

The experience of counseling breast cancer patients in a hospital to independently establish an association - taking an association in Changhua County, Taiwan as an example

Xin-Ting, Tsai¹, San-I, Lin², Tsung-Hsien, Yang³, Meng-Hsia, Tsai³, Jia-Yin, Shih³

Background

Studies indicate that women start from the time of diagnosis. There is always a physiological impact at the beginning, treatment, and even during survival (Ferrell, Grant, Funk, Otis-Green, & Garcia, 1997), and even affects the long-term quality of life five to ten years after surgery (Ganz, Desmond, Leedham, Rowland, Meyerowitz, & Belin, 2002).

The association was originally developed from a group of patients who gathers with the same experience. It is a type of supportive group. In order to help more breast cancer patients regain their confidence and return to normal life, they set up an association hoped that through Organized activities to provide better support services for patients, and use their own relevant experience to provide emotional support channels, new medical knowledge, etc. for breast cancer patients or their families.

Methods/Intervention

The association regularly conducts relevant health lectures, social activities, patient care visits, etc. And presents the status of patients participating in group activities by analyzing the handling status and observing the growth of association members. There are also members of the association who use their own skills to lead group activities. From this, we can also see the positive reactions of these breast cancer patients who are willing to walk into the group to interact with more people and share their treatment experience after getting rid of the haze of the disease.

A member who leading a group activities



The member share her experience. She said "The association not only help her keep mindfulness but also her family. It encourage her to care more people who are also patients and still in pain.

The members handling a trip



YEAR	Activities	MODEL	Participants
2014	13	lectures ∙ social activities ∙ conference ∙ patient visits training , etc.	272
2015	12	lectures ∙ social activities ∙ conference ∙ patient care visits ,etc.	321
2016	12	lectures ∙ social activities ∙ conference ∙ patient care visits ,etc.	333
2017	13	lectures ∙ social activities ∙ conference ∙ patient care visits ,etc.	338
2018	12	lectures ∙ social activities ∙ conference ∙ patient care visits ,etc.	311
2019	11	lectures ∙ social activities ∙ conference ∙ patient care visits ,etc.	304
2020	11	lectures ∙ social activities ∙ conference ∙ patient care visits ,etc.	271
2021	11	lectures ∙ social activities ∙ conference ∙ patient care visits ,etc.	228
2022	8	lectures ∙ social activities ∙ conference ∙ patient care visits ,etc.	217

Results

Since its establishment, the association has organized more than 50 activities, including health lectures, patient visits, social activities, wig rental services, etc. Members of the association are also willing to give full play to their strengths and lead them to make hand-sewn patchwork bags, dance movement teaching, etc. These patients regain confidence, return to society , improve self-help and mutual assistance capabilities, and through this way, can provide support services to the best of its ability externally, also find self-worth and sense of identity internally.

Relevance to Health Promotion in Hospitals and Health Services

The association is operated under the guidance of medical system. In addition to breast cancer patients, medical professionals are also involved. They not only provide consulting services, and help members to use their own advantages to continue provide support services.

The association has been established as a people's organization approved by the government, which means that it has the opportunity to cooperate with more related units externally. The services will not only be limited to medical institutions, but also have more opportunities to provide support services to the community.

Conclusions/Lessons learned

1. The association regularly holds meetings, health lectures and other activities to maintain mutual emotional exchanges and enrichment of new medical knowledge.
2. Continue to conduct visits and care for breast cancer patients in the ward, provide channels for emotional support and experience sharing among breast cancer patients and their families, and continue to empower members to be independence .
3. Using members' strengths and skills to lead the group to carry out activities not only allows them to develop their strengths, but also regains their self-worth and identity.