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A Guidebook for Latina Breast Cancer Survivors & Occupational Therapy Practitioners

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A Guidebook for Latina Breast Cancer Survivors & Occupational Therapy Practitioners

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BACKGROUND

- In Latina women, breast cancer is the leading cause of cancer death resulting in an estimated 19.1 breast cancer deaths per 1,000,000 females (Healthy People 2030, n.d.).
- Many Latina women experience psychosocial issues that impact their occupational engagement, performance, and overall QoL (Baxter et al., 2017).
- Latina women may not seek guidance due to negative stigmas, language barriers, lack of health insurance and resources, & low health literacy (Buki, 2022).

PROBLEM

- Latina women with breast cancer do not have access or the necessary resources to assist them with the psychosocial challenges of their diagnosis, which may lead to decreased occupational engagement, participation, and QoL.

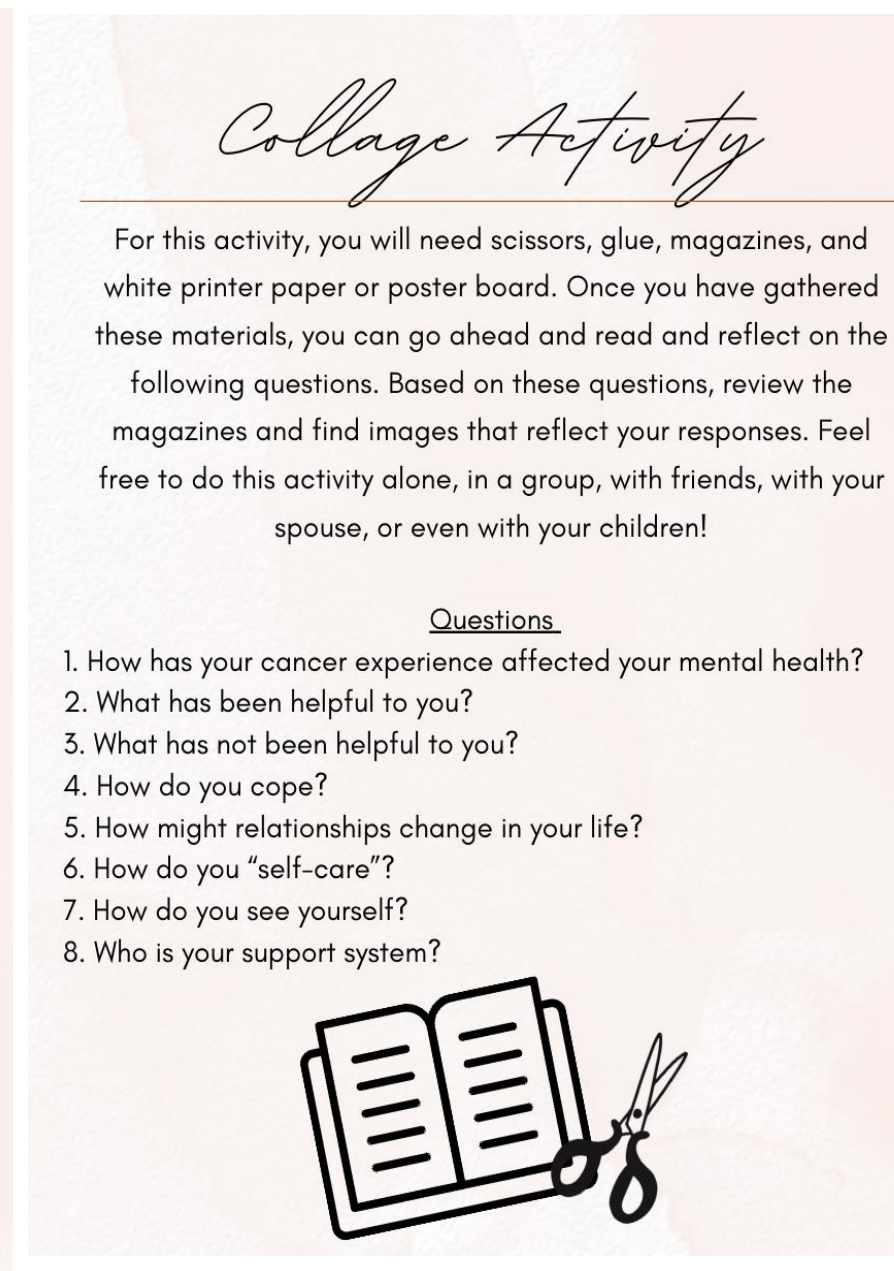
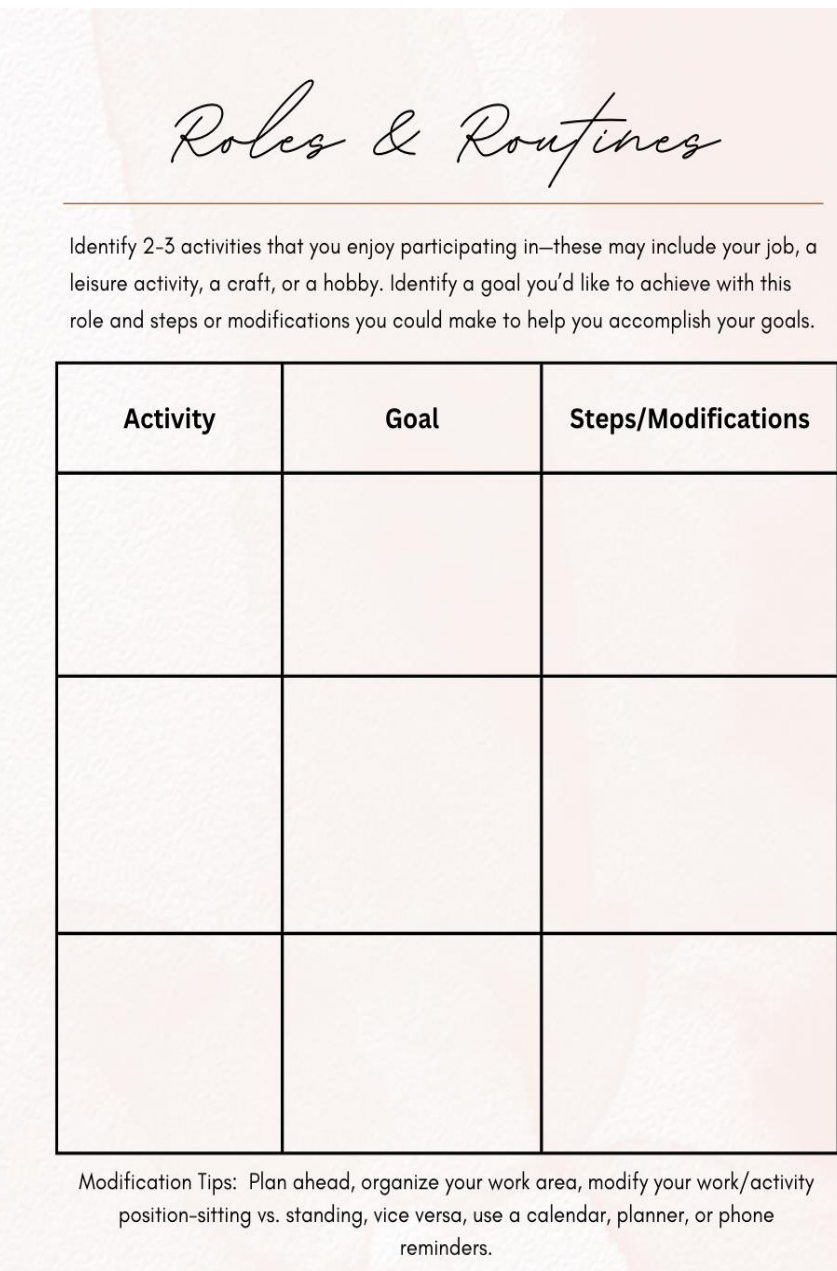
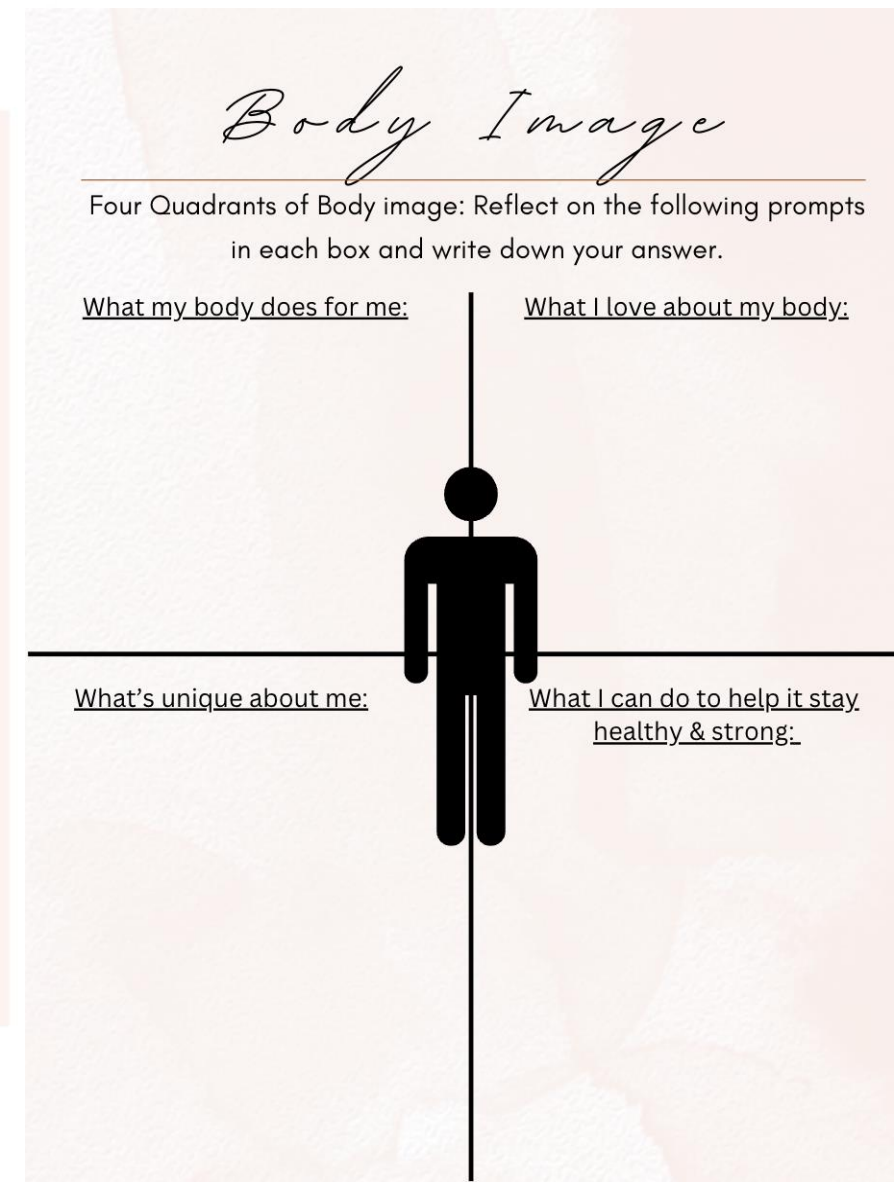
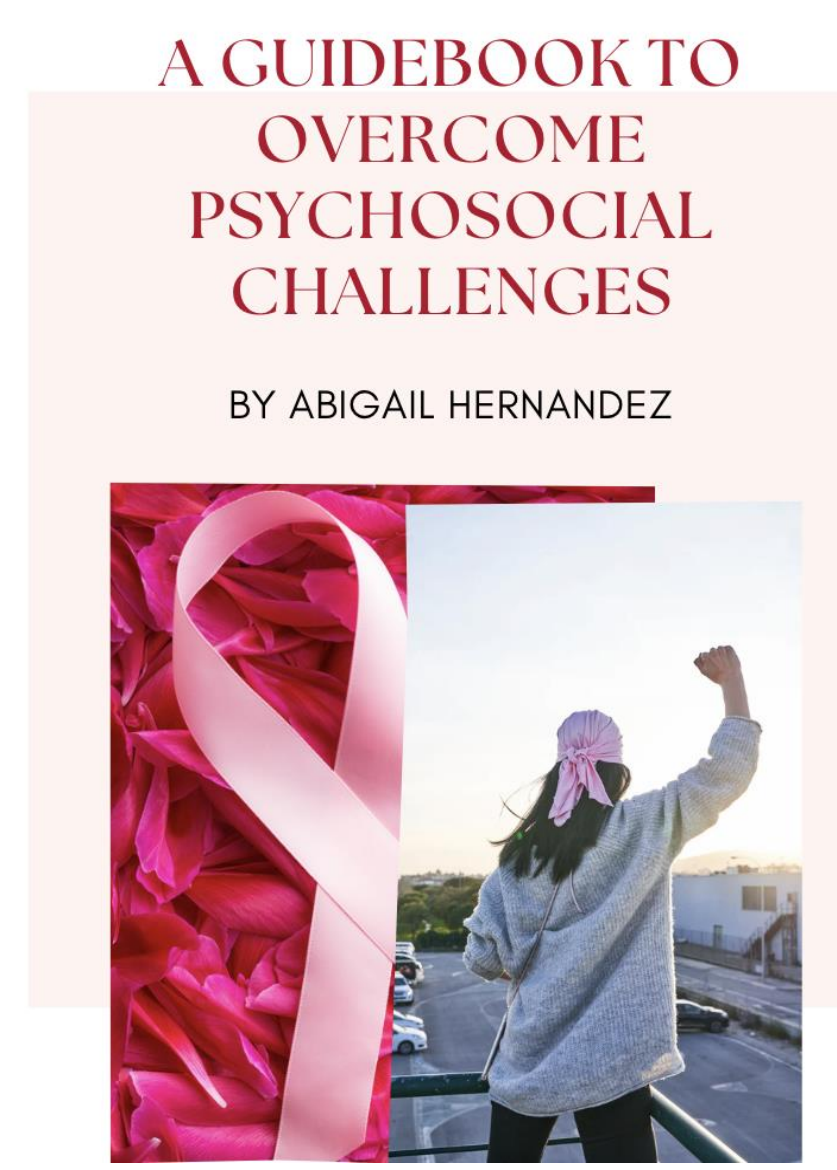
PURPOSE

- The purpose of this project is to design a bilingual guidebook for both Latina women and OTP to address the most common psychosocial issues associated with breast cancer. The development of this guidebook can serve as a resource and educate them on how to implement coping strategies to combat these challenges and enhance overall QoL.

METHODS

- 1. Pre-Development Phase:**
 - Conducted a needs assessment and clinical observations. Conducted interviews with breast cancer survivors.
 - Results showed that breast cancer survivors face psychosocial challenges and similarities were also shown throughout the literature review.
- 2. Development Phase:**
 - Created the structure and contents of the guidebook based on the needs assessment.
- 3. Review & Revision Phase:**
 - Provided guidebook to DCC and stakeholders to receive feedback.
 - Bilingual speakers reviewed revisions to fit the culture and language.
- 4. Dissemination Phase:**
 - Presented the completed guidebook to the Breast Cancer Resource Center (BCRC) stakeholders, mentor, and DCC.
 - Conducted group sessions with BC survivors and received positive feedback on intervention tools and resources (i.e. Journal expressive writing, discussions among the group, and collaboration).
 - A total of 4 sessions at USAHS and 3 sessions at BCRC

GUIDEBOOK



PROGRAM OUTCOMES

- Published video for BCRC resource library on how to improve physical health.
- Provided guidebook in English and Spanish to BCRC through a QR code.
- Presented parts of the guidebook to the breast cancer survivor group at USAHS.

FUTURE DIRECTION

- Present with occupational therapy doctoral student Katarina Tauran at the Texas Occupational Therapy Association (TOTA) conference.
- Opportunity for future capstone students to expand and continue this project.
- Submit an article to OT practice magazine.

Guidebook QR Code



References



Acknowledgment

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This project involved human subjects; it has been reviewed by the IRB and deemed exempt from IRB approval