



## Service Priorities and Programmes Electronic Presentations

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### **Nurse- Led Pre-operative Education Program Turns Breast Cancer Journey Easier**

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#### **Introduction**

Breast cancer journey is a difficult time in life. Patients are terrified and shock once they are diagnosed with breast cancer. They always cannot response to doctor's explanation and suggestions promptly. At the same time, most of them play a passive role when meeting with the doctor. In order to assist the breast cancer patients to face their disease and treatment journey, the Nurse-Led Pre-operative Education Program was first implemented in breast nurse clinic in 2008. It is run by breast care nurses who explain information regarding diagnosis, treatment and rehabilitation plan to breast cancer patients pre-operatively. Meanwhile, it provides a platform for the patients and their relatives to express their concerns and worries so that they can be well prepared both physically and psychologically for the operation.

#### **Objectives**

To enhance patients' knowledge on their diagnosis, treatment and rehabilitation plan.  
To enhance patient- nurse communication. To allow patients to play an active role in their treatment journey.

#### **Methodology**

From Jan to Sept 2013, total 33 questionnaires regarding patient's satisfaction on Nurse- Led Pre-operative Education Program were distributed to patients who have attended the program before breast surgery. 100% of the questionnaires were returned.

#### **Result**

97% of patients were satisfied with the pre-operative information provided while 3 % of them expressed the information was not enough. 91% of patients agreed that the Pre-operative Education Program was useful. 82% of patients expressed decrease in uncertainty and anxiety after attending the Pre-operative Education Program. The top three issues that patients were most eager to know pre-operatively include adjuvant treatment, operation information and post-operative wound and drain care.