



Singapore Healthcare Management 2024

Breast Friends

Continual support for patients after radiotherapy



National Cancer Centre Singapore
SingHealth

Division of Radiation Oncology

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Introduction

Breast cancer is the leading incident cancer and cancer death in female. The Singapore Cancer Registry reported 29.7% new female breast cancer and 17.2% mortality rate in a report in 2021. In NCCS, DRO, we treated more than 700 breast radiotherapy cases in 2023.

Aim

- ❖ Timely provide support for treatment side effects and psychosocial support
- ❖ Establish pathway to manage adverse treatment side effects prior to follow up by oncologists so that in-need patients are rendered advanced assistance
- ❖ Ensure multidisciplinary support from various stakeholders to manage patients' needs

Methodology

A web-based reporting service was developed to track patients' post-radiotherapy needs. During their radiotherapy, patients build strong rapport with the radiotherapists (RTTs) and psychosocial needs as well as treatment side effects are identified. This information is then documented in the newly developed reporting service for the RTTs to follow up via tele-consultation two weeks post treatment for a quick assessment of their well-being and provide advanced support for management of side effects (e.g. wound reviews, dressing) if needed.

Results

✓	LA8	S-BRE-FF	37
✓	LA8	S -BREAST	32
✓	LA8	S -BREAST	31
✓	LA8	IGRTBRE	31
✓	LA7	S-BRE-SDX	28
✓	LA8	C1-BREAST	27
✓	LA1	S-BRE-FF	24
	LA8	S -BREAST	9

- ❖ Clear indication of days post radiotherapy
- ❖ Patients called and attended

Breast Friends Days From Last day: 0-9, 10-14, >14

F Date Range from: 16/05/24 to 06/06/24

** Capture 'Skip' in QCL if no follow-up call is required **

Breast Symptoms: Y
Breast Symptoms Text: Redness, rashes(patient taking antihistamines) Last # RV by Dr Min Li: L breast G2 dermatitis Bright erythema with some small blisters, not broken Non-tender on palpation No discharge Add hydroxyzine for night time + continue zyrtec Hydroxyzine can be taken TDS if required Dermacyn hydrogel ezyma to skin TDS post-RT

Patients with needs are highlighted and RTTs will call to check on them 10-14 days after treatment

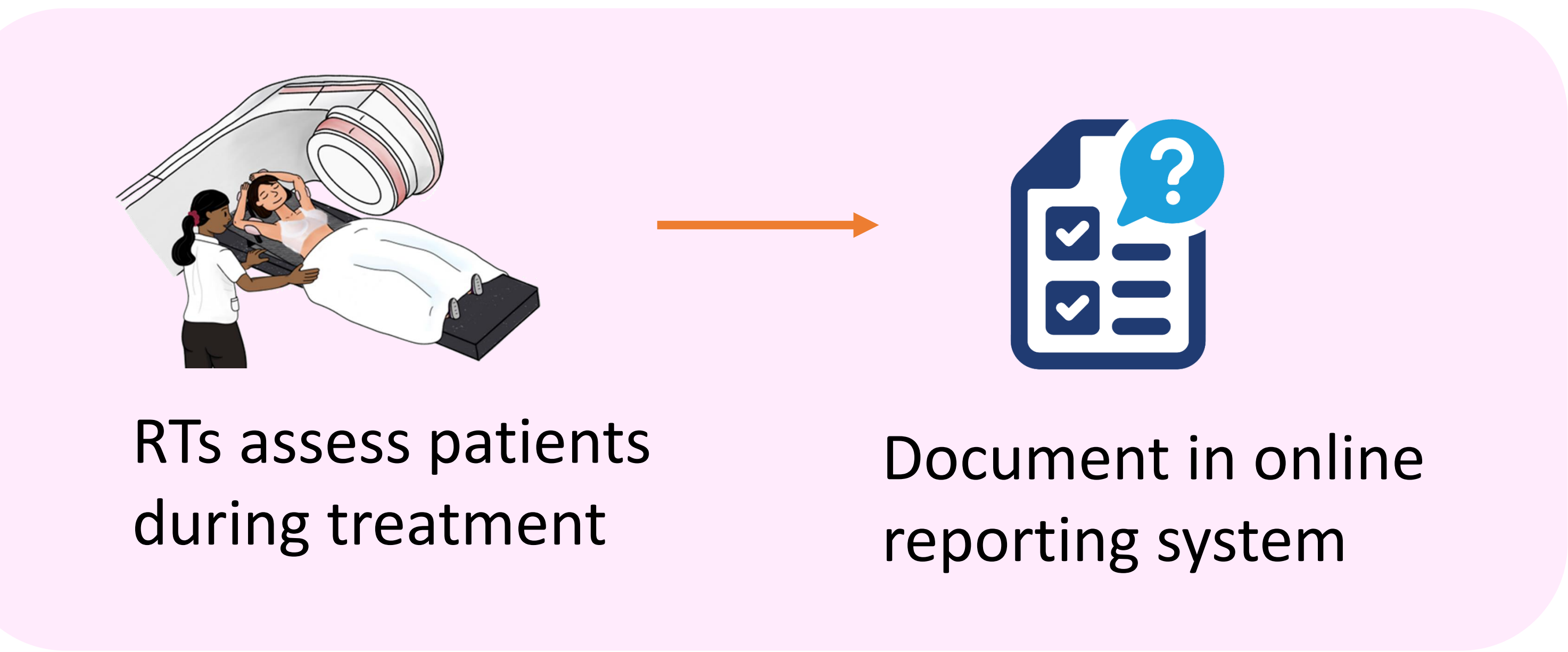
At two weeks post radiotherapy, patients identified to require side effects or psychosocial support will receive a phone call from the RTTs. Should the treatment side effects worsen, a specially developed pathway allow patients to receive ad hoc management by a team of nurses and doctors. In terms of psychosocial support, referral to the medical social workers will also be provided.

Since the implementation of this service in April 2024, more than 50 patients have benefited and 20% of the patients identified received advanced medical attention (including psychosocial support) instead of waiting for their routine follow up appointments with their clinicians which is usually 1 month post radiotherapy.

Conclusion



Continual support post treatment has been identified as an area that can be improved to ensure patients' holistic care and recovery from their treatment. This pathway has been well received by patients as they felt that help is always round the corner and the road to their recovery is supported.



PDSA

This quality improvement project has been formulated using the PDSA model.

