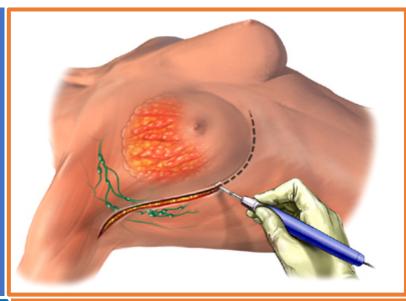
# The Effectiveness of Early Screening and Intervention for Post-Surgical Breast Cancer Pain

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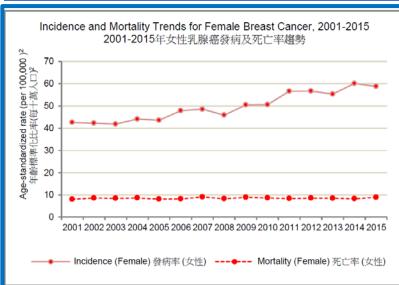
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### Introduction

- ✓ Breast Cancer
- ✓ The 3<sup>rd</sup> most deadly cancer
- ✓ Time to pay more attention on this topic



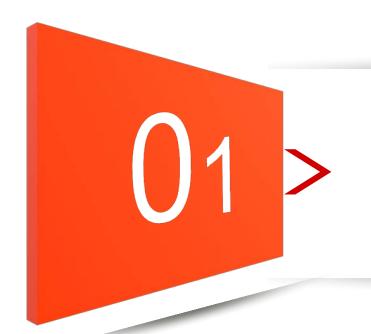
The pathogenic mechanisms for post-surgical breast cancer pain can be complex



After surgery, around 20-50% of patients experienced acute or persistent pain

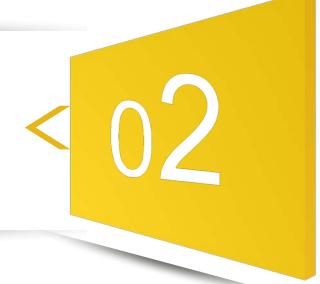


# **Objectives**



To examine factors associated with post-surgical breast cancer pain.

To evaluate the effectiveness of early intervention in decreasing pain, improving AROM of the affected side and reducing emotional disturbance in the target patients.



## Methodology

√ 75 out of 107 patients completed the pain management program







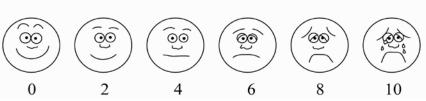
**ADL Training** 

Counselling

Relaxation

✓ Clinical outcomes
 were collected over 3
 follow-ups at 1-week,
 2-week and 6-week
 post-surgery



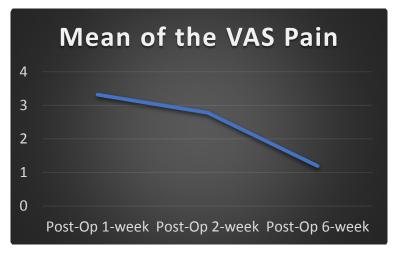


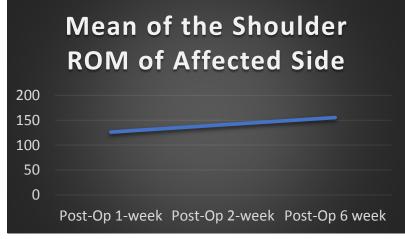
VAS Pain DASS-21 for measuring emotional states

Shoulder AROM

### Results

Significant improvement in the VAS pain (t=-6.93, p<0.001), the shoulder ROM (t=10.54, p<0.001) and the DASS-21 (t=-3.89, p<0.001)







Risk factors associated with increased post-surgical pain

√Younger age of below 50

**√**Received radiotherapy

✓ With psychiatric history

✓ Received ALND