

FPN: 178P - Awareness of Modifiable Lifestyle Risk Factors and Acceptability of Secondary Risk Reduction Services amongst Irish

Breast Cancer Survivors and Oncology Clinicians. C Steele¹, J M Harrington², S O'Reilly³

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Introduction:

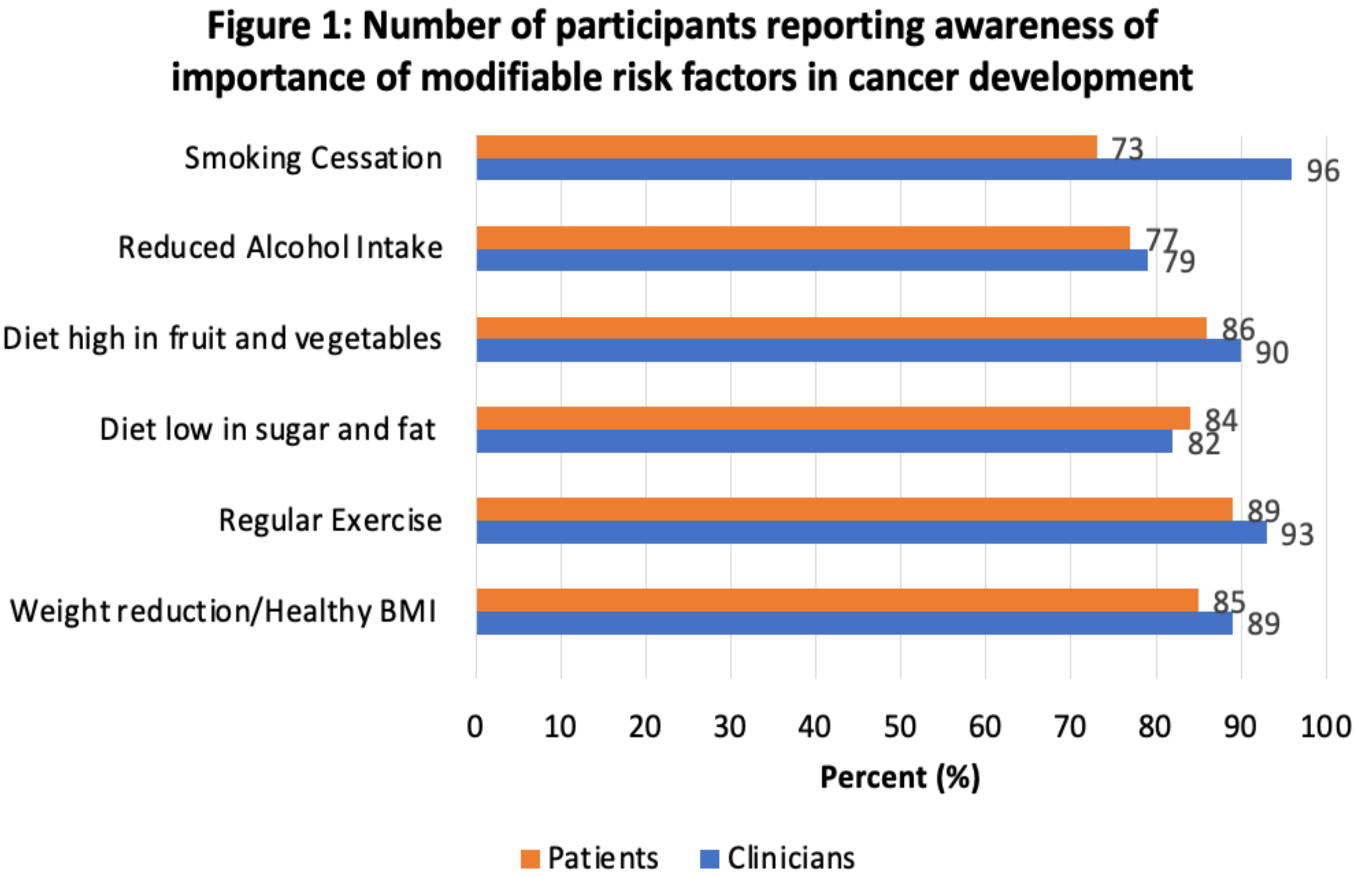
Breast cancer is the most common non-cutaneous cancer amongst females in Ireland, with incidence expected to rise by 130% by 2040.¹ Over 75% of patients diagnosed today will be cured and are at risk of dying from other cancers and non-communicable diseases.² Breast cancer diagnosis provides a pivotal time point for education on modifiable risk factors and engagement with secondary risk reduction services. Our study set out to establish the level of awareness of risk factors and acceptability of secondary risk reduction services in the Irish breast cancer survivor and oncology clinician cohort.

Methods:

A survey was developed using previously validated questionnaires; the Mitchelstown Cohort Survey and the International Physical Activity Questionnaire.^{3,4} The survey was offered to eligible patients in early breast cancer outpatient clinics. A survey was also offered to oncology clinicians providing care in the outpatient service. Data was analysed using IBM SPSS statistical analysis software (Version 28.0).

Results:

- Between September and December 2021, 322 patients and 29 clinicians attending the South Infirmary Victoria and Cork University Hospitals, completed the survey.
- Over 73% of patients and 79% clinicians were aware of modifiable cancer risk factors. (Figure 1).
- Only 21% of clinicians had training in secondary risk reduction however 90% of clinicians were willing to refer to services.



- Education had an impact on the likelihood of patient engagement (Table 1).
- Patients who smoked, had increased alcohol intake, or gained weight since diagnosis were more likely to engage with services ($p<.001$, $p<.001$, $p=0.015$ respectively).
- Patients who made changes to activity levels since diagnosis were more likely to engage with exercise education ($p = 0.015$).

Table 1: Patient education level and likelihood to engage with secondary risk reduction services					
	No of patients likely to engage	Education Level			Pearson Chi-Square
		Primary (n)	Secondary (n)	Tertiary (n)	
Weight management	52%	13	42	110	p=0.009
Dietary education	57%	13	50	119	p=0.039
Exercise education	63%	13	52	134	p=0.139

Conclusions:

This study identified that 4 in 5 breast cancer survivors and oncology clinicians were aware of the importance of modifiable lifestyle risk factors. Despite clinician awareness only 1 in 5 had received post graduate training on secondary risk reduction. While 9 in 10 clinicians were willing to refer to secondary prevention services if available, the likelihood of patient engagement was associated with their ‘at risk’ behaviours and education level. Our study highlights the challenges of implementing health promotion programs in this patient cohort. Furthermore, the study outlines a lack of post graduate clinician education on secondary risk reduction. These findings could help inform national survivorship policymaking, development of targeted health promotion and clinician education programs, as well as enabling healthcare providers to tailor suitable risk reduction services to the needs of this cohort.

References:

1. National Cancer Registry. Cancer projections for Ireland 2015-2040. National Cancer Registry 2014; Cork

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4. Craig CL, Marshall AL, Sjöström M, Bauman AE, Booth ML, Ainsworth BE, Pratt M, Ekelund UL, Yngve A, Sallis JF, Oja P. International physical activity questionnaire: 12-country reliability and validity. Medicine & science in sports & exercise. 2003 Aug 1;35(8):1381-95.