

the perceived benefits of a psychosocial support programme using stress management techniques with family carers of people with cancer. This pilot programme teaches family carers how to look after their own needs while meeting the needs of their loved one. All areas of the cancer experience are explored including rehabilitation issues as well as issues around loss and death. This paper demonstrates the very positive results in developing coping responses and group support by the use of stress management techniques including relaxation and visualisation.

Poster session

Prevention and early detection

1553

POSTER

Iranian women's beliefs toward breast cancer screening: a qualitative survey

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Background: Breast cancer is the most common diagnosed cancer among women. In Iran, breast cancer patients are younger than their western counterparts. Although the cause of breast cancer remains elusive the early detection of patients seems crucial. Since knowledge and beliefs of the women toward the disease have an important role in early detection, this study as a part of a larger qualitative study was conducted to explore the general overview of Iranian women's beliefs about breast cancer screening.

Materials and Methods: In this qualitative study 70 women living in Tehran were enrolled through cluster randomization. The mean age of participants was 36 years (20 to 52) and except one all were married. They were divided into 11 focus groups for discussion. A guide questionnaire was extracted from individual interview sessions that had already been done with health professionals, medical specialists, social experts and religious authorities. Then focus group discussions were done by a female physician using this questionnaire. All discussions were tape-recorded and were transcribed to elucidate the major content themes encountered in the discussions. Grounded Theory method used to analyze the data.

Results: Most of the participants didn't have enough knowledge about cancer prevention methods in general; except for breast self examination which they had already been instructed in and as a matter of fact most of them mentioned that they did it properly. Their awareness about mammography was also biased. They believed that only obviously diseased women should undergo specified imaging methods. Therefore, they preferred not to do it in healthy condition provided that it is advised by a specialist. Likewise the majority of them were not willing to seek a doctor's opinion just for prevention. Their carelessness about breast cancer prevention may be partly due to their strong delusive belief that any type of cancers would not be cured, so early detection of these kinds of diseases would not effect the mortal outcome and is not a matter of concern to them.

Conclusions: Our study showed that health beliefs regarding breast cancer influence women's behavior toward breast cancer screening, especially in a developing country without a well established program for it. Besides, a considerable defect in women's beliefs regarding breast cancer screening was noted. Based on these findings; we suggest a larger quantitative study in order to clarify the subject more clearly.

1554

POSTER

Patient delay in seeking breast evaluation for self-discovered breast symptoms among Thai women

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Breast cancer is one of the most important women's health problems in Thailand. It is widely known that early detection and treatment of breast cancer enhances survival. Unfortunately, a considerable proportion of new breast cancer patients are diagnosed at an advanced stage, resulting from delay in seeking diagnosis and treatment. Increasing numbers of research studies have shown that a woman's decision to seek medical attention for breast symptoms is made within multiple networks of personal, social, cultural, and health care environmental factors.

The purpose of this study is to identify factors that influence Thai women in seeking breast evaluations after discovering symptoms. A descriptive, cross-sectional design was used in this study. A convenience sample of 150 Thai patients with breast symptoms was recruited from an outpatient

breast clinic at a regional hospital in northern Thailand. Negative binomial regression was used to assess for determinants of patient delay in seeking breast evaluations. Results revealed that delay ranged from 0 to 1461 days (4 years). The median delay time was 8 days. Approximately half of the women (51.3%) waited 10 days before seeking professional evaluations. Patient delay within one month was experienced by 22.7% of patients. Only 10% of patients delayed longer than three months. The results indicate that women who perceived their breast symptom as serious sought professional help earlier than others. Fears related to breast symptoms was positively related to their delay time. Breast symptoms associated with pain was found to have a significant effect on a shorter delay. Women who practiced self-treatment after discovering their symptoms delayed in seeking medical attention significantly longer. Those who perceived greater role demands in interfering with care seeking significantly waited longer. Finally, women who frequently sought medical care for any reason waited shorter periods of time before seeking care for their self-discovered symptom. The findings point to factors of delay behavior that need to be addressed in health education programs with a view toward optimizing the early detection of breast cancer and diminishing delay in seeking treatment. These determinants are important because they are potentially susceptible to change through educational strategies. Future research is needed to develop and test interventions based on the study's findings, which have implications for health care policy in Thailand.

1555

POSTER

How do women reason about choosing not to participate in population-based cervical cancer screening in Sweden?

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Objective: The aim of the study is to investigate the manner in which women who choose not to participate in a population-based cervical cancer screening program (PCCSP) reason about their decision.

Method: All women between 23 and 60 years of age, residing in Stockholm county council receive an invitation from the regional Oncological Center (OC) to attend PCCSP at regular intervals. Women who actively contacted OC to report that they do not wish to participate in PCCSP were the subjects for the study. Data was collected through unstructured telephone interviews with 11 women and fax messages from 86 women. Data analysis is inspired by interpretive description.

Results: Preliminary analysis indicates that two salient themes are related to the division of responsibility for health maintenance between the individual and society, as well as the manner in which women described being able to 'know' one's own body. Descriptions include not wanting to know if one has cancer, previous negative experiences in relation to screening that led to feeling self-exposed and insulted, beliefs that a healthy lifestyle could protect one from cancer and a standpoint that the screening program represents undesired societal control of private issues. A relationship with one's own gynaecologist was described as important and as one reason for not attending PCCSP. Reasoning was also influenced by conceptualizations of sexuality.

Conclusion: Cervical cancer screening can be viewed as a relatively simple routine check-up, but for the individual woman it may also involve a sensitive situation, with both the risk of a life-threatening sickness and an intimate physical examination. In order to improve PCCSP, it is important to highlight different perspectives on screening, and perspectives from women who have chosen not to attend are essential.

1556

POSTER

Nurse's role in prevention of lymphatic edema in patients with breast cancer

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Background: The lymphatic edema is one of the most common complications after breast surgery affecting up to 20% of women. Appearance of the lymphatic edema in the limb promotes inflammation, causes pain, and dysfunction of the limb. Preventing lymphatic edema is easier than to treat it. Until now the patient are educated and counseled by their physician during regular check-up and by the workers of the Estonian Cancer Association. In order to find out whether the instructions given by the nurse in preventing and recognizing the lymphatic edema are relevant and understandable to patients, we performed an inquiry among patients with breast cancer.

Materials and Methods: The instructional booklet was developed for patients with breast cancer to prevent lymphatic edema and distributed

to patients before leaving the hospital. The usefulness of the instructional booklet was found out by using a structured questionnaire that included seven closed questions. The study was descriptive and quantitative. The questionnaire was given to 20 women (aged 33–78) from Tartu who had been operated in March and April 2005 in the Hematology and Oncology Clinic. All those women had been diagnosed with breast cancer. The questionnaires were answered after the regular check-up after the surgery, when the patient visited the hospital for seroma puncture.

Results: The instructional booklet for majority of the patients was understandable and included necessary information for patients about how to organize and cope with their everyday lives depending on the specifics of their diseases. 70% of the women who were questioned did not consider necessary to include the set of pictures that showed different exercises. They preferred the nurses or physicians to show the exercises and to practice them before leaving the hospital. In addition to the information available in the instructional booklet, the patients also had questions about the usefulness of massage. They asked whether the procedures like vein puncture on the damaged side of the body would be forbidden just on the regenerative period or during the whole life.

Conclusion: This inquiry concluded that patients do need qualified nurses to educate and consult them how to prevent and how to recognize lymphatic edema and how to cope with everyday life according to the specific needs of their diseases.

As a result of the inquiry an instructional booklet was developed for patients with breast cancer to prevent lymphatic edema.

1557

POSTER

A patients' introduction to chemotherapy

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People remember 10% of what they read, 20% of what they hear, 55% of what they hear and see.

Within the department of medical oncology of the VU University Medical Center every year an average of 485 patients are treated with chemotherapy. Currently, before receiving chemotherapy for the first time, patients are supplied with written and verbal information. This information explains all about procedures during their stay in hospital or outpatient clinic and what to expect at home during the days after receiving chemotherapy. In practice though, patients seem unable to retain all the information given. Also, a substantial part of our admitted patients originate from Turkey and Morocco. These patients are generally informed in Dutch and in most situations this information consequently needs to be translated for them by family members. A lot of these patients turn out to have questions afterwards as the translated information appears to be unclear or incomplete. So in our experience, both for native patients as for Turkish and Moroccan patients the effect of verbal and written information is limited. A search of international literature on this subject sustained this conclusion for patients around the world. Also, literature shows information will be retained most effectively when several senses are stimulated simultaneously and when recipients feel emotionally involved with the subject. People remember 10% of what they read, 20% of what they hear, 55% of what they hear and see. Therefore, using film as a medium to support verbal and written information could have several advantages. As it combines the use of images and sound, film can:

- explain complex issues in a short time;
 - stimulate reception, understanding and remembrance of information;
 - emotionally involve the audience;
 - be repeated immediately;
 - limit the possibility of incorrect interpretation;
 - visualise and prepare for future procedures, situations etcetera.
- Potential drawbacks of film as a medium for information transference are:
- high expenses of production;
 - the need for specific expertise.

Conclusion: Introducing chemotherapy to cancer patients by use of an educational film in addition to written and verbal information has added value in transference of information. Since our patient population consists not only of Dutch, but also of Turkish and Moroccan people an educational film about chemotherapy will be produced in all three languages.

1558

POSTER

The effect on teachers' beliefs and behaviours at breast cancer screening of two different educational methods intention of early detection of breast cancer

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Background: This research has been carried out comparing the effects of different educational initiatives on the beliefs and behaviours related to the practice of early diagnosis of breast cancer.

Material and methods: This theoretical study has been planned according to the principles of a mutual checking semi-experimental research idea. "Health Belief Model" on Breast Cancer Screening developed by Rosenstock at all and adapted by Champion, and proved its validity and reliability was accepted as foundation and applied to many groups. Ninety-three female primary school teachers who were working in Ordu during the time of the research agreed to join the research; fifty-one of them were model group and forty-two of them were video group. The teachers both in video and model groups were equalled from the point of view of their age, having had breast problems before, a history of breast cancer in their family or knowing how to do breast self examination (BSE). In order to collect data, question forms were used. This included Champion's Health Belief Model Scales of Breast cancer Screening and the control list regarding how to do BSE. The video group was asked to watch a 20-minute video film explaining breast cancer screening. On the other hand, BSE was demonstrated on a breast model to the model group. The teachers in both groups were given handouts and they were reminded by telephone what to do. The collected data were evaluated by computer by using the following tests: descriptive statistics, chi-square test, Mann Whitney U, Independent Samples t test, Paired t test, and McNemar test.

Results: At the results of the education given to the video group, susceptibility, perceived self-efficacy of breast self-examination, and perceived benefits of mammography increased to relative before education given them. In addition the teachers in video group also improved in their knowledge of BSE. At the results of the education given to the model group, susceptibility, perceived self-efficacy of breast self-examination, and perceived benefits of mammography increased to relative before education given them. In addition the teachers in model group also improved in their knowledge and ability to perform BSE. As a result, it has been determined that there is no difference between the beliefs of both groups.

Conclusion: This study showed that both video and model methods of education were effective in changing health beliefs regarding breast cancer screening and in the same level increasing knowledge and practice of BSE.

Tuesday, 1 November 2005

Teaching Lecture

1559

INVITED

The use of complementary medicine: European survey, current status and implications for nursing

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Complementary and Alternative Medicine (CAM) is increasingly used by cancer patients. Limited information, however, is available from European cancer patients, and indeed there has been no study using a comparative methodology across countries. The proponents and opponents of CAM are many, and CAM is one of the most debated topics in health care ever. The presentation will introduce the concept of CAM and how it is viewed in our society and will identify some of the current trends around it. The results of a descriptive study which was carried out in 14 European countries concurrently assessing the use of CAM by cancer patients (n = 956 patients) will then be presented. Accordingly, at least one-third of the patients are using CAM. CAM covered a wide and heterogeneous group of about 56 different therapies, and although many benefits were reported, some side effects were also present. Improvements in psychosocial well being and increasing hope, as well as dealing with side effects were common reasons for using CAM, although benefits reported did not match very well initial reasons for using CAM. The presentation will then move to cover some of the key issues around the highly debated CAM use (i.e. appropriateness of trial designs, difficulties in randomising or blinding therapies, placebo effects and so on). Finally, the small, but increasing,