



Service Priorities and Programmes
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To Enhance the Continuity of Breast Cancer Care

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Introduction

Breast cancer survivors who have completed treatment and have been disease-free for more than 5 years will be discharged from the specialist outpatient department (SOPD). Even though their disease is in remission, they are still at risk of recurrence or developing a new disease in the contralateral breast. With the support from breast surgeons, discharged breast cancer survivors are now referred to see breast nurse specialist for continuity of cancer care. Breast nurse specialist provides clinical breast examination, psychological support and health education. She is trained to educate patients regarding the symptoms and signs of breast disease, offer recommendations on healthy lifestyle and diet, prevention of lymphedema, self-breast examination and provide information for surveillance breast imaging.

Objectives

To enhance the Continuity of Care for breast cancer survivors. To optimize their health and arouse their awareness of breast cancer To share and reduce breast surgeons' accumulated workload

Methodology

Breast cancer survivors who have been discharged from SOPD will see a breast nurse specialist at the breast nurse clinic yearly. In the period from 2010-2017, a total of 938 cases with 2838 attendance has been recorded.

Result

17 cases were referred back to SOPD for abnormal imaging findings. Amongst these patients, 9 had biopsy taken, with 5 of them proven malignant which required further treatment. 4 showed only benign pathological findings such as fibrosis or fibroepithelial lesion or fibroadenoma. Follow-up imaging arranged for the remaining 8 patients all showed benign findings.

In conclusion, the continuity of Breast Cancer Survivorship Care is enhanced.

Through sharing and reducing the workload of breast surgeons, we can allow more efficient allocation of resources at the SOPD.