

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

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)



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

(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**

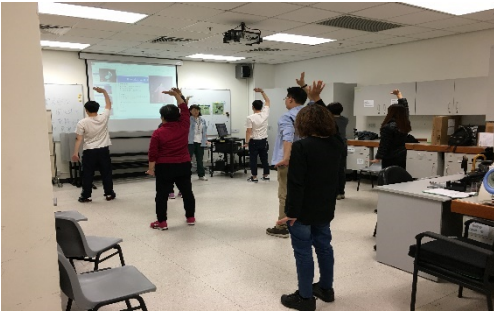
**Health
Qigong
(Badunjin)**



**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

United Christian Hospital

Occupational Therapy Department & Cancer Patient Resource Center

Alice Lee, Peggy Hui, Maurice Wan, Bonnie Cheung

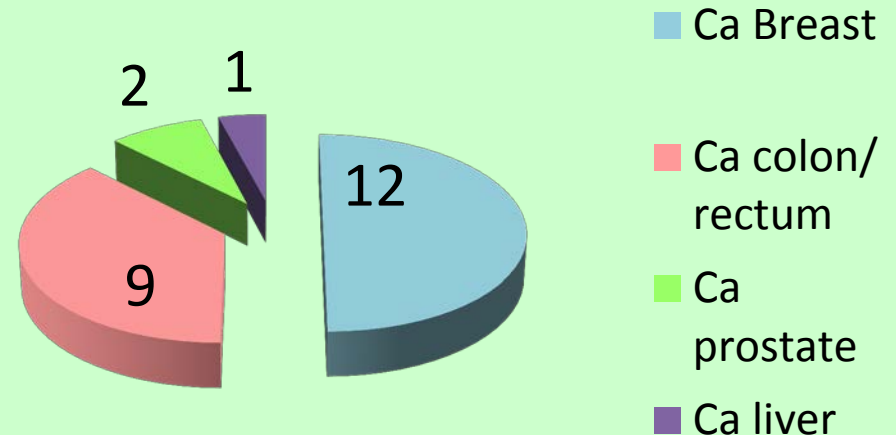
Result:

Period: From Nov 2014 to August 2016

Demographics

No. of patient	24
Mean age (SD)	60.4 (5.7)
Gender	M: 2 F: 22

Diagnosis



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

Outcome Measures	Pre Mean (SD)	Post Mean (SD)	P value
FACIT Fatigue Scale	39.8 (4.4)	40.6(4.7)	*0.012
FACT-G: Physical well-being (PWB)	20.5 (2.5)	20.6 (3.4)	0.162
FACT-G: Social / Family well-being (SWB)	19.5 (3.6)	19.7 (3.5)	0.162
FACT-G: Emotional well-being (EWB)	18.3 (2.0)	19.1 (2.3)	*0.033
FACT-G: Functional well-being (FWB)	18.2 (3.0)	18.1 (2.8)	0.76

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

