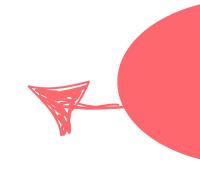


WORKSHOPS PROPOSED TO METASTATIC BREAST CANCER **PATIENTS « AVANCER AVEC »** (going forward with)

Presenting Author : Claudia Lefeuvre-Plesse **Co-Authors** : Marie Vigouroux, Frederica Chelle, Laetitia Andrieux, Stephane Gueguen, Laurence Gigou, Elodie Bouillon, Beatrice Fauchoux, Patricia Legallais, Agnès Zanzola, Lelia Johns, Anne Jary, Christophe Perrin, Laurence Crouzet, Veronique Dieras, Aurelie De La Motte Rouge, Roselyne Bellis, Laurence Santerre-Bourgeais, Astrid Le Royer

DISSPO professionals have worked in collective intelligence based on their support expertise with patients.



PROGRAM OF MULTI-PROFESSIONNAL WORKSHOPS FOR 12 PATIENTS, OUTSIDE A CARE FACILITY, DURING 6 WEEKS.

Knowledge on the disease and the treatment (3h)

- Medical Oncologist
- Accompaniment
- Pharmacologist nurse

Reflexive analysis with a ludic technic to evaluate patients knowledge's determine and refine their needs and bring a precise answer to those.

Improve qualityof life and knowledge of their right as patients (day)

- Dieticians
- Social worker

-Cooking workshops, to work on stereotypes

-Exchange time with a card game including key words on rights, dispositive.

24 patients in 2023, 15 answers to the online questionnaire (6 months and 1 year after the workshops) : 33% have had metastasis for less than 3 years,60% for 3 years and more and 7% don'tknow.

Improve knowledge for patients about :

- Disease and treatments : : 66%
- Social rights : 86.6%
- Side effects and access to supportive care: 73%
- Food intake : 73%
- 80% of them have been encouraged in practicing a physical activity and self stress-regulating techniques

Positive impact of the workshops on :

- To be able to sharewith peers afflicted with the same disease : 80%
- Emotional and psychological state: 80%
- Current life quality : 87%
- Their personal fulfillment : 80%
- Way to apprehend the future : 80%
- Positive reinforcement on the relationship with the oncologist and the paramedical teams : 80%

About Workshop : « I've been told I was incurable»

- 73% were able to anticipate the procedures and seek answers.
- 100 % think this workshopallowed them to discuss a theme they did not dare raise before,
- 90% think this workshop is necessary
- 81% were able to take a step back

RESULTS



Objectives: Answer the unique needs of **MBC** patients with

Co-Construct with patient experience of their level of understanding the disease, to unable them to increase their knowledge and improve their quality of life.

I have been told it was incurable (option - 2h)

- Palliative care nurse
- Psychologist

Themes : chronicity, life project, palliative care ...

Self care (day)

- Socio aesthetician
- Health accompanist
- SOS Head nurse and SOS doctor

-Discovering adapted physical activity : adapted yoga class, -Self-massaging techniques and stress relief, -Information about associations, support care -Debriefing

• Peer support

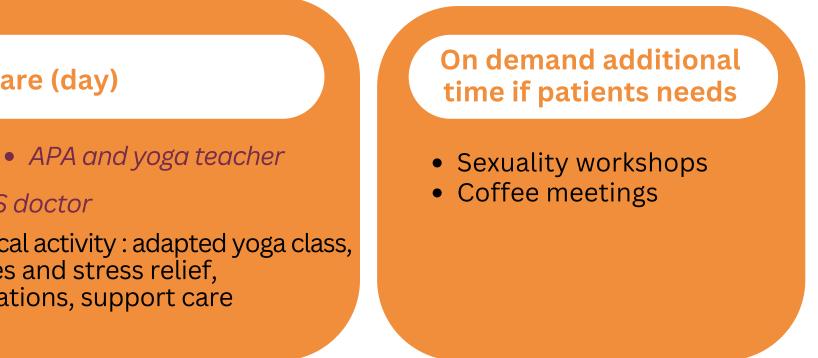


These workshops achieved theirs aims : have a better knowledge of the disease, treatments and supportive care. Meet other patients to promote peer support was essential for the participants.

The patients were enabled a free-speech on sensitive subjects, like early palliative care. Positive outcomes were beyond what was expected and lasted after the workshops. We also note positives impacts on the relationship with the oncologist and the paramedical teams.

For the professionals, this project was co-constructed in team, from the needsidentified for and with the patients. It made it possible to unite the teams, leaving space for creativity and innovation.

Despite major therapeutic breakthrough, metastatic breast cancer (MBC) remains incurable. In France, it is the 1st cause of cancer mortality in women with 12000 deaths/year. MBC patients have questions and face problematics different from those faced by patientswith localised cancer : Living with a chronic incurable disease with an unclear future.



• Neutral and outside place • Authentic and singular workshop, unique every time

Conviviality and sharing

