

EMPOWERING PATIENTS

Transforming Breast Cancer Education Through Standardized Group Sessions

Scan me!



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DESCRIPTION

In today's digital era, the abundance of information available to breast cancer patients, both accurate and inaccurate, can be overwhelming and difficult to navigate. A gap in standardized breast cancer education was identified through a review of internal practices and benchmarking with partner hospitals offering group education. Survey results indicated patient interest in virtual, group-based learning, reinforcing the need for a consistent and standardized approach. In response, a weekly group education program was developed for patients undergoing surgery or systemic treatment for breast cancer. This initiative aims to empower patients, improve health literacy, and reduce treatment-related distress through accessible, consistent and peer-supported education.

OBJECTIVE

To improve patient understanding, confidence, and emotional well-being by delivering standardized breast cancer education in a supportive group format.

ACTIONS TAKEN

- Developed standardized PowerPoint materials in collaboration with medical oncologists, surgeons, and interprofessional team members.
- Content focused on breast surgery and systemic therapy preparation.
- Launched weekly group education sessions in February 2025 for patients undergoing surgery or systemic treatment for Breast Cancer.
- Offered 60-minute sessions twice weekly, both virtually via Google Teams and in-person.
- Sessions facilitated by the oncology nurse navigator, emphasizing consistent education.
- Collected voluntary feedback from patients and families via SurveyMonkey, capturing demographics, satisfaction, knowledge change, and stress levels.

Demographic Data for Breast Surgery Sessions

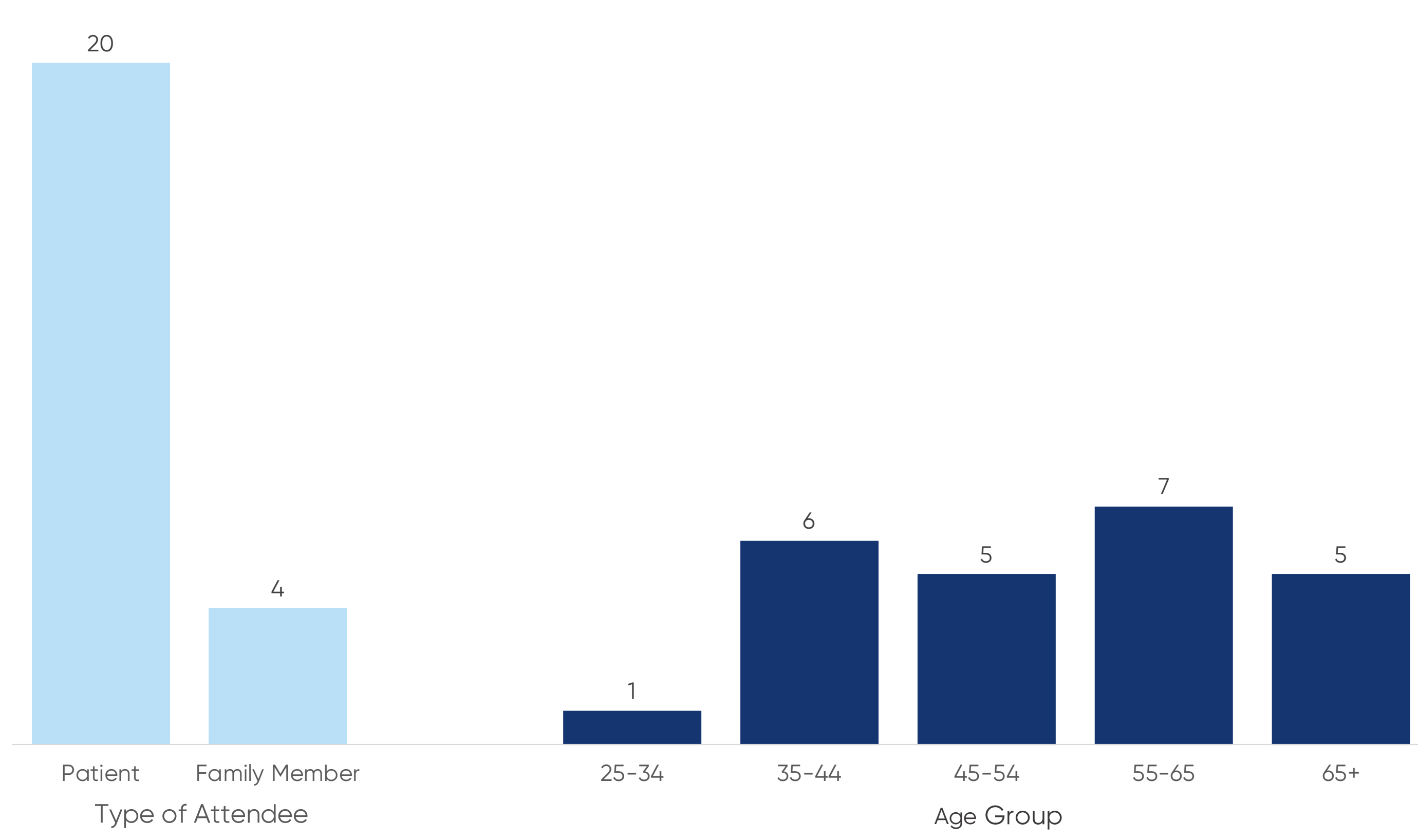


Figure 1. Demographic data for Breast Surgery Sessions.

Demographic Data for Systemic Therapy Sessions

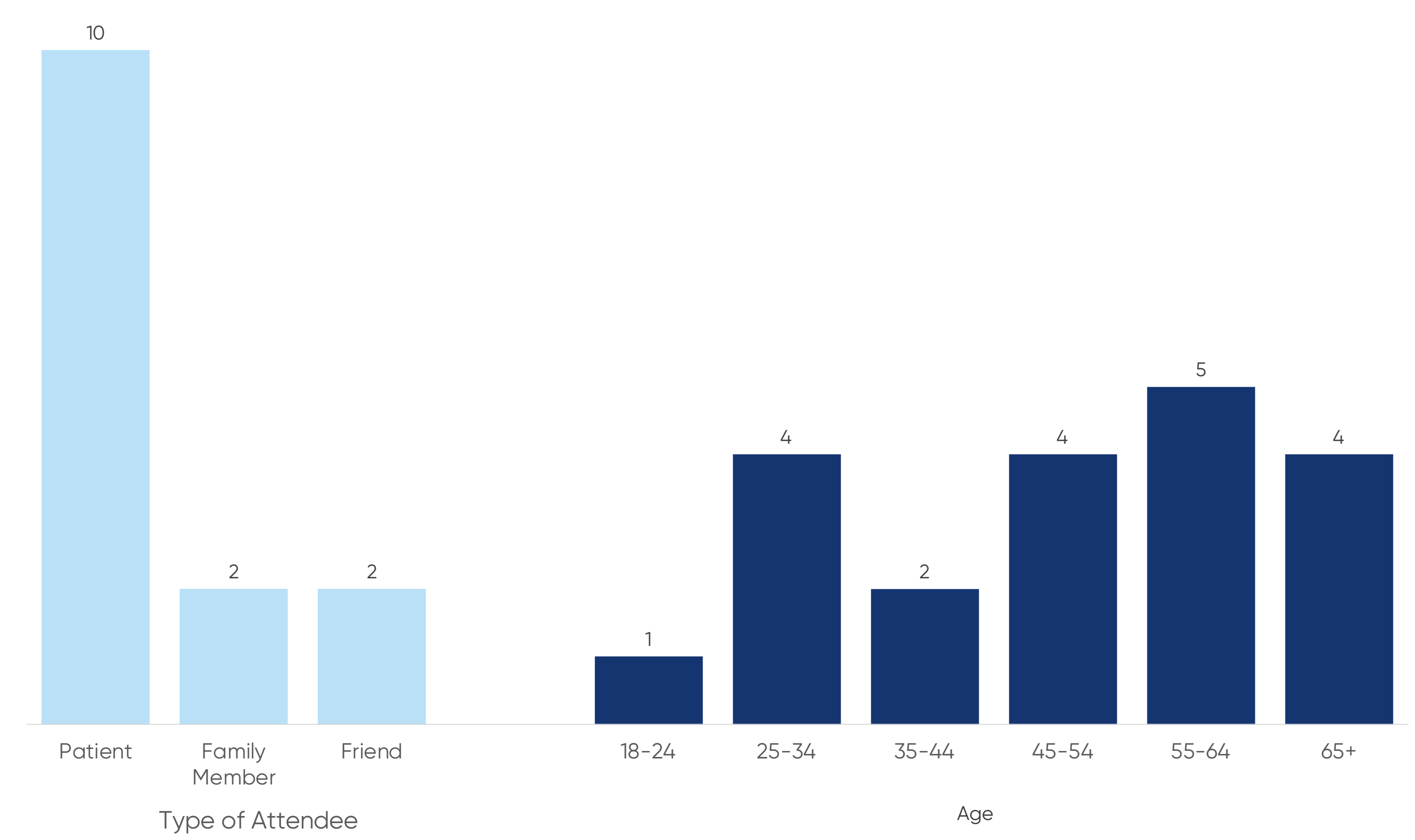


Figure 2. Demographic Data for Systemic Therapy Sessions.

Stress Levels Before and After Education Sessions (Scale 0-10)

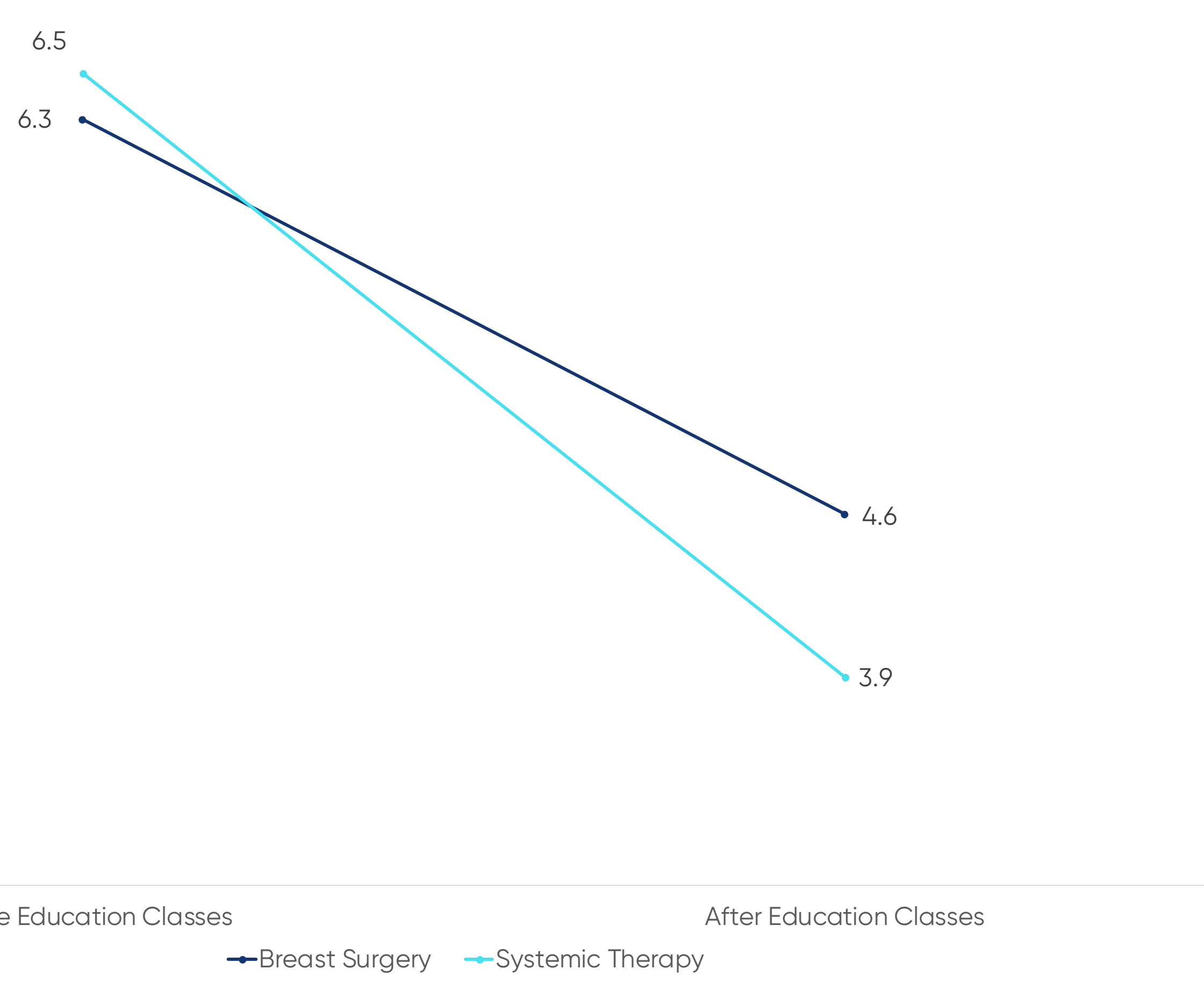


Figure 3. Stress levels reduced by 26% among breast surgery participants and by 40% among systemic therapy participants after education sessions. Breast Surgery Sessions (n=25 pre, n=24 post); Systemic Therapy Sessions (n=20 pre and post).

Satisfaction with Group Education Sessions

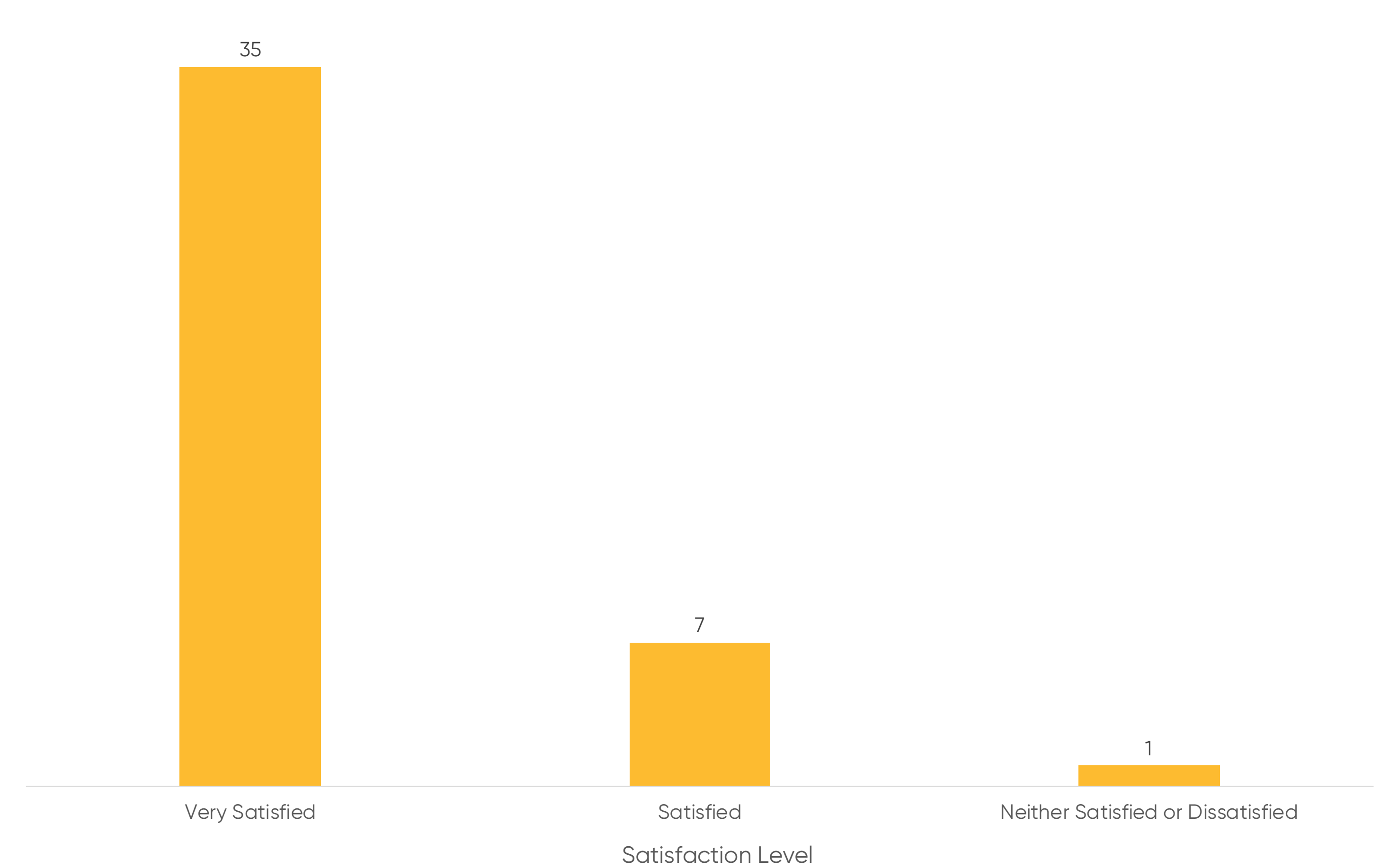


Figure 4. Feedback on the satisfaction level for the group education program was collected and showed overall positive satisfactory results.

SUMMARY OF RESULTS

As of October 1, 2025, 133 patients have participated (127 virtually; 6 in-person). Survey results showed 98% of respondents were satisfied with the group education sessions. Over 85% of participants reported feeling knowledgeable or very knowledgeable on surgical topics, particularly pain management and procedure details. Similarly, understanding of systemic therapy improved in key areas like lifestyle adjustments and side effect management. Participants reported a 26% and 40% decrease in stress levels related to breast surgery and systemic therapy, after attending the sessions.

LESSONS LEARNED

Standardized group education effectively prepares patients for treatment. Continuous collaboration and patient feedback are essential to refine content and enhance the educational experience. Addressing the identified barriers, requires exploring multilingual resources and offering flexible delivery formats.

