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### Ethnic language information films - considering cultural, political and religious issues

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**Introduction:** Health professionals now have a strong agenda to improve the information patients receive about their cancer treatment[1], particularly amongst ethnic minority patients who have reported higher dissatisfaction rates[2]. Research shows that a high satisfaction rate (81%) is achieved when videos are used to prepare patients for cancer therapies[3], especially when used to support good verbal and written communication.

**Method:** A New Opportunities Fund Lottery grant was awarded to translate the video 'Chemotherapy & Radiotherapy' into Urdu, Hindi, Gujarati and Bengali. A questionnaire was developed to ascertain the cultural, religious and political sensitivity of each ethnic group before translation. 95 questionnaires and copies of the video were sent to 18 hospital oncology units & 13 community centres in areas of high Asian population, and temples, mosques and Gurdwaras, together with 21 charities and organisations involved with Asian health, and ad hoc to Asian priests, doctors, nurses, patients, support workers, friends and relatives.

**Results:** 61 questionnaires were returned. The largest response was from Asian related charities & organisations (86%) and interested individuals (75%): 29% Urdu, 23% Bengali, 23% Gujarati, 10% Hindi, 15% other. Faiths represented were Hindu 40%, Islam 42%, Sikh 11% and other 7%. 58% of respondents felt there should be major changes to the film within several categories, the 5 most pertinent being (1) use Asian patients (2) use well known Asian presenters (3) emphasis of the text should be on factual information regarding treatment & side effects rather than to cancer (4) music (5) dress. Filming took place in a number of hospitals throughout the UK over a year, with particular help from Coping With Cancer, Leicester.

**Conclusion:** Converting English information strategies into ethnic languages requires considerable market research for them to be accepted by the target audience, particularly in terms of cultural, political and religious sensitivities. These films are being distributed by CancerBACUP on 0800 8001234. Further information from [cancernet.co.uk/asia](http://cancernet.co.uk/asia). Reference: 1. NICE Committee. Supportive and Palliative Care Clinical Guidelines. 2002. 2. Thomas, R, et al. Patients preferences for video directed information. Effects of age, sex and ethnic group. *EJCC* 1999, 8, 81-86. 3. Thomas R, et al. Forewarned is forearmed - Randomised evaluation of a preparatory information film for cancer patients. *EJC* 2000, 36, 1536-1543.

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### The Sun Awareness/Melanoma-Prone Lifestyle Enquiry (SAMPLE) questionnaire: a new tool for epidemiological melanoma research.

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The development of SAMPLE will be described, its derivation from validated sources, its foundation in health behaviour theory and its use in a pilot-scale study.

**Background:** Sun exposure is a risk factor for malignant melanoma. The UK government's cancer A new questionnaire is described that assesses both sun exposure, sun protection and awareness of reduction strategy aims to increase awareness of risk factors, change behaviour and improve sun-protection in those at high risk. The implication is that a higher level of awareness of the link between sun exposure and melanoma leads to behaviour modification and a reduction in melanoma incidence. SAMPLE was developed specifically to study both knowledge and behaviour in study populations

**Materials and Methods:** The SAMPLE questionnaire has 4 sections:

1. demographic details;
2. 9 questions adapted from Jerkegren et al 1 capturing the individual's sun-related behaviour and titled Exposure;
3. 5 questions about Protection, covering respondents use of sunscreen, wearing of hats, covering of arms and legs, and avoidance of strong sunlight; as used by Campbell and Birdsell 2;
4. 18 questions focusing on Knowledge about moles, malignant melanoma and the biological effects of the sun.

A complete version of the SAMPLE questionnaire will form part of the presentation.

**Results:** The use of SAMPLE in a study (publication pending) of sun exposure amongst healthcare professionals will be described. Results obtained using SAMPLE will be compared with results from studies using other research tools.

**Conclusions:** Prevention and control programmes have been successful in increasing knowledge and awareness of skin cancer, but major changes in attitude and behaviour have not occurred 3. A study using SAMPLE as its research tool has shown that healthcare professionals (including oncologists and cancer nurses) continue to expose themselves intentionally to undesirable amounts of UV radiation, despite their universally high awareness of risk factors for malignant melanoma. This is consistent with studies in other populations 1,4,5. Assumptions by public health bodies that improving awareness of the risks of sun exposure will reduce the incidence of melanoma are probably incorrect.

### References

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### Longitudinal assessment of fatigue in Greek women with breast cancer undergoing radiotherapy.

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**Background:** Fatigue is one of the most common symptoms reported by cancer patients. Radiotherapy induces fatigue in up to 80% of cancer patients. Only few studies have investigated the pattern of fatigue over time in women with breast cancer undergoing radiation therapy, providing conflicting results. The purpose of this study was to describe and evaluate the phenomenon of fatigue in breast cancer patients during their radiotherapy.

**Materials and methods:** The convenience sample in this study was 106 women (I and II stage of breast cancer) between 29 and 78 years old (mean 55.34 ± 12.35) undergoing adjuvant radiation therapy as outpatients for a 5-7 week period. All of them had already undergone breast cancer surgery (83% breast conserving and 17% mastectomy). Moreover 57.5% of the women had undergone chemotherapy too. The instrument used for fatigue assessment was the Piper Fatigue Scale. Data collection was obtained by interviews prospectively over three points in time: in the first two days of therapy in the middle and during the last week of therapy. For statistical analysis non parametric statistics (Friedman test and Wilcoxon test) were used.

**Results:** In this study fatigue was increasing during radiotherapy. The level of fatigue in the middle of the therapy was found significantly higher than the initial levels ( $p < 0.001$ ). Moreover, the fatigue measurement in the last week was found significantly higher than the measurement in the middle of the therapy ( $p = 0.002$ ), as well as than the measurement of first two days ( $p = 0.001$ ). The results will be discussed in relation to their stage of cancer and their previous therapy (surgery or chemotherapy).

**Conclusions:** This study shows that fatigue increases during radiotherapy in women with breast cancer, which is in accordance with the results of some studies. The exacerbation of fatigue during therapy suggests that this common and debilitating symptom should receive appropriate recognition from nurses and other health professionals.

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### The study registration project - Danish studies of people with cancer from a nursing perspective

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**Background:** The Special Interest Group (SIG) for Nursing Research, Development, and Information Dissemination has been set up as a part of the Danish activities for cancer nurses. Soon after the group started working it became obvious that studies related to cancer nursing often had an element of duplication and that already existing information was