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Occupational Therapy After Breast Cancer Treatment: A Guidebook for Hispanic Women

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Occupational Therapy After Breast Cancer Treatment: A Guidebook for Hispanic Women

Katarina Tauran, Mary Smith, PhD, MS, OTR/L, & Lesley Khan-Farooqi, PhD, OTD, OTR/L

BACKGROUND

- 1:8 women will get invasive breast cancer in their lifetime, and breast cancer is the second most common cancer in women after skin cancer (CDC, n.d.; Breastcancer.org, n.d.).
- Hispanic women have a lower prevalence of breast cancer but a higher risk of death post-diagnosis due to delayed treatment seeking and additional comorbidities (Ashing et al., 2020; Bandera et al., 2022).
- Hispanic women are less likely than other Americans to have health insurance, leading to later diagnosis with increased mortality (Kahili et al., 2019; Pinheiro et al., 2019).
- Limited English Proficiency is the most frequently cited barrier Hispanic Americans face when receiving healthcare (Escobedo et al., 2023).

PROBLEM

Hispanic women are less likely to receive occupational therapy resources following breast cancer treatment, which may delay their participation and performance of valued occupations.

PURPOSE

The purpose of this project is to create a bilingual guidebook for Hispanic women on occupational therapy following breast cancer treatment.

METHODS

Pre-development Phase

- Performed needs assessment
- Interviews and observation of clients
- Reviewed previous capstone student's material
- Results showed that participants did not have health insurance to utilize pre-screening services and were in need of educational resources, post-treatment, in Spanish.

Guidebook Creation Phase

- Created educational material for group modules and guidebook
- Incorporated educational material and resources from literature review

Implementation Phase

- Presented educational material to support groups
- Reviewed questionnaires for constructive feedback from participants
- Added content to the guidebook

Revision Phase

- Completed revisions of educational material and incorporated to guidebook
- Translated guidebook to Spanish
- Presented guidebooks to stakeholders

GUIDEBOOK CONTENTS

Chapter 1: Introduction

- Early Detection
- Performing a Self Exam
- Mammogram
- After Detection
- Occupational Therapy

Chapter 2: Upper Extremity Range of Motion

- Chest, Shoulder, Elbow, Wrist, Finger Stretches

Chapter 3: Nerve Gliding

- Ulnar, Median, Radial Nerve Gliding
- Nerve Gliding Video Links

Chapter 4: Scar Tissue

- Scar Massage
- Desensitization

Chapter 5: Lymphedema

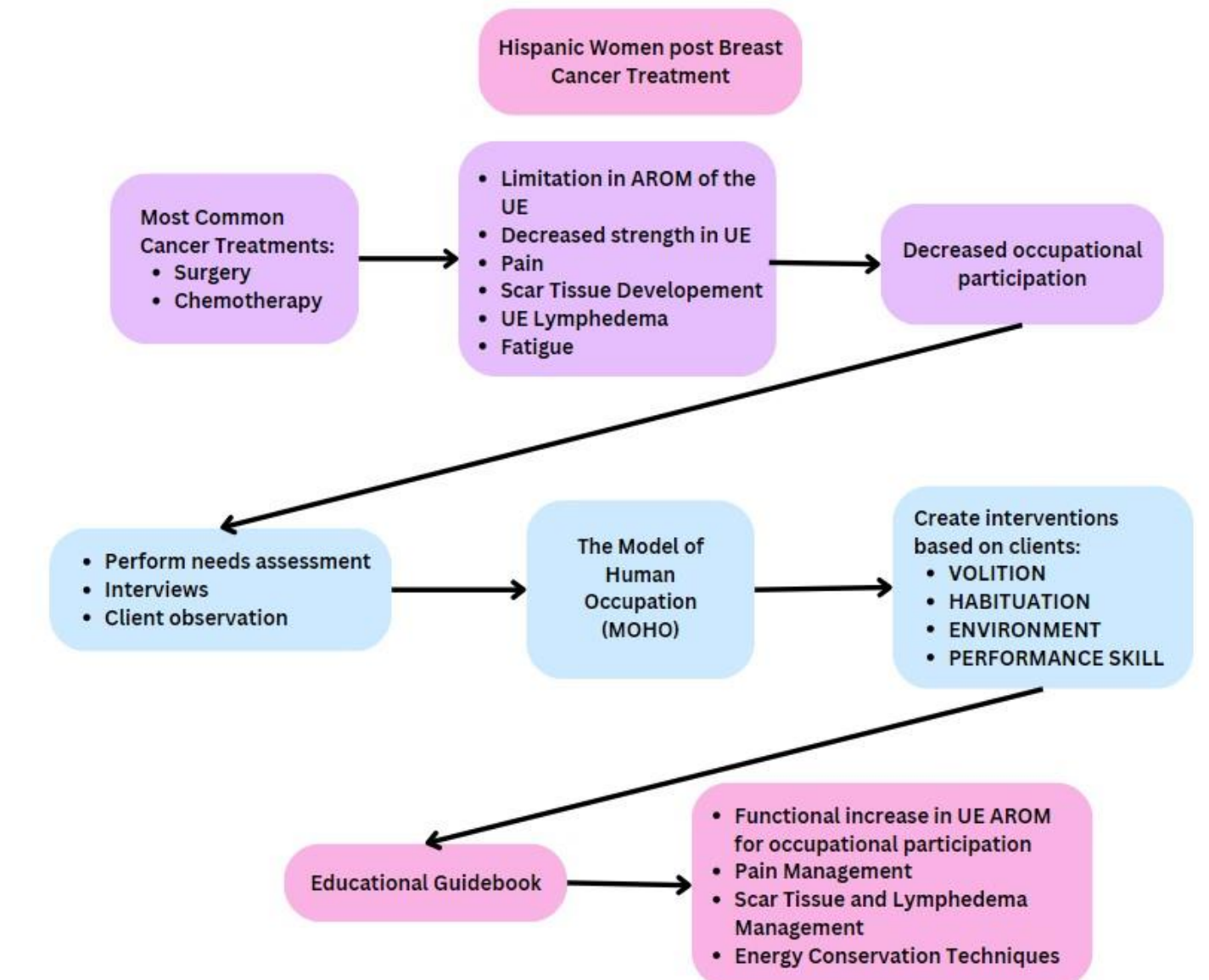
- Diaphragmatic Breathing
- Lymphedema Self Massage
- Lymphedema Video Links

Chapter 6: Gentle Yoga

- Basic Gentle Yoga Poses
- Gentle Yoga Video Links

Chapter 7: Energy Levels

- Energy Levels: Diet
- Energy Conservation
- Sleep



Guidebook Resources



References



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*This project did not involve human subjects and does not require IRB approval.