

INCREASING THE NUMBER OF KEPT APPOINTMENTS TO A LIFESTYLE MODIFICATION PROGRAM FOR NEWLY DIAGNOSED BREAST CANCER WOMEN WITH A BMI \geq 25.

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Introduction

One in eight women will be diagnosed with breast cancer in their lifetime, with more than 200,000 women diagnosed in 2020. Currently, there are more than 3.5 million people with breast cancer in the U.S. (Breastcancer.org, 2020). Sixty two percent of breast cancer survivors are overweight and or obese (Body Mass Index (BMI) $>$ 25kg/m), and 30% of these women are classified as obese (BMI $>$ 30kg/m) (Runowicz et al., 2016). Maintaining a healthy lifestyle can significantly impact patient outcomes during cancer treatment and survivorship (Reeves et al., 2014).

Purpose

The purpose of this scholarly project was to increase attendance of lifestyle appointments in overweight and or obese breast cancer patients by 70% in six months of implementing a modified telephone reminder. The secondary aim was to increase the number of patients who indicated that diet/nutrition, overall health, and exercise were top concerns to discuss during a lifestyle modification appointment by 80% within six months.

Setting

The QI was implemented at an outpatient clinic in a 670 bed specialized teaching hospital in the Southwest region of the United States.

Methods and Materials

A literature review was completed to determine the benefits and significance of using lifestyle interventions to improve outcomes in patients diagnosed with breast cancer. The Plan-Do-Study-Act (PDSA) method of QI was utilized to increase the appointments to a lifestyle modification appointment for newly diagnosed breast cancer patients with a BMI \geq 25.

Measures

One year before implementing the reformed telephone reminder, baseline information was collected regarding the staff's process for conducting telephone reminders. Baseline data collected from the EMR included BMI eligibility, the patient's knowledge of the rationale for appointment, appointments created, and appointments completed. The MyCAW data to assess the number of patients who indicated that diet/nutrition, overall health, and exercise were top concerns was also collected. The baseline data were compared with post-intervention data for a period of one year.

Results

There was an increase in the number of kept appointments for lifestyle modification post intervention in 2020 (n=135) compared to 2019 (n=112), although not statistically significant (n=12: 95% CI -3.789 to 7.622; P=0.475). There was an increase in top concerns for lifestyle indicators (diet/nutrition, exercise, overall health) at 58.5% compared to top concerns for lifestyle indicators in 2019 (49.4%).

Discussion

After introducing an enhanced telephone call reminder, the number of kept appointments to discuss lifestyle modification increased. However, the 70% goal was not achieved and the increase in kept appointments was not statistically significant. Overall, there was an increase in top concerns of lifestyle indicators in 2020 to 58.5%, which is significantly lower than the proposed goal of 80% for this QI project.

Significance

The results of the QI project demonstrated a modified telephone reminder with education may be effective in increasing appointments to a lifestyle program among eligible patients and increasing competency of goals of the lifestyle appointment.

DATA COMPARISON 2019 VS 2020

