other Characteristics:

- 75% strongly identified as caregivers (rated a '4' or '5' on a 5-point scale)
- 69% were strongly involved in coordinating the patient's care (rated a '4' or '5' on a 5-point scale)
- 37% Currently attending support groups
- 73% First psychoeducational workshop
- 51% became caregivers within the past year (n=155)

Cancer-Related **Emotional Distress**

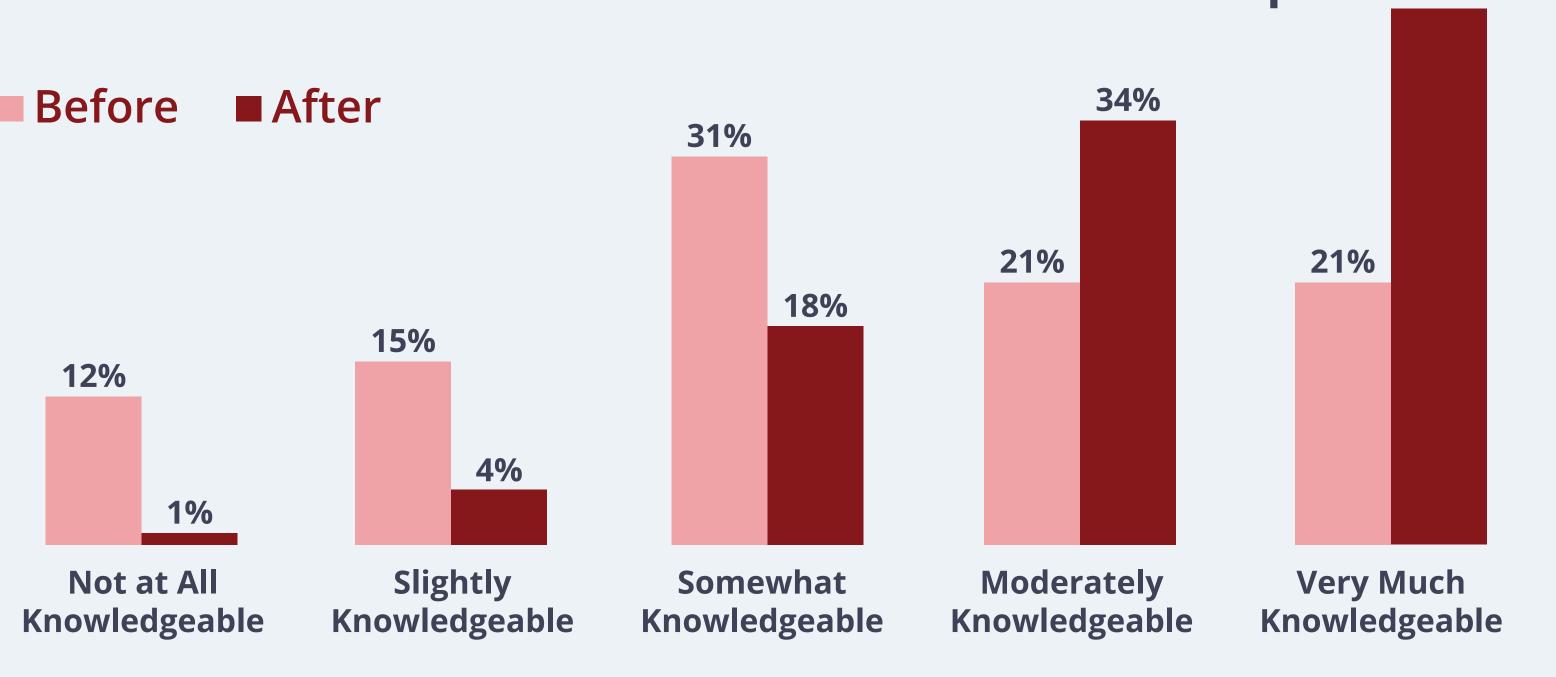
I have experienced emotional distress due to my/my loved one's cancer.



• 85% of caregivers that participated in FSAC: Metastatic Breast Cancer workshops between 2014 and 2019 reported experiencing emotional distress due to their loved one's cancer.

Knowledge Gains

How knowledgeable are you about metastatic breast cancer BEFORE/AFTER this workshop? 43%

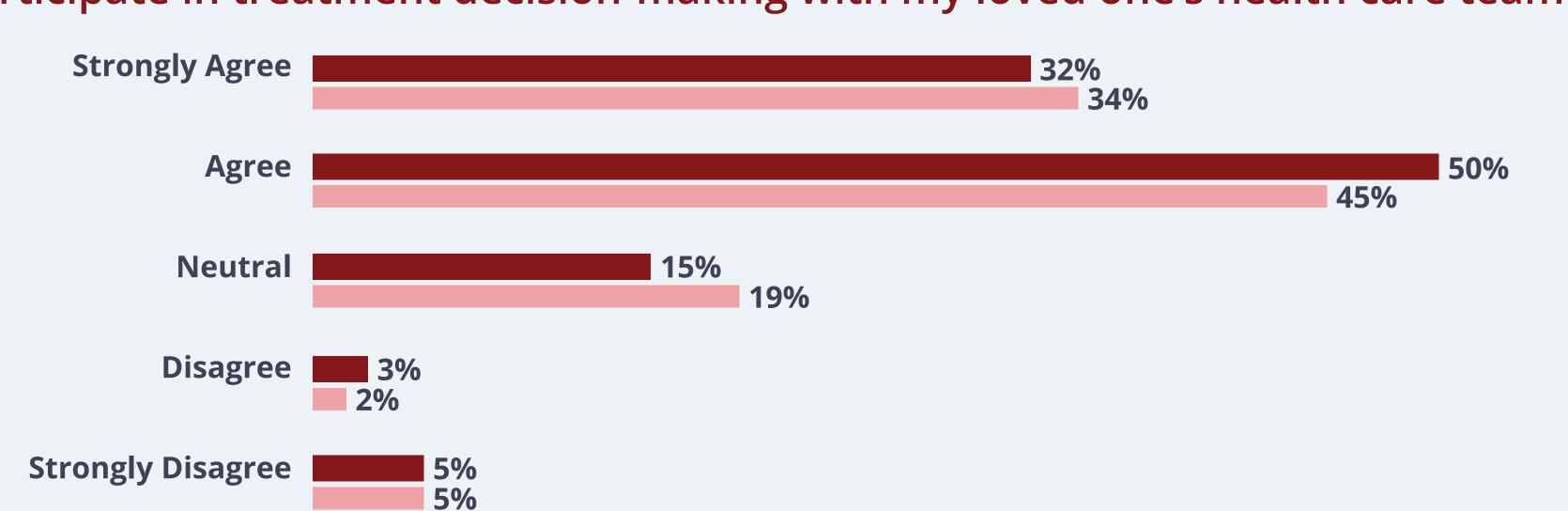


- 77% of caregivers reported gaining a high or very high level of knowledge about metastatic breast cancer.
- Comparisons of pre- and post-survey results indicate a statistically significant increase in knowledge about metastatic breast cancer $(\chi^2 = 13.4, p < .05).$

Confidence Gains

As a result of this workshop, I feel more confident to:

■ Ask questions about side effects of metastatic breast cancer and its treatment ■ Participate in treatment decision-making with my loved one's health care team



- Caregivers reported that as a result of their participation in the workshops, they gained confidence to participate in treatment decisionmaking with their health care team and to ask questions about side effects of metastatic breast cancer and its treatment (rated a '4' or '5' on a 5-point scale).
- 92% of caregivers reported that because of the workshops, they felt better prepared to emotionally cope with their metastatic breast cancer caregiving experience.
- The workshop was well-received, with 92% recommending the workshop to others facing similar issues.



- 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. There are materials available for specific cancer types, as well as pan-cancer topics such as Clinical Trials, Cost of Care, and Immunotherapy.
- FSAC: Metastatic Breast Cancer is a comprehensive psychosocial educational program that provides information about current treatments, side effect management, and social and emotional challenges of an advanced breast cancer diagnosis.
- FSAC: Metastatic Breast Cancer materials are delivered via the Internet, print materials, online radio series, and professionally-led education workshops held nationwide.

