

Metro North
Hospital and
Health Service

McGrath
Foundation

PSYCHOLOGICAL SUPPORT

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MCGRATH BREAST CARE NURSE

SUMMARY

- Impacts of a Breast Cancer Diagnosis
- Fear of Recurrence
- Supports available
- Case Study



IMPACTS



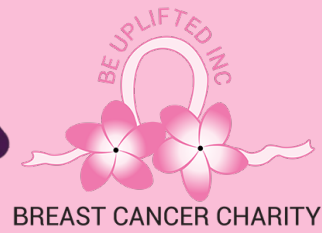
FEAR OF RECURRENCE

- Most common fear in the 1st year after tx
- 40-70% cancer survivors report experiencing significant fear of recurrence
- Majority experience reduction in fear of recurrence over time
- Patient's need to feel heard



SUPPORT FOR PATIENTS

- BCNA + CCQ Telephone Counselling Support
- Support Groups (Local, online, CCQ Cancer Connect or exercise groups eg Pink Yoga, Dragon Boating)
- GP Mental Health Management Plan - Psychologist
- Fear of Recurrence (BCNA), Practical ways of coping with Cancer (Peter Mac/ACSC), Living Well After Cancer (CCQ)
- Encourage Healthy Lifestyle



SUPPORT FOR HEALTH PROFESSIONALS

- Collaborative Care / Communication
- The Australian Cancer Survivorship Centre (ACSC): Professional Development Webinars, Cancer Survivorship Course for Primary Care Practitioners, Workshops, etc
- Follow up of Breast Cancer Survivors (ACSC/CA)
- Cancer Australia Guidelines (Management of Early Breast Cancer)



Australian Cancer
Survivorship Centre



CASE STUDY

- 65 y.o. female. Diagnosis: Right sided locally advanced breast cancer with confirmed R) axillary nodal involvement, October 2021. Biopsy: ER+/PR+/HER2-
- NACT AC-T completed July 2022
- Bilateral Mastectomies, R) Level 3 Axillary Nodal Dissection, L) SLNBx, Removal of Port & Removal of Bilateral Submuscular Implants August 2022
- Histo summary: R) Mastectomy - 25mm G1 (post NACT) residual IVC NST with LG DCIS, clear margins, ER+/PR+/HER2- on bx. R) ALNDx - 1/33 LNs
- L) mastectomy - Intraductal papilloma and benign fibrocystic changes, no evidence of invasive or insitu carcinoma. L) SLNBx: 0/3 LNs
- Adj RT 30# September - October 2022
- Adj Anastrozole commenced November 2022

CASE STUDY

Key Considerations:

- Significant Mental Health History of depression and anxiety – on Lexapro & Valium
- History of trauma: childhood physical and verbal abuse, DV in adulthood, now in high profile career and very high value on feminine body image
- History Chronic back pain secondary to horse riding accident – on Lyrica + Targin + Celebrex
- Social: Single/lives alone, estranged from son, limited supports, has previously been ‘strong independent woman’/reluctant to ask for assistance
- Pt considered refusing tx recommendations to preserve body image & Mental Health

Challenges:

- All of above + pt not wanting to show vulnerabilities or accept Psychology referral initially.
- Significant emphasis on cosmesis/pt considered refusing surgery and radiotherapy to preserve body image, pt cancelled appts/wants to have ‘D’ cup breasts

THANK YOU

