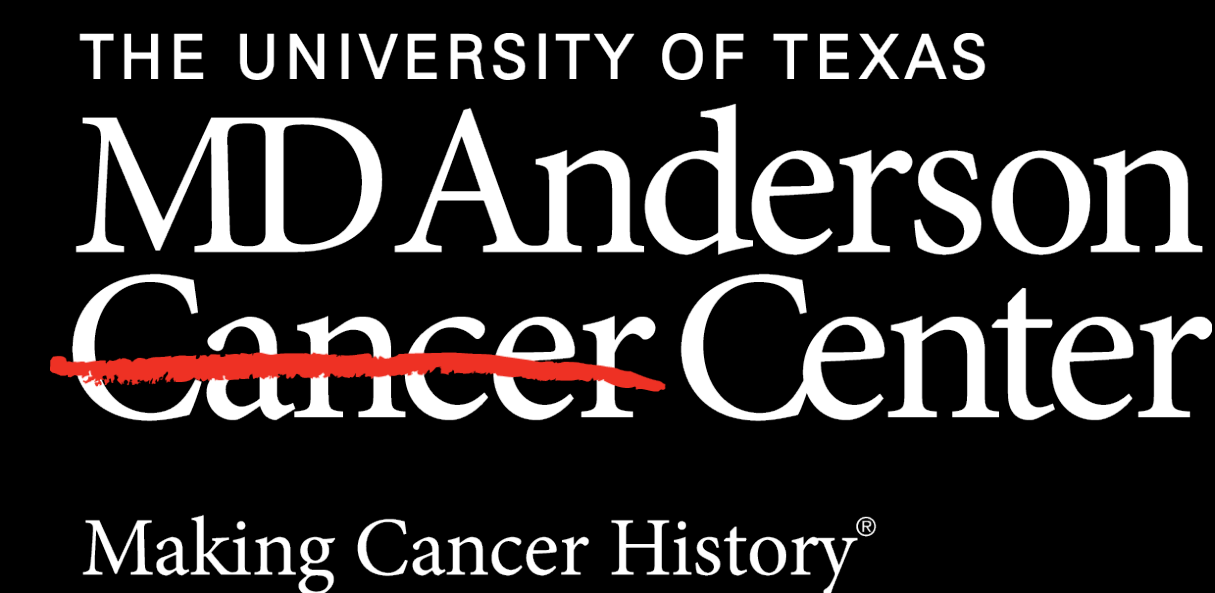




# Barriers and Goals of Care Expressed by Patients Living with Advanced Breast Cancer during an APRN-Led Navigation Visit

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## Significance and Purpose

- Advanced (metastatic) Breast Cancer (ABC) is incurable with a limited life expectancy.
- Barriers to care and goals of care are well-described among individuals with early-stage breast cancer or under survivorship care but are not well described for people living with ABC.

## Methods

- Barriers and goals of care were collected as standard of care for ABC Advanced Practice Registered Nurse (APRN) led Navigation clinic at every visit between June 2018 and March 2020. Patients were referred by treating clinician or self.
- Data were analyzed utilizing descriptive statistics.

Barriers Discussed	Time Spent	Percentage
Care Coordination	15-20 minutes	82%
	0-14 minutes	9%
	21+ minutes	2%
	missing	5%
Psychosocial Support	15-20 minutes	86%
	21+ minutes	7%
	0-14 minutes	2%
	missing	5%
Patient Education	15-20 minutes	78%
	0-14 minutes	11%
	21+ minutes	6%
	missing	5%

## Findings

- All participants were female (n=90) with a diagnosis of ABC and a mean age of 54 years (SD 10.34).
- Most participants were married (73%) and employed outside the home full time (30%), unemployed (22%), or disabled due to illness (23%). Sixty-three percent of participants lived at least 75 miles from the cancer center.

## Discussion and Implications

- ABC patients have unique and significant barriers to care, necessitating additional time at routine visits to assess and address these barriers.
- Longitudinal studies are needed to further describe these barriers and better articulate goals of care.
- APRN-led navigation allows for time to address barriers to care and promote the patient's goals of care for inclusion in their treatment plan.

Total Time Spent in Navigation Visit in Minutes	Percentage
45-59 minutes	1%
60-69 minutes	74%
70+ minutes	10%
Missing	5%

Category	Description	Percentage
Gender	Female	100%
Race	White/Caucasian	78%
	Black/African American	11%
	Other	8%
	Asian	2%
	American Indian	1%
Ethnicity	Not Hispanic/Latino	86%
	Hispanic/Latino	14%
Diagnosis of ABC	<1 year	23%
	1-5 years	53%
	5-10 years	16%
	10 + years	8%
Barriers Identified	Knowledge Deficit	93%
	Coordination of Care	89%
	Financial Concerns	23%
	Housing Concerns	17%
	Transportation Concerns	13%
	Cultural Needs	3%
Life Goals of Care	Family Time	41%
	Maintaining Quality of Life	36%
	Live a Life with Meaning	17%
Treatment Goals of Care	Coordinated Care	9%
	Aggressive Care	9%
	Symptom Management	25%
	High Quality of Life Care	9%

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