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Development of an Occupation-Based Program for Hispanic Women with Breast Cancer

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Development of an Occupation-Based Program for Hispanic Women with Breast Cancer

Tara Licon; Lesley Khan-Farooqi, PhD, OTD, OTR/L; Mary A Smith, PhD, OTR/L

BACKGROUND

- Breast cancer is the 2nd leading cause of death in women and the 1st leading cause of death in Hispanic women (CDC, 2023).
- [Hispanic women have a lower incidence rate and are diagnosed with breast cancer at later stages and have limited treatment options (Bolton et al., 2019).
- Barriers to accessing health care for Hispanic women include limited access to healthcare, language barriers, and cultural traits (Winters et al., 2021, Richman, 2020).
- Hispanic women diagnosed with breast cancer roles and routines can be altered due to the adverse effects of treatment which can impact their QoL and roles within their household (Galati, 2003; Longoria et al., 2020; Bisht et al., 2023).
- Occupational therapy services can benefit women throughout the breast cancer diagnosis and treatment continuum by enabling them to resume valued roles with fewer long-term side effects (Adejoh et al., 2018; Nakamura, 2022; Fangel et al., 2018; Newman, 2013).

PROBLEM

Programs currently developed for women with breast cancer do not address the unique needs of Hispanic women and their occupations of choice.

PURPOSE

The purpose of the capstone project was to create an OT-based program informed by lifestyle redesign that is tailored to Hispanic women with breast cancer throughout all stages of recovery.

Acknowledgment: Special thanks to my site supervisor Lydia Perez and the entire breast cancer program team at Community Action Inc.

This project was not research, did not involve human subjects research, does not report data collected from human subjects, and did not require IRB review.

METHODS

Pre-Development Phase:

- Needs Assessment
 - Observations and conversations were conducted with Hispanic women diagnosed with breast cancer
- Summarization of themes and trends

Development Phase:

- Creation of five modules
 - Module 1: Introduction
 - Module 2: Radiant Roles and Routines
 - Module 3: Mighty Mental Health
 - Module 4: Delightful Dining and Nutrition
 - Module 5: Sisterly Spirituality

Implementation Phase:

- Piloted Beautiful, Bold, Breast Cancer program modules at Community Action Inc.
- Assisted in USAHS Breast Cancer Survivorship Support Group

Review and Revision Phase:

- Critical feedback from a panel on modifications of the program

Dissemination Phase:

- Shared results and program with staff at Community Action Inc.

Future Direction:

- Mentor students interested in similar topic
- Creation of website
- Present at local and national conferences

FRAMEWORK

Lifestyle Redesign Framework

- Designed through occupational science
- Occupational therapy intervention framework
- Changes in daily habits and routines can improve health and wellbeing

Lifestyle Redesign and Oncology can include:

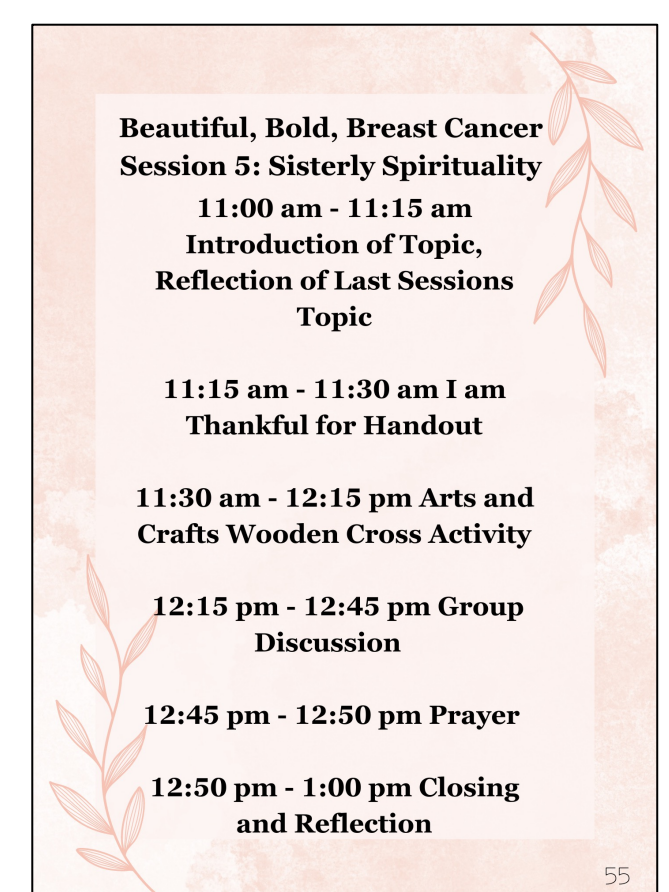
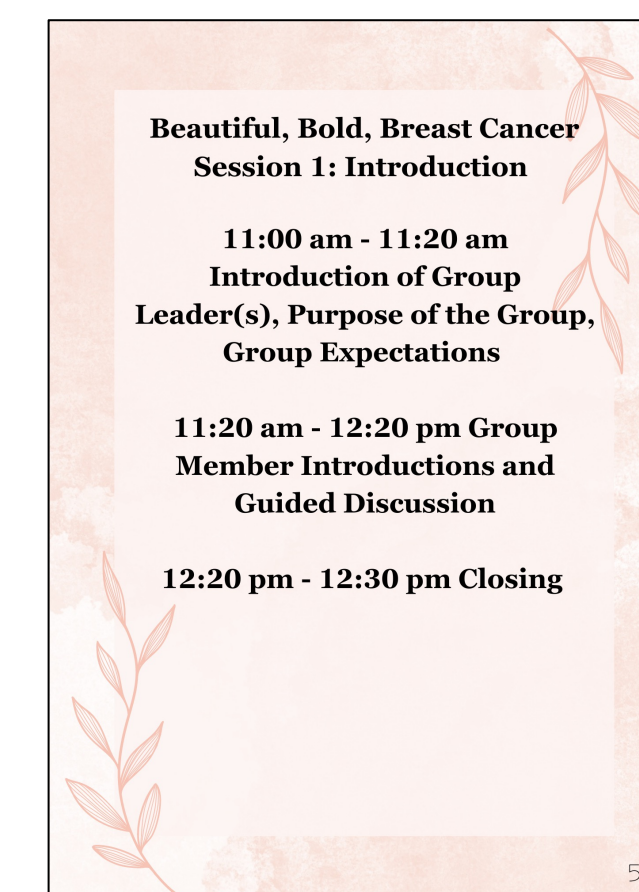
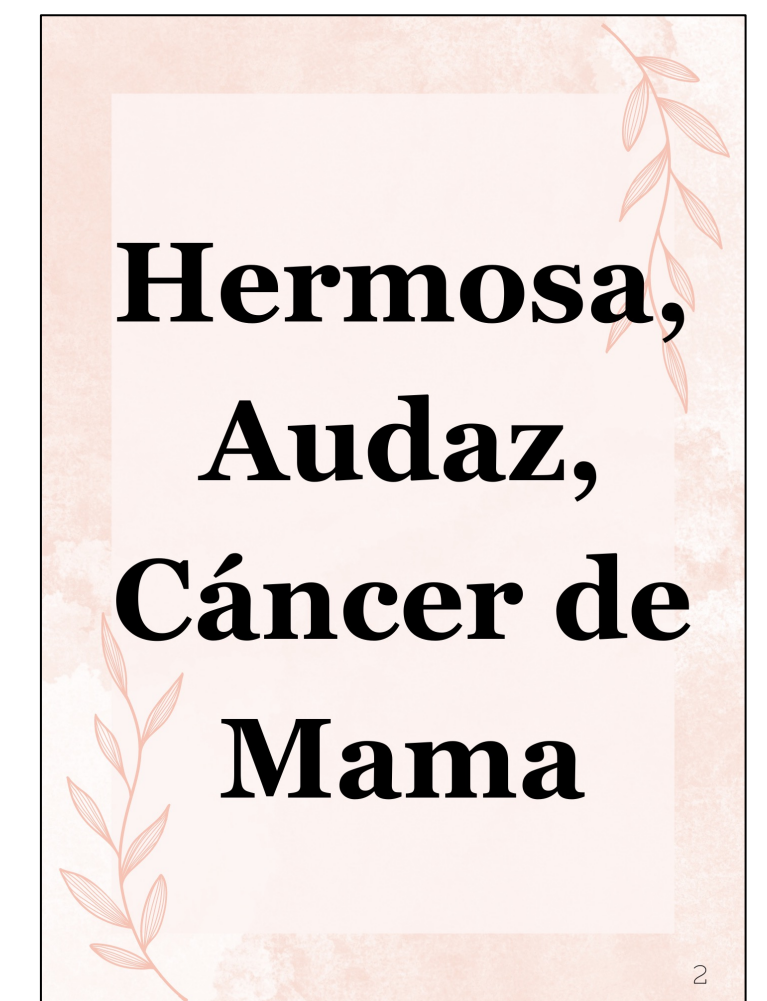
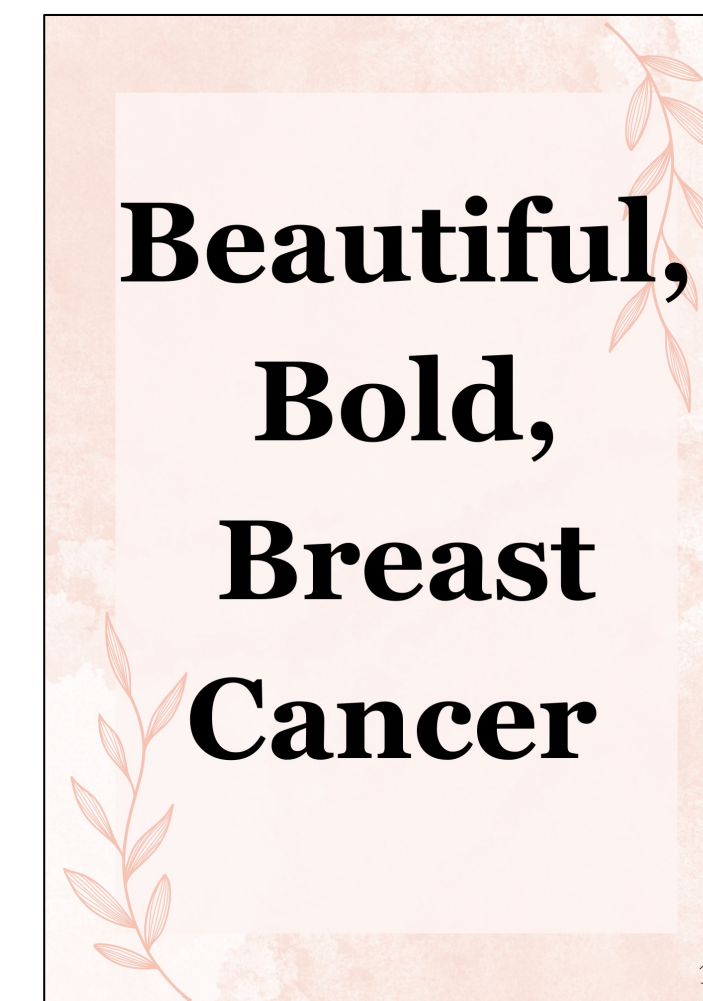
- Control side effects and symptoms
- Increase independence in self-care
- Enhance the sense of well being

(Clark et al., 1991; Clark et al., 2015; Pyatak et al., 2017; Chan, n.d.)

REFERENCES



RESULTS



Beautiful, Bold, Breast Cancer Program. Scan the QR code for digital access to the *Development of an Occupation-Based Program for Hispanic Women with Breast Cancer*.