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Anxiety Scores of Women Participating in High Risk Breast Cancer Outpatient Group Visits

Emily Routh, BSN, RN, WHNP-S & Kathryn Trotter, DNP, FAANP, FAAN
Duke University School of Nursing
Duke Cancer Center



Introduction

- Patients at high risk of hereditary breast cancer have specific needs, requiring a unique approach to care¹. BRCA mutation carriers experience high levels of distress and high needs for information.²
- The purpose of this ongoing study is to offer group visits to women at the Duke Breast Risk Assessment Clinic to enhance psychosocial support and knowledge surrounding high risk breast cancer status.



Methods

Design: Pre- and Post- Test design

Setting: Breast Risk Assessment Clinic

Target Population: Women seen at the Breast Risk Assessment Clinic who were identified as increased risk for breast cancer.

IRB approval- exempt: consent by survey completion

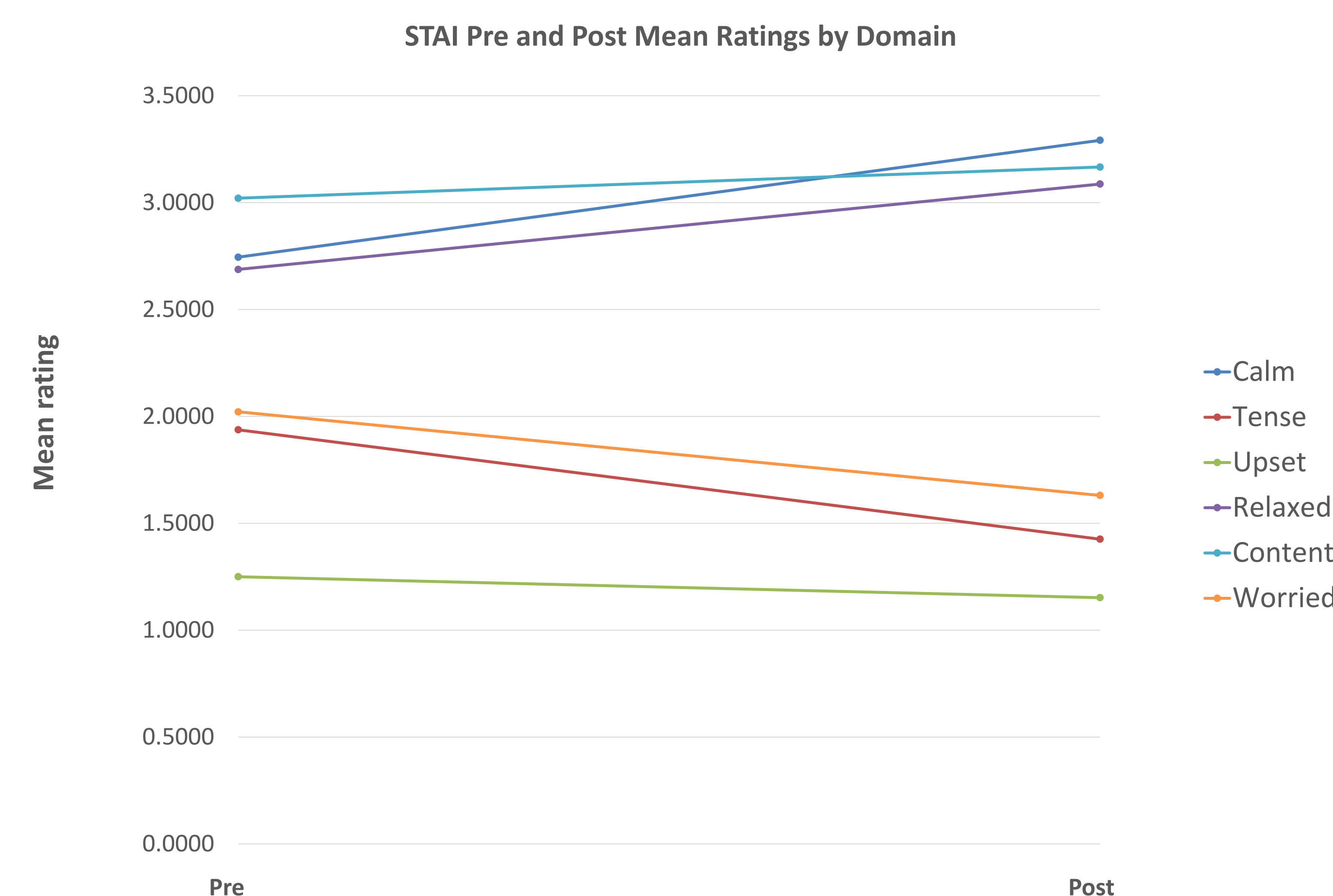
Intervention:

- A 60-minute group visit offered in order to provide facilitated education and support in a setting with peers.
- During the initial check-in, participants completed the STAI survey and a topics of interest survey.
- In-depth discussion, facilitated by an NP, included breast health, awareness and cancer signs, risk factors, impact of exercise, nutrition, and genetics, and surveillance modalities.
- At the end of the session, the STAI survey was completed a second time.

Data Collection Tool: Spielberger State-Strait Anxiety Inventory (short version, Six-Item STAI).

Results

Data Analysis:



Tests used: Paired T-test; performed with Microsoft Excel

Significance level: 0.05

Insignificant Domains: Content (statistically insignificant increase; Upset (statistically insignificant decrease)

	Spielberger State-Strait Anxiety Inventory			
	Not at all	Somewhat	Moderately	Very Much
I feel calm	1	2	3	4
I am tense	1	2	3	4
I feel upset	1	2	3	4
I am relaxed	1	2	3	4
I feel content	1	2	3	4
I am worried	1	2	3	4

	Significant Domains
I feel calm	0.55 (increased)
I am tense	0.50 (decreased)
I am relaxed	0.37 (increased)
I am worried	0.37 (decreased)

- Current results of this study are yielding similar findings to other corresponding studies⁵.
- This evidence supports the group visit care model and it's positive impact on patient care outcomes with high risk breast cancer patients.

Conclusions

Implications for Clinical Practice:

- High risk breast cancer patients, or previvors, are a specific population with unique needs. This includes acknowledging the emotional distress, uncertainty and anxiety the status carries³.
- Group visits can alleviate worry, anxiety, and fear.
- This model is not only proving to be effective in patient care and outcomes, but also preferable compared to individual appointments⁴.



Acknowledgments

- 1)Duke University School of Nursing Statistics Lab; Christian Douglas, PhD
- 2) Duke Cancer Center Breast Risk Assessment Clinic
- 3) Hannah Reynolds, ABSN RN candidate

References

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