



# Discussion on the current situation of treatment plan for breast cancer patients.

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## Introduction

Breast cancer is the number one cancer among women in Taiwan, and the peak is about 45-69 years old. In 2018, according to the Ministry of Health and Welfare's death statistics and the National Health Agency's cancer registration data the standard incidence and mortality rate of breast cancer in women are 69.1 and 12.0 (per 100,000 population). More than 10,000 women suffer from breast cancer and more than 2,000 women die from breast cancer every year. In average, about 31 women are diagnosed with breast cancer every day and 6 women lose their valuable lives due to breast cancer. According to the breast cancer treatment guidelines of our hospital, first and second stage breast cancer requires surgery. Radiation therapy depends on the surgical procedure and lymph node metastasis. Adjuvant chemotherapy or hormonal therapy depends on the tumor histology. Third and fourth stage breast cancers require systemic treatment such as chemotherapy and hormonal therapy first, in order to reduce the tumor. Then the physicians evaluate the feasibility of surgical tumor resection.

However, after diagnosed with cancer, the patient would need to face the life-threatening cancer, as well as to adapt all kinds of discomfort and side effects throughout the treatment. During the follow-up periods, the uncertain of cancer recurrences would impact the patients, their families and their career. The patients might have discontinued their treatment plan or follow-up, leading to poor prognosis or higher recurrences.

Therefore, this manuscript is to discuss the importance of breast cancer case manager and how to complete the treatment plan during the therapy and follow-up periods. We anticipate this manuscript would not only enhance the nursing professional of case managers, but also explore the value of breast cancer team work.

## Purpose/Methods

### Purpose

The Cancer Case Manager in the hospital monitors and follow-up the progress of treatment actively and regularly. The goal is to complete treatment planning and disease control, to maintain patient safety and good quality of life, and to improve disease cure rate.



### Methods

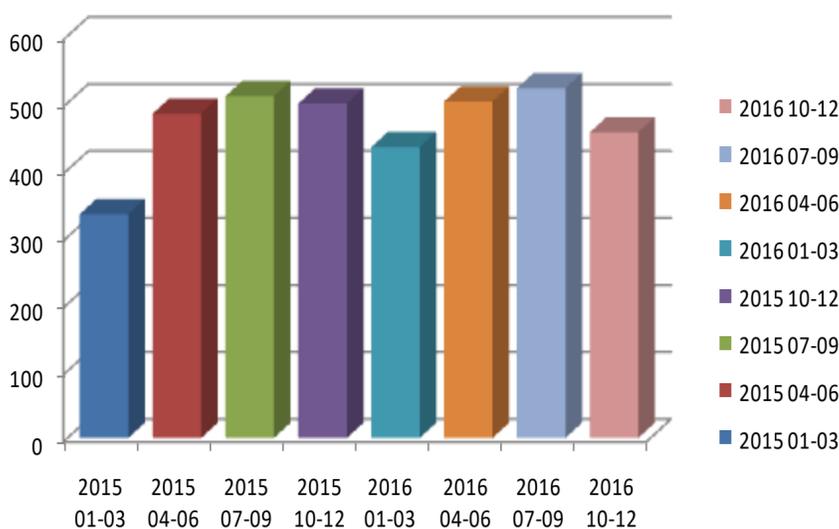
The case manager's case tracking method includes: querying the hospital integration system, telephone access and on-site visits to confirm that the patient is regularly returning to the hospital to continue discussing the treatment plan with the medical team and completing the treatment. The content includes treatment introductions for diseases, health consultations for diet and nutrition, post-operative care, related resources, tube wound home care, side effects of chemotherapy, side effects and care after radiation and hormone therapy, and psychological support, referrals and tracking services.



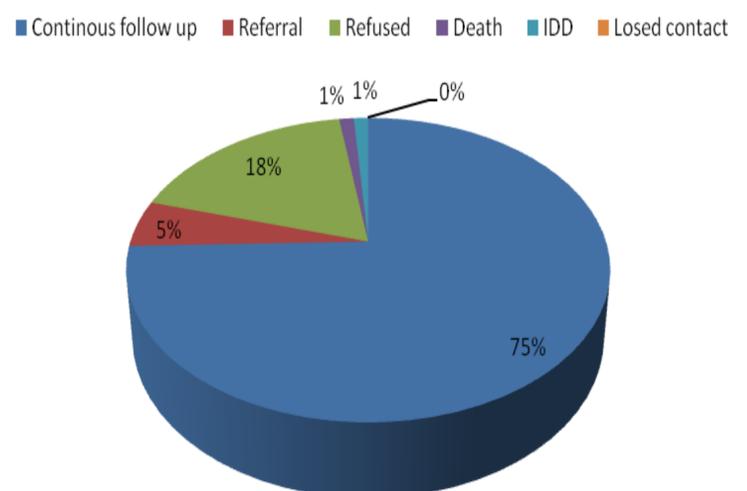
## Results

From January 2015 to December 2016, we included 736 breast cancer patients diagnosed in our hospital. They were tracked by the case manager for up to two years, with a total of 5888 follow-ups. The division provides occasional visits, with an average of 6,000 tracking times per year. Statistics were completed in 734, with a completion rate of 99.7%.

2015-2016 Cases Follow times



2015-2016 Follow results



## Conclusions

The role of the cancer case manager is becoming more and more important. The intensions are to provide complete and continuous care in the treatment of cancer, appropriate support and encouragement, and to accompany the patient to complete the treatment smoothly. Through the intervention of cancer case manager, we can support the patient and the family by a whole team effort. We can give them the strength to fight cancer.

**Key word: Breast cancer, Case manager**

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