

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

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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 patients with localised cancer : Living with a chronic incurable disease with an unclear future.

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

Objectives :
Answer the unique needs of
MBC patients with

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

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 quality of 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.

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
- APA and yoga teacher

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

On demand additional time if patients needs

- Sexuality workshops
- Coffee meetings

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't know.

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 share with 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 workshop allowed 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



- Neutral and outside place
- Authentic and singular workshop, unique every time
- Peer support
- Conviviality and sharing



Conclusion:

These workshops achieved their 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 needs identified for and with the patients. It made it possible to unite the teams, leaving space for creativity and innovation.

