

# Evaluation of the Precision Prevention Program for Women with a Family History of Breast Cancer Using FHAT-Ontario Screening Tool



**FHAT-Ontario Screening Tool**  
Su-Ying, Fang , PhD, RN



*Department of Nursing, College of Medicine, National Cheng Kung University, Tainan, Taiwan.*  
*Department of Nursing, National Cheng Kung University Hospital, College of Medicine, National Cheng Kung University, Tainan, Taiwan.*

## Background

- About 15% of women with breast cancer have a family history.
- The risk of breast cancer will increase significantly when more and younger relatives are diagnosed with breast cancer.
- Identify whether having *BRCA 1/2* gene mutation and providing risk management of breast cancer based on clinical guidelines, which have become the current guidelines for the treatment and prevention of breast cancer.

## Aim

- To use FHAT-Ontario as a screening tool to identify women with a family history of breast cancer who may have a high risk of hereditary breast cancer. Then,
- To develop an individual precision care program for different risks of breast cancer
- To evaluate the effect of the care plan on worry about genetic counseling and testing, anxiety and depression, and willingness for genetic counseling.

## Results

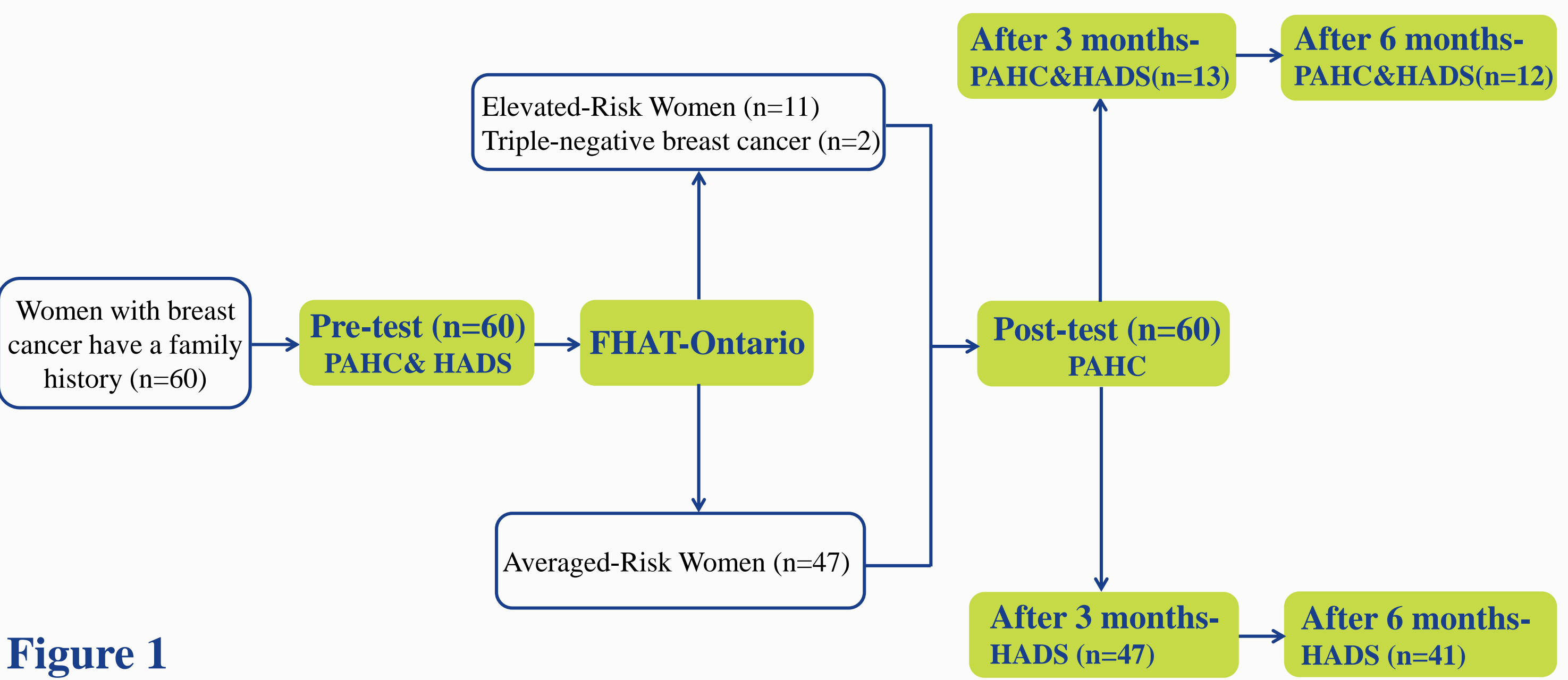


Figure 1

Table 1

			n	Pre-test	Post-test	P value
HADS <sup>a</sup> -Anxiety	T0-2 <sup>d</sup>	All	52	6.12±3.72	4.67±3.42	0.00
		High	11	7.18±4.09	6.27±4.03	0.00
		General	41	5.83±3.62	4.24±3.16	0.01
	T0-3 <sup>e</sup>	All	39	6.41±3.58	4.74±3.46	0.00
		High	6	8.00±2.83	5.67±2.58	0.08
		General	33	6.12±3.66	4.58±3.61	0.00
HADS <sup>a</sup> -Depression	T0-2 <sup>d</sup>	All	52	5.04±3.42	4.69±3.69	0.01
		High	11	6.73±3.38	6.00±3.92	0.23
		General	41	4.59±3.32	4.34±3.59	0.06
	T0-3 <sup>e</sup>	All	39	5.44±3.42	4.87±3.15	0.00
		High	6	7.17±2.93	5.67±2.50	0.31
		General	33	5.12±3.44	4.73±3.26	0.01
PAHC <sup>b</sup>	T0-1 <sup>c</sup>	All	60	8.77±4.44	7.10±4.46	0.00
		High	13	9.15±4.22	8.69±4.17	0.00
		General	47	8.66±4.53	6.66±4.48	0.00
	T0-2 <sup>d</sup>	High	11	9.64±4.43	11.18±5.53	0.03
		T0-3 <sup>e</sup>	6	10.33±4.23	11.67±5.72	0.14

<sup>a</sup>HADS: Hospital Anxiety and Depression Scale ; <sup>b</sup>PAHC: Psychosocial Aspects of Hereditary Cancer; <sup>c</sup>T0-1: Pre-test V.S. Post-test right after intervention; <sup>d</sup>T0-2: Pre-test V.S. Post-test after 3 months; <sup>e</sup>T0-3: Pre-test V.S. Post-test after 6 months.

## Conclusion

- After the intervention of risk assessment, women's anxiety and depression significantly decreased, especially in the general risk group.
- Concerns about genetic counseling immediately decreased after the intervention, but in the high-risk group, concerns increased three and six months later.
- This study highlights the importance of risk assessment tools in breast cancer prevention and suggests further tracking of genetic counseling acceptance among high-risk women.