

## Abstract

**Introduction:** Breast cancer is not only a physical disease but something that affects our patients' mental, spiritual, emotional and social wellbeing. There has been literature that demonstrates the positive benefits of exercise, social support, and non-medical adjuncts for breast cancer patients. There is currently a lack of wellness support within the Jefferson breast cancer community.

**Methods:** A wellness survey will be distributed throughout the breast surgery and breast oncology clinics to assess the current level of wellness and interest in a breast cancer wellness group at TJUH. This survey will be used both before and after implementation of a wellness group to assess its efficacy within our community.

**Results:** Pending

**Discussion:** We believe a breast cancer wellness group will address a major need of support within our Jefferson breast cancer community. This project will not only allow us to meet this need but to assess the basic social, mental, spiritual, and emotional needs of our patients in order to improve our overall patient care.

## Methods

**Study dataset/ patient selection:** A prospective survey-based study of all patients encountered in breast surgery and breast oncology clinic that have been diagnosed with breast cancer. All pre-operative and post-operative patients are included despite the timing of their diagnosis or level of treatment. Patients were encountered in clinic between March and May 2019.

**Survey:** A survey to assess patient characteristics, current level of wellness, current ways of achieving wellness, and interest in a breast cancer wellness group was designed for pre and post intervention assessment. (Survey depicted.)

**Intervention:** A wellness group with wellness activities including things such as fly fishing excursions, yoga, mindfulness, supportive talks, and other activities between patients, care-givers, family, and loved ones. (Example of fly fishing excursion flyer depicted.)

**Assessment:** Statistical analysis of pre-intervention and post-intervention survey is pending.

## Survey and Support Activities

### Jefferson Breast Care Center Wellness Survey

- When was your breast cancer diagnosis?  
a. < 6 months ago b. 6 months to 1 year ago c. 1 year to 5 years ago d. >5 years ago
- Have you had breast cancer surgery and, if so, when?  
a. I have not had breast cancer surgery. b. < 6 months ago c. 6 months to 1 year ago d. 1 year to 5 years ago e. >5 years ago
- Do you feel that your mental, physical, and/or spiritual wellness has been impacted by your breast cancer diagnosis?  
a. Yes b. No
- Where do you currently find support?  
a. Family b. Friends c. Other breast cancer survivors d. Other (please specify):
- Do you currently have a breast cancer support group?  
a. Yes b. No
- Would you find a breast cancer support group through the Jefferson Breast Care Center helpful to your wellness?  
a. Yes b. No
- How often would you want to meet with a breast cancer support group?  
a. Weekly b. Every 2 weeks c. Monthly d. Every 2 months e. Every 4 months
- What methods do you currently use for wellness? (Select all that apply)  
a. Support group b. Physical therapy/exercise c. Religion d. Mental health therapy e. Meditation/ yoga/ mindfulness f. Other (please specify):
- What activities would you find helpful for your wellness? (Select all that apply)  
a. Speaking with other breast cancer survivors b. Talks by breast cancer survivors c. Recreational physical activity with breast cancer survivors (eg. fishing, tennis) d. Other (please specify):
- Would you want to be contacted about a breast cancer support group at Jefferson?  
a. Yes b. No  
Email (optional):




**Jefferson Breast Care Center  
Wellness Initiative  
FLY FISHING PROGRAM**

We are proud to announce a partnership between The Jefferson Breast Care Center and Orvis/Hawarden/TCO Fly Shop to offer a [Fly Fishing Program](#) to any and all interested participants.

The experience of fly fishing has been well described as a method of improving and promoting lymphedema in post-operative axillary surgery, and is an opportunity to bring together a group of like-minded people to enjoy a rewarding pastime.

This program is voluntary; you may attend which sessions you choose. We will be providing fly fishing introductory courses this winter with a planned [fly fishing](#) excursion in the Spring. These courses will be sponsored by Orvis/Hawarden with all equipment provided by the TCO Fly Shop.

While these sessions will provide an opportunity to learn and develop a skill in fly fishing, they are first and foremost a fun and casual outlet to any interested participants.

**Orvis-Hawarden/TCO Fly Shop**  
525 W. Lincoln Ave.  
Hawarden, PA 23042  
HAWARDEN 283-2755

**Steven Woodward, MD**  
Director of Breast Surgery, Jefferson  
HAWARDEN 619-6322

If interested please contact Dr. Peter Altshuler or Dr. Steven Woodward, listed below. For any questions, comments or further inquiries please do not hesitate to email or call.



## Results

Pending

## Conclusions/Predictions

We believe that a breast cancer wellness group will provide much needed support within our breast cancer community at TJUH. We expect that a breast cancer wellness group will improve our patients' mental, physical, spiritual, and emotional wellbeing. Breast cancer is a disease that not only affects our patients' physical wellbeing and a wellness group will help us treat our patient population as a whole. We also believe that this will help bring together patients and care-givers to help create a stronger sense of community for our breast cancer patients at Jefferson and perhaps improve overall outcomes.