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To Follow Up or Not? A new model of supportive care for early breast cancer: Interim Results

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TO FOLLOW UP OR NOT?
A NEW MODEL OF SUPPORTIVE CARE FOR EARLY BREAST CANCER.
INTERIM RESULTS

Jo Dent (Principle Investigator. Calderdale and Huddersfield NHS Trust – CHfT), Veronica Allinson (CHfT), Annie Topping (University of Huddersfield – UH), John Stephenson (UH), Carol Ferguson (Yorkshire Cancer Network – YCN), Maxine McCoy (Breast Cancer Care – BCC), Stephanie Brayford (BCC)

Aims
To investigate the efficacy of open access care for patients with low-moderate risk early breast cancer compared with standard hospital visits.

Background
• Routine follow-up exists to monitor for local recurrence and provide support.
• Hospital visits can be stressful when most recurrences are first questioned.
• 106 women were recruited to the pilot study between March 2008 and May 2010.
• 53 were randomised to hospital follow up and 53 to open access.
• Age ranged from 29-85yrs.
• No statistically significant differences in change scores between either group, or between patients of different ages, on any of the three questionnaires.

Methods
• Unblinded, randomised pilot study testing the feasibility of a new supportive follow up model using quality-of-life (QOL) questionnaires.
• Local research ethical approval - October 2007.
• Women with low-moderate risk breast cancer. Received curative treatment. Not requiring chemotherapy.

Results
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Summary
• Of 24 sub-scales in 3 questionnaires:
  - Open access > Hospital follow up group in 16
  - Hospital follow up > Open access in 7
• Over first 6 months, open access group do slightly better than hospital follow up, but not statistically significant.

Limitations
• Early data. Await 12, 18 and 24 months QOL from both groups.
• Assumes all sub-scales in QOL are equal, which they may not be.
• Margin of improvement/deterioration not quantified.

Conclusion
• Based on high patient satisfaction and current QOL offering a group support course and open access appears feasible and a favourable option that avoid unnecessary hospital appointments.
• Support given by National Cancer Action Team.
• New local care standard and adaption across West Yorkshire is underway.
• Successful collaboration between - Local trust - Cancer Network - National charity - University.

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