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223 (PB-047)  Poster
Utility Of Telephone-Based Psychological Support Among Breast Cancer Patients During Covid-19 Pandemic: An Observational Study
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Purpose: Telephone-based support could provide an effective and more flexible option for delivering psychological support. The present study aimed to investigate the feasibility and utility of a telephone-based psychological intervention for advanced breast cancer patients referred to palliative medicine department.

Methods: A single-centre randomized observational design was conducted on 610 adult advanced breast cancer patients referred to palliative medicine department between April and December 2020. Intervention group received additional 4 telephone-based psychotherapy sessions as compared to standard routine palliative care in the control group. Patients were followed up weekly for 1 month. Primary outcomes measured were: anxiety, depression, and psychological well-being.

Results: Most patients reported higher levels of anxiety, depression and lower psychological well-being at baseline. Patients assigned to the intervention group had statistically significant improvement in their psychological symptoms at all study time points as compared to their control group counterparts (p < 0.005).

Conclusion: Results from our study provide preliminary support concerning the feasibility and utility of telephone-based therapy for advanced breast cancer patients. Further research examining factors influencing the outcomes of telephone-based psychological support is needed.

No conflict of interest.

224 (PB-048)  Poster
Exploring the impact of metastatic breast cancer support group in Nigeria
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Introduction: Over 70% of breast cancer patients in Nigeria present metastatic/advanced breast cancer (MBC). An estimated 90% of breast cancer deaths are as a result of metastatic disease, either at diagnosis or recurrence[]. MBC is associated with severe burden to the patient, family, healthcare delivery system and the society at large[]. Women living with MBC face many challenges ranging from poor access to MBC information, untreated pain, frequent break-down of radiotherapy machines and absence of peer support.

Method: In this research, we set up the first metastatic breast cancer support group in Abuja. The group meet once every month on a face-to-face basis and also uses WhatsApp Group for regular meaningful engagement. We explored the impact of the group on the patient’s quality of life (QoL) using a focused group discussion (FGD). Eighteen (18) patients participated in the two sessions of FGD.

Result: Many of the patients report that the support group provides a culture of love and strength over their death anxiety, especially meeting other patients who have lived with MBC longer. They also report to have found peer support on the online WhatsApp group.

No conflict of interest.