

Dr Sandhya Pillai

General & Oncoplastic Breast Surgeon
Shorewest Surgical Care



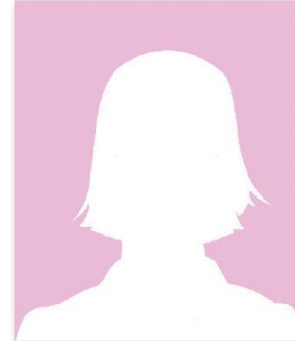
Karina Wright

Breast Care Specialist
General Surgery - Counties Manukau
Health



Melissa Warren

Nurse Consultant - Breast Cancer
Breast Cancer Foundation NZ



Megan Schmidt

Physiotherapist
Certified Lymphoedema Therapist

Saturday, June 22, 2019

(Sportsdrome)

9:45 - 10:30 Supporting the Breast Cancer Journey

THE BREAST CANCER JOURNEY

Karina Wright (Breast Care Specialist Nurse)
Megan Schmidt (Physiotherapist)
Melissa Warren (Breast Cancer Foundation)
Sandhya Pillai (Breast Surgeon)



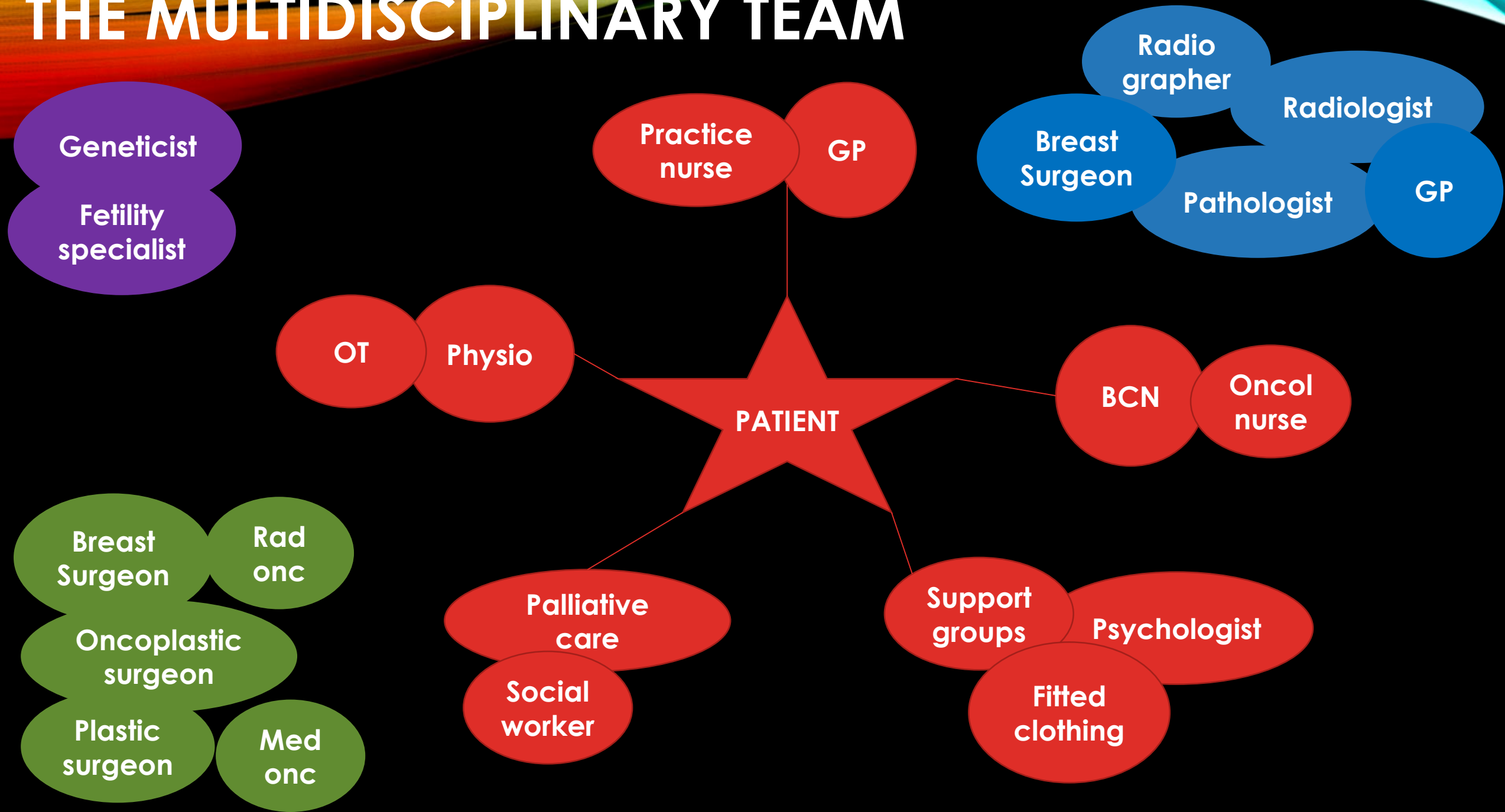
EMOTIONAL ROLLER COASTER



THE WORD "CANCER"



THE MULTIDISCIPLINARY TEAM



BREAST CARE NURSE

**KARINA WRIGHT
CMDHB**



THE ROLE OF THE BREAST CARE NURSE

What does a breast care nurse (BCN) do?

- Member of the multi-disciplinary team
- Patient advocacy and liaison among other members of the healthcare team (Watts et al., 2011)
- Co-ordination of services and provision of information, counselling and psychosocial support (Jones, Leach, Chamber & Occhipinti, 2010)
- Patient-centred care
 - Patients are less likely to reveal distress to physicians as they feel their role is disease-centred, or spending time discussing distress would be at the expense of important cancer information. BCNs identify women experiencing distress and intervene appropriately (Patel et al., 2010)

THE ROLE OF THE BREAST CARE NURSE

Psychosocial support

- Reactions to a breast cancer diagnosis are varied, and it's hard to predict what matters most at that time and how to support

What to tell my kids

This can't be happening

Will I lose my hair?

Will I die?

It's my diet

How will I afford time off work?

Who will look after my sick Mother?

Will I wake up after anaesthetic?

I should have done something about this sooner

I think it's spread I have a sore hip

Why ME?

This is my fault

This is a punishment

I'll be lopsided

My Auntie died from this

What does cancer even do?

THE ROLE OF THE BREAST CARE NURSE

- Listening
- Silence is ok
- Non-verbals
- Give information at pace and in a way the patient can handle
- Help identify existing supports
- Decision making
- Come up with a plan
 - Could be long-term plan discussing surgery and possible adjuvant therapies
 - Could be how to talk to family, friends and work about diagnosis
 - Could just be how to deal with getting home from clinic and what to do next
- Empathy
 - Careful when giving a bit of yourself
 - Debrief and access support, self-care
- Nurses are in a good position to set the record straight
- Write things down
- Start a conversation
- Give contact details and reassure we are co-ordinating

THE ROLE OF THE BREAST CARE NURSE

Cultural considerations

- 38% of South Aucklanders were born overseas, whereas total NZ = 24% born overseas (Counties Manukau Health, 2015)
- South Auckland is home to the largest Polynesian population in the world
- Priority groups are Maori and Pacific – poorer health outcomes
 - Poverty, access, transport, phone credit, unsupportive employer etc.
- Language barriers and health literacy
- Beliefs about cancer
 - Eg: 'bad luck', fungating cancer means it is being expelled like infection, alternative therapy,
- Non-complaining and can have multiple co-morbidities

THE ROLE OF THE BREAST CARE NURSE

Practical support and referrals

- Cancer support team at CMH is a team of psychologists and social workers
- Transport
- Protheses and pocketed bras available – MOH gives \$613.33 4-yearly
- Group fitness / mindfulness
 - Breast cancer diagnosis can evoke a “new world view” and women seek to improve other areas in their life and enhance wellbeing. Also a way to connect with other women going through the same thing (Breast Cancer Foundation, Cancer Society, Sweet Louise, Pink & Steel)
- Lymphoedema therapy

WORKING TOGETHER WITH THE BCN

HOW CAN YOU HELP?

- Psychological support for your patient
- Enquire how your patient & family are coping
- Early liaison with BCN issues/concerns

HOW CAN BCN HELP?

- Co-ordination
- Access to other services
- Current resources, guidelines information
- “Phone a friend”

PHYSIOTHERAPY

MEGAN SCHMIDT
REHAB & LYMPHOEDEMA PHYSIOTHERAPIST
ACTIVE PLUS





Why Cancer Rehabilitation



Clinical
Oncology
Society of
Australia

COSA POSITION STATEMENT ON EXERCISE IN CANCER CARE

Endorsed by Medical
Oncology Group of
Australia, Cancer Council
Australia, Exercise and
Sports Science Australia,
and Australian
Physiotherapy Association

EXERCISE SHOULD BE PRESCRIBED AS PART OF ROUTINE CANCER CARE

All health care professionals involved with the care of people with cancer should:

- DISCUSS EXERCISE AS AN ADJUNCT TREATMENT FOR CANCER
- PRESCRIBE EXERCISE TO ALL PEOPLE WITH CANCER
- REFER PATIENTS TO AN EXERCISE SPECIALIST WITH EXPERIENCE IN CANCER CARE.





Why is prescribed rehabilitation important for cancer patients?

If people don't get rehabilitated after cancer it can affect their:

- ability to work families
- physical, emotional and social wellbeing
- long-term health and
- ultimately survival

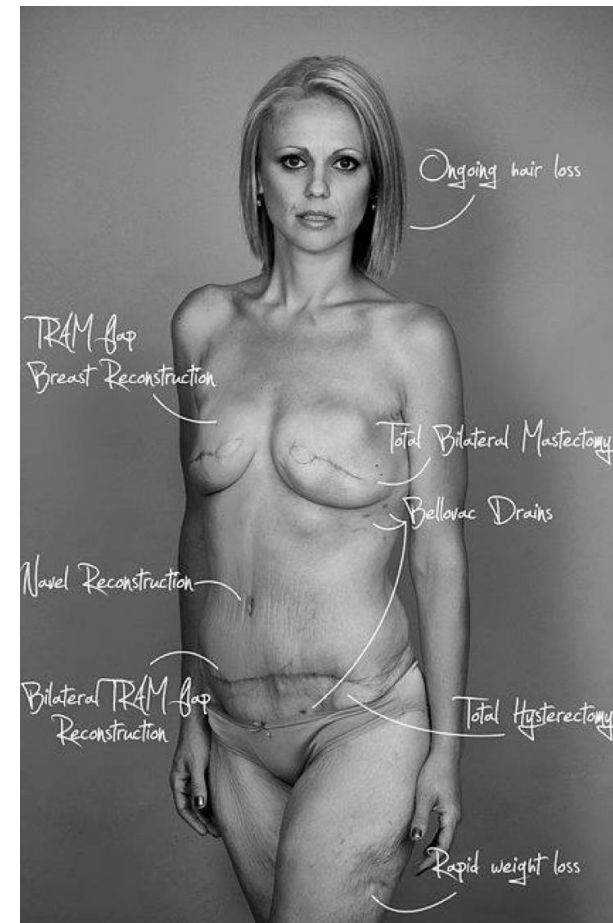
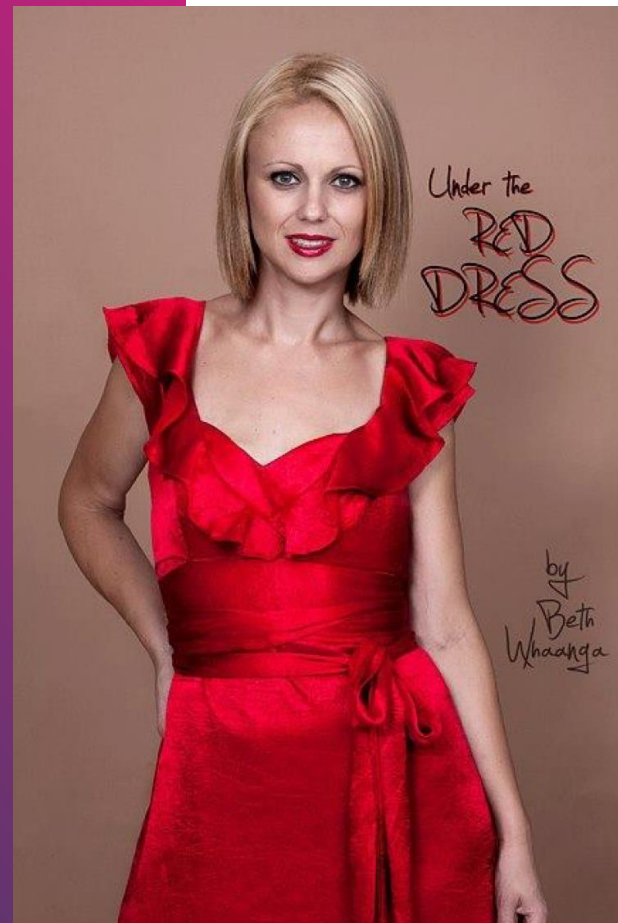


Being disease free – does not necessarily mean being free of your disease

People often struggle with:

- long term side effects of cancer treatment
- returning to work
- getting back to normality

What lies beneath the surface



CORDING OR AXILLARY WEB SYNDROME

- **AWS Diagnostic Criteria:**
 - presence of palpable and visible cords of tissue in the axilla in maximal shoulder abduction,
 - +/- associated pain
 - +/- shoulder range-of-motion limitation

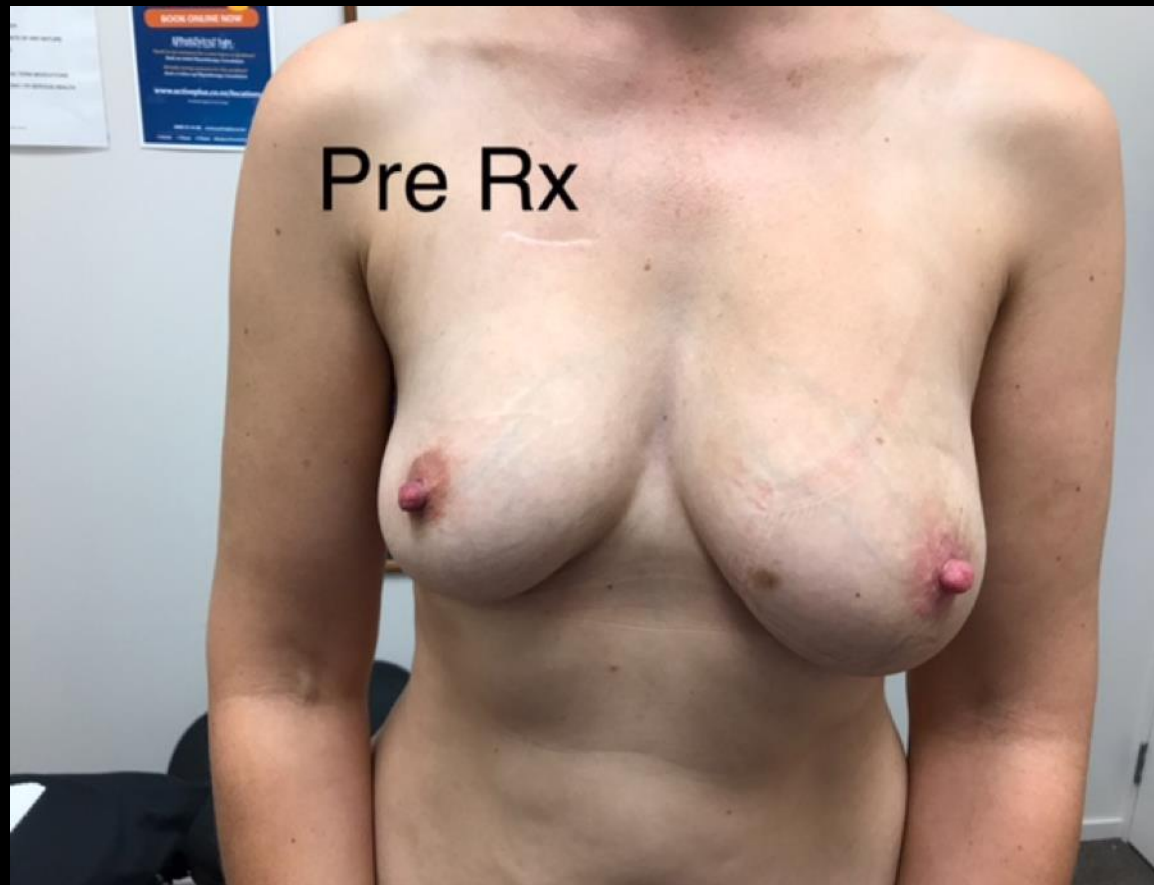


LYMPHOEDEMA



- tissue swelling due to the mechanical failure of lymph transport system
- Lymphatic drainage has fallen below the capacity needed to handle the load of micro vascular filtrate causing HIGH PROTEIN oedema
- Early intervention is VITAL. Listen for words like “heavy” or “full” as signs of subclinical LO.

BREAST OEDEMA FOLLOWING PARTIAL MASTECTOMY (LEFT) AND RADIOTHERAPY





Nationally funded programs available

PINC & STEEL www.pincandsteel.com

Next Steps : Kaitaia, Kerikeri, Whangarei, Matakana, Orewa, Albany, Mt Eden, Ponsonby, Ellerslie, Howick, South Auckland, Kumeu, Hamilton, Thames, Tauranga, Rotorua, Taupo, Waipukurau, Napier, New Plymouth, Wellington, Nelson, Golden Bay, Timaru, Christchurch, Dunedin and Invercargill.

Paddle On: Auckland, Orewa, Whangarei, Napier, Taupo, Rotorua

Lymphoedema treatment through BCFNZ – online application

WORKING TOGETHER WITH THE PHYSIOTHERAPIST

How can you help?

- Encourage exercise
- Refer early for lymphoedema
- Enquire how your patient is coping & refer for rehab

How can Physiotherapy help?

- Exercise: important for recover & well being
- Lymphodema: early treatment better outcomes
- Rehabilitation: not just about looking good outside

BREAST CANCER FOUNDATION

**MELISSA WARREN
NURSE CONSULTANT
BREAST CANCER FOUNDATION**



OUR VISION: ZERO DEATHS FROM BREAST CANCER



Who we are

- Established in 1994 with a mandate to raise awareness of the importance of early detection and regular mammograms.
- Focused on breast health education, funding medical research and providing support and practical assistance for New Zealanders affected by breast cancer.
- The foundation is a non-government funded charitable trust.

THE IMPACT OF BREAST CANCER



In New Zealand

- 3300 women will be diagnosed with breast cancer each year (1% men)
- 1 in 3 cancers occurring in women is breast cancer
- 9 women each day are diagnosed with breast cancer
- 1 in 9 women will be diagnosed with breast cancer during their lifetime
- Over 600 women will die from breast cancer every year

WHAT WE DO



Awareness & Education



Support



Research & Medical

1. AWARENESS & EDUCATION



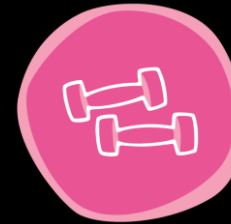
- Aimed at “ well women”
- Teaching breast awareness, signs and symptoms of breast cancer and the importance of screening mammograms.
- Awareness Campaigns
- Education Programmes



2. SUPPORT



Ask a Nurse



Physio Rehabilitation



Online Community



Lymphoedema Therapy



Counselling

www.breastcancerfoundation.org.nz

Freephone: 0800 902 732

3. RESEARCH & MEDICAL



- Science and translational research
- Clinical trials and pilots
- Breast Cancer National Register
- I am still here – ABC study / report

FINDING CANCER – NEEDLES IN HAYSTACKS?



- 23,000 new cases of cancer in NZ per year
- 80% of cancer diagnosis first present to GP
- GPs will diagnose approximately 4 new cancers per year
- Full time GP has approximately 1,500 registered patients
- Approximately 4,000 consultations per year

GP / PRIMARY HEALTHCARE ROLE IN BREAST CANCER JOURNEY



- Prevention lifestyle advice, risk reduction
- Screening
- Diagnosis / detection
- Referral to specialist
- Treatment / liaison with secondary care
- Follow-up / detection recurrence / survivorship
- Psychosocial support
- Palliative care

HOW WE SUPPORT MEDICAL PROFESSIONALS



Online Learning

Module 1: Managing Breast Signs and Symptoms – A Guide for Primary Healthcare Professionals

Module 2: Familial Breast Cancer in the Primary Care Setting

Module 3: Treatment for Breast Cancer and Managing Complications

Module 4 (New): Advanced Breast Cancer (ABC) Clinical Management and Support

HOW WE SUPPORT MEDICAL PROFESSIONALS



- Education Programmes
- Grants
- Resources
- Collegial relationship working
- Advocacy

WORKING WITH THE BREAST CANCER FOUNDATION

HOW CAN YOU HELP?

- Timely referral along with secondary healthcare
- Awareness of BCFNZ support/ education resources
- Inform of gaps in resource and education

HOW CAN FOUNDATION HELP?

- Awareness & Education programmes
- Access to support & services
- Research

myReflection
formed to you



Custom Made
Breast Prosthesis

How myReflection Came About

- Fay had a unilateral mastectomy
- Her husband, Tim Carr saw her dislike of existing prosthesis
- Fay and Tim run a 3d Printer Business
- Tim pulled in Jason Barnett to work on the project with him.
- The pair spent a year in research and development until they had something that worked for Fay.
- They then set about bringing it to others





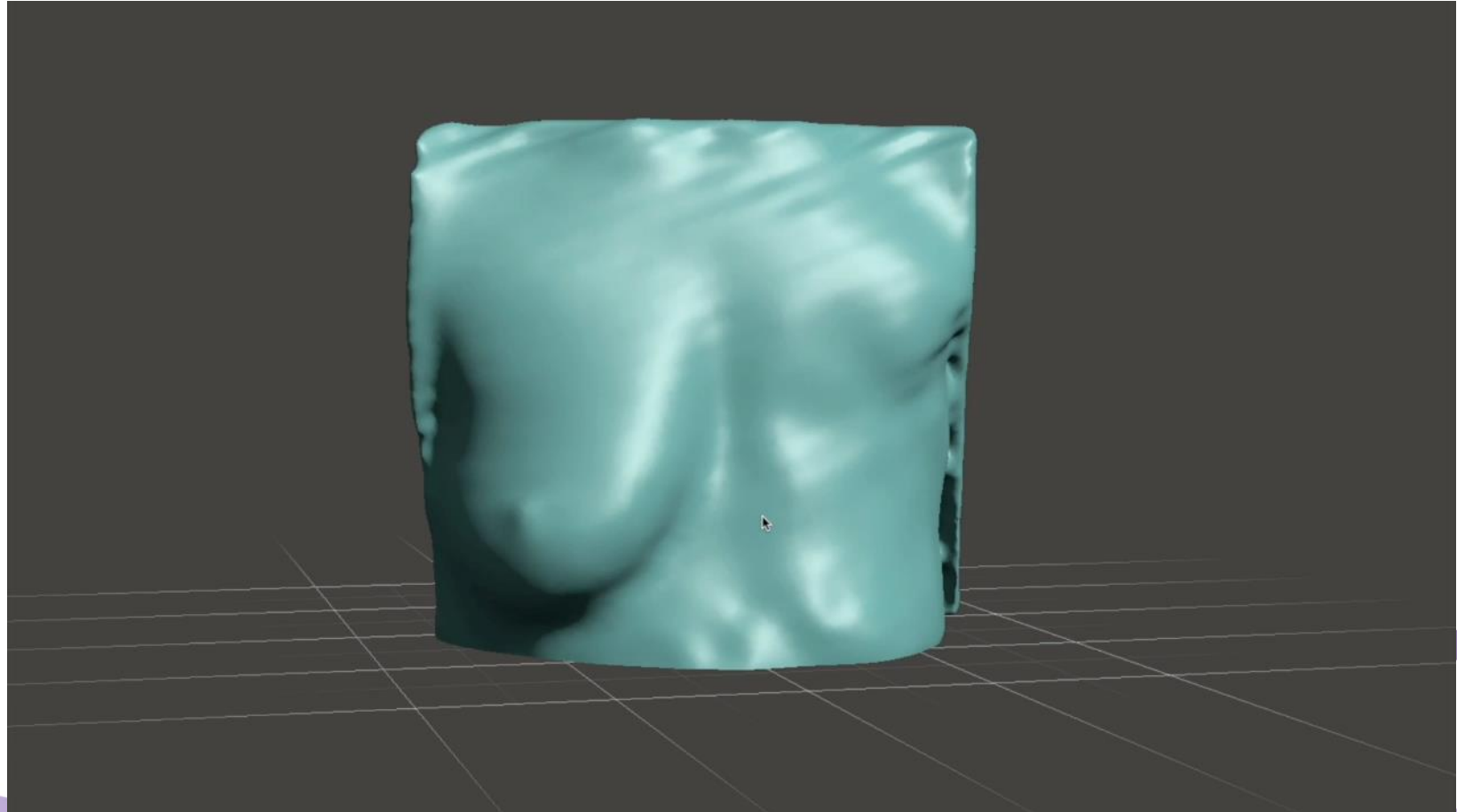
Custom Made Breast Prosthesis.

- Custom made to fit client chest wall
- $\frac{1}{4}$ to $\frac{1}{8}^{\text{th}}$ the weight of traditional prosthesis
- ISO certified skin safe silicon
- Worn without a mastectomy bra
- Keys directly to the chest wall. Fits into bumps/lumps holding it in place
- No generic shape or sizing. Scanned from you so it is 'Size You'
- Given **four** prosthesis not just one over the four year NZ Govt subsidy.

Video: Tim Carr showing prosthesis

3D Scanning

- Photogrammetry
- Processing into 3d Model
- Mapping of chest wall
- Prosthesis production



Video: results of chest wall scan with photogrammetry. Stop at ~30seconds

3D Scanning

Where to go for scanning

- Scanning on 'scan days' currently in Auckland while myReflection expand. Contact via myReflection.co.nz
- Will expand to 35 Bendon stores NZ wide.
- Managers are trained and are the only people in store to scan
- Will embrace prosthesis fitting outlets that meet quality of care standards
- Cost fits in government funding of \$613.33.

Costs and Inclusions

- 3D Scanning at home or at an outlet
- Compute time to generate models
- Design Time to build a custom prosthesis model
- Two prosthesis delivered up front.
- Two more any time during the four year funding period (included in the original fee)
- Ability to rescan if client changes shape or size
- More prosthesis available for a nominal fee
- Access to improvements and refinements as the product develops



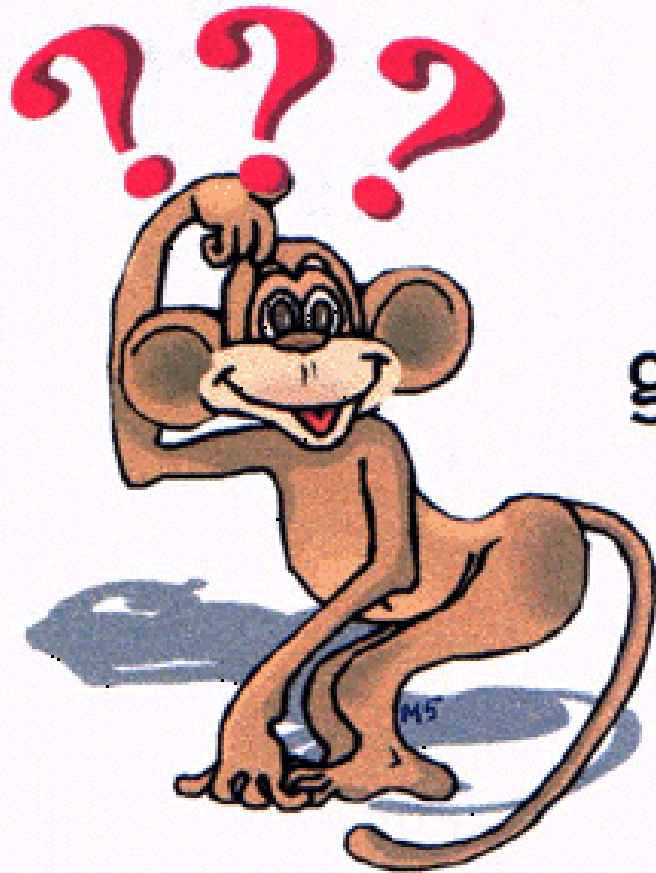


Visit
www.myReflection.co.nz
Call 09 366 3555



LIGHTEN THE LOAD OF HER JOURNEY

- **Multi-disciplinary team**
- **Communication is key – with patients & inter-disciplinary**
- **Discover what each patient with breast cancer is seeking/needing to help them along their personal journey**
- **Connect the patient with services specific to their need**
- **Maximise the benefit to our patients from our collective expertise**



Questions
are
guaranteed in
life;
Answers
aren't.