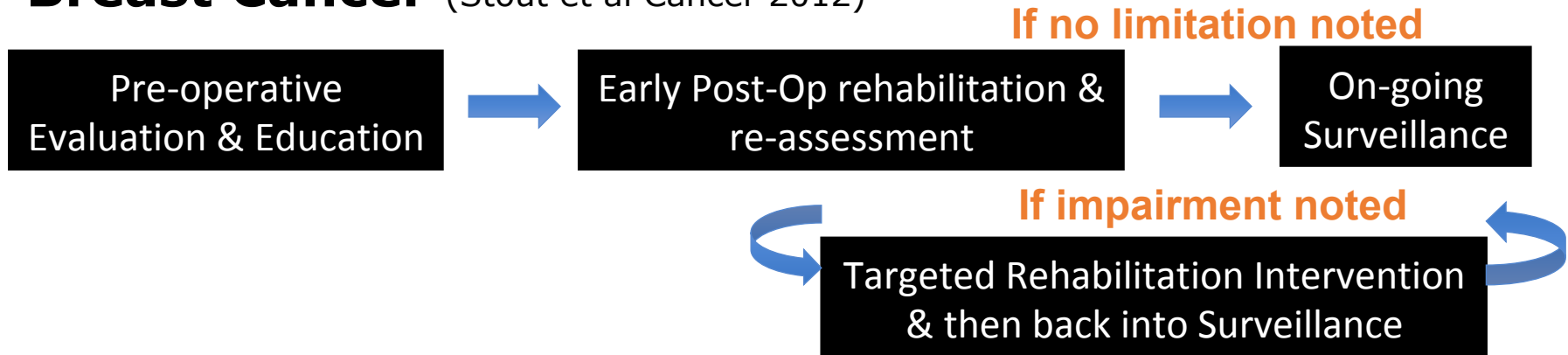


# Can we deliver care differently?

## Developing a patient-led surveillance program for breast cancer related lymphedema

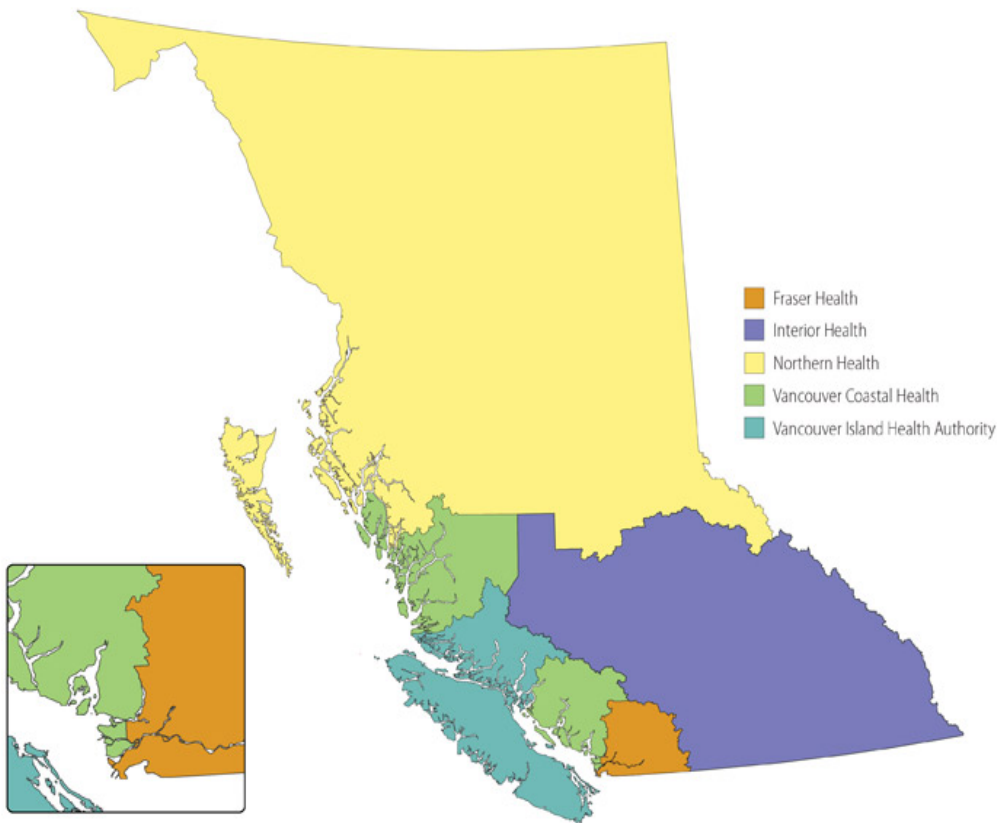
**Chiara Singh**, Fraser Health, UBC; **Melissa Idle**, Vancouver Coastal Health, UBC;  
**Bolette Rafn**, UBC; **Dr. Kristin Campbell**, UBC

### Prospective Surveillance Model for Women with Breast Cancer (Stout et al Cancer 2012)



Contact info: [chiara.singh@fraserhealth.ca](mailto:chiara.singh@fraserhealth.ca)

# Province-wide (BC) focus groups (B. Rafn et al)




*"They say after you have a surgery not to sign any documents for at least 24 hours. So, let's not tell patients important information. Like how dare you come in when I'm half coked out of my tree and lay all this information on me and now I'm responsible for it?!"*





# University based study (UBC) on self-measurement of arm girth

Can women measure their own arm? (*Rafn et al. PTJ in press*)

Step 1: Self-measures at home    Step 2: Self-measures at lab



Intra- and inter-rater reliability ICC was 0.86-0.88 (p-value <0.001).



**Can these results be replicated in a clinical setting with women who are undergoing breast cancer surgery and active treatment?**

# Self Measurement Partnership between Surrey Memorial Hospital Clinicians and UBC Researchers

**Intra- and inter-rater reliability ICC was  
0.90-1.00 (p-value <0.001).**

**Ease of Measurement (0-10 numeric rating  
scale, 0 "very difficult" to 10 "very easy")**

**Pre-surgery:  $8.3 \pm 2.2$**

**Post-surgery:  $8.0 \pm 2.0$**



**Partic**  
treatm  
admis  
**Desig**  
reliability study

nd  
at pre-  
and

# Conclusions

- Self-managed prospective surveillance:
  - Feasible and reliable
  - High clinical utility

# Impact on our patients

- Self-identify and seek targeted PT
- Reduced need for in-person appointments

# Next Steps

- Enhancing Access to Physiotherapy Services After Breast Cancer Surgery (EASE BC) Trial
  - PI- Dr. Kristin Campbell
  - Fraser Health Collaborators- Scott Brolin, Chiara Singh

