Background

• After cancer treatment ends, survivors continue to report high levels of psychological stress, anxiety, depression, fear of recurrence, sleep dysfunction, impaired QOL, and residual physical symptoms of pain and fatigue. (Holzner et al. 2001)

• The portion of cancer patients expressing their unmet needs is highest in the post-treatment phase when compared with other phases in the cancer continuum. (So et al., 2014)
(1) Patient Recruitment
- Recruited from Cancer Patient Resource Center (CPRC)
- Target: Cancer patients (>18 yrs old) with no metastasis, who have completed medical / surgical treatment in KEC cluster

(2) Pre-assessment (1st session)
- Outcome Measures:
  (1) FACIT Fatigue scale (Chinese version 4) (Functional Ax of chronic illness therapy)
  (2) FACT-G (Functional Ax of Cancer Therapy-General)

(3) 15-sessions weekly Wellness program

(4) Post-evaluation (Last session)

(5) Booster Program Post program 3-month
From symptom management to wellness enhancement for out-patient with cancer
United Christian Hospital
Occupational Therapy Department & Cancer Patient Resource Center
Alice Lee, Peggy Hui, Maurice Wan, Bonnie Cheung

Symptom Management

Health Qigong (Badunjin)
15 sessions,
1.5 hr/week
OT: 12 sessions
SW: 3 sessions

Psycho-education

Stress Management
From symptom management to wellness enhancement for out-patient with cancer
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Result:
Period: From Nov 2014 to August 2016

Demographics

<table>
<thead>
<tr>
<th>No. of patient</th>
<th>24</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean age (SD)</td>
<td>60.4 (5.7)</td>
</tr>
<tr>
<td>Gender</td>
<td>M: 2  F: 22</td>
</tr>
</tbody>
</table>

Diagnosis

- Ca Breast: 12
- Ca colon/rectum: 9
- Ca prostate: 1
- Ca liver: 2

No. of patients: 24
Mean age: 60.4 (5.7) years
Gender: 2 M, 22 F
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<table>
<thead>
<tr>
<th>Outcome Measures</th>
<th>Pre Mean (SD)</th>
<th>Post Mean (SD)</th>
<th>P  value</th>
</tr>
</thead>
<tbody>
<tr>
<td>FACIT Fatigue Scale</td>
<td>39.8 (4.4)</td>
<td>40.6 (4.7)</td>
<td>*0.012</td>
</tr>
<tr>
<td>FACT-G: Physical well-being (PWB)</td>
<td>20.5 (2.5)</td>
<td>20.6 (3.4)</td>
<td>0.162</td>
</tr>
<tr>
<td>FACT-G: Social / Family well-being (SWB)</td>
<td>19.5 (3.6)</td>
<td>19.7 (3.5)</td>
<td>0.162</td>
</tr>
<tr>
<td>FACT-G: Emotional well-being (EWB)</td>
<td>18.3 (2.0)</td>
<td>19.1 (2.3)</td>
<td>*0.033</td>
</tr>
<tr>
<td>FACT-G: Functional well-being (FWB)</td>
<td>18.2 (3.0)</td>
<td>18.1 (2.8)</td>
<td>0.76</td>
</tr>
</tbody>
</table>

Attendance rate: >90% (80% of participants)

- **Booster program** for revision at **post program 3-month**
- **Positive effect** in improving both physical and psychological sequelae of cancer treatments