



Empowering the Patient in Breast Cancer Management

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Benefits of Empowering the Patient



- Increased satisfaction with medical care
- Improved adherence to treatment plan
- Better clinical outcome

Engage the Patient to:



- Access information about the disease
- Relate with those people involved in the care process
- Seek peer support from trained volunteers who have faced a similar diagnosis



Elements of Empowerment:



- Patient's perception of quality of care
- Patient's control over situation
- Patient's relationships and communications with health care providers and caregivers

Patient Ranking of Empowerment Elements

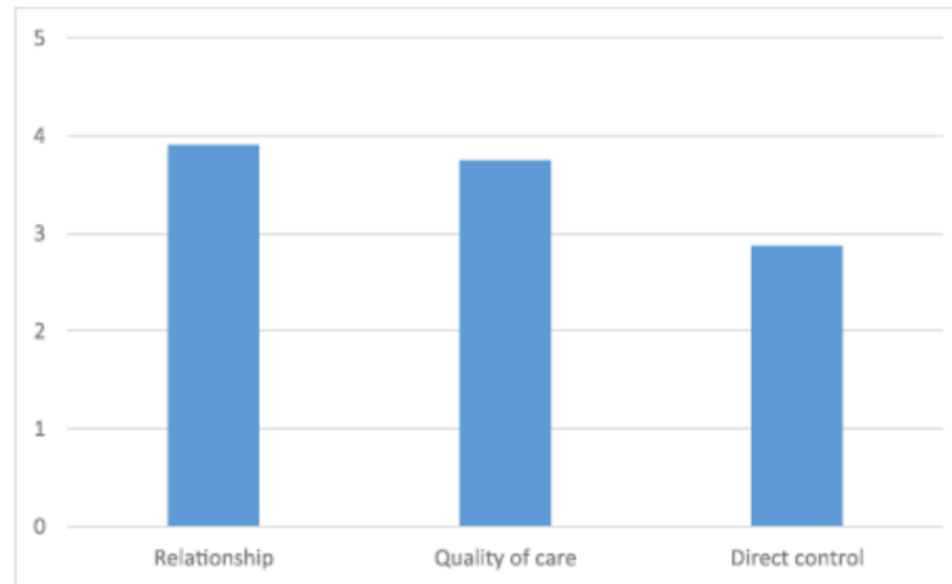


Figure 1. Patients' evaluation of different elements that lead to empowerment.

Patient Ranking of Empowerment Elements



Theme	Codes
1. Care quality	Knowledge
	Competence and research advance
	Communication between different healthcare professionals
2. Relationship in the care context	Therapeutic empathy
	Family members support
	Professional psychological support
3. Perception of direct control	Control over treatment decisions
	Managing treatment schedule
	Choice of the care team

Take-aways:



- Listen with empathy
- Increase length of time spent with patient
- Involve patient in treatment decisions
- Understand the patient's priorities, concerns, and needs



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Navigation as an Empowerment Tool



- Increases knowledge and support
- Helps identify needs and reducing anxiety
- Overcomes barriers to treatment or services
- Ensuring continuity of care treatments

Types of Navigation



- Professional navigators, within health care facility
- Peer or lay navigators
- Team navigation



Peer Support as an Empowerment Tool



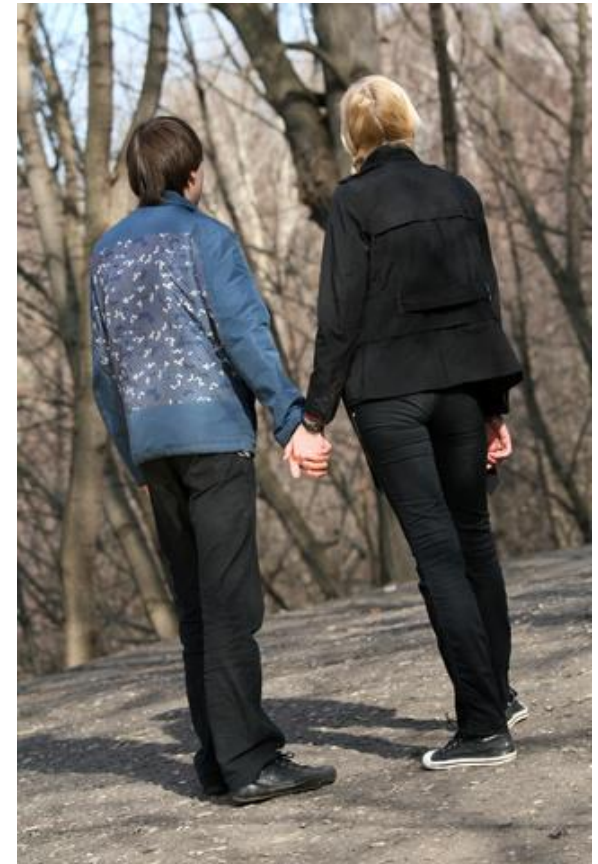
- Improves ability to cope
- Raises awareness of needs
- Improves ability to communicate with health care providers
- Improves ability to communicate with family members and friends



Peer Support as an Empowerment Tool



- Increases sense of normalcy
- Decreases feelings of isolation
- Improves understanding of the illness
- Increases social and physical activity



Empowerment benefits from Peer Support Specific to Breast Cancer Patients



- Increases self-confidence
- Changes priorities due to altered beliefs as to what's most important in life
- Increases empathy and desire to help others.



Summation



- Educate patients and give them a say
- Provide navigation through the health care system
- Ensure the provision of adequate emotional support

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