

16.16.16 Cancer post-treatment group in intervention and efficacy research - the role of self-efficacy diet and activity

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Maggie's www.maggiescentres.org



Background

With more people living with and beyond cancer, innovative, person-centred care is required. *'Where Now?'* is a seven week course designed to meet these holistic needs.

Maggie's multidisciplinary model of cancer care combines oncology expertise and information with evidence-based psychological support within unique, purpose-built built from single occupancy apartments for social support.

'Where Now?' courses are delivered at Maggie's Centres by a range of health professionals and expert facilitators, aimed at helping people to improve their quality of life post-cancer. Previous evaluation has evidenced that course participation reduces distress and pessimism

about the future. Some individuals also reported that changes to their lifestyle.

Nearly a decade since introducing *'Where Now?'* to the Maggie's programme of cancer care, this study revisited the programme's impact on participation

produces measurable changes in wellbeing, cancer worry, self-efficacy, physical activity and/or diet for individuals who have completed cancer treatment.

Methodology

In a pre-post design, two questionnaires were used to assess changes in health behaviours; the International Physical Activity Questionnaire (IPAQ) and Healthy Eating Vital Signs Questionnaire (HEVS), with additional self-efficacy items. The General Self-Efficacy Scale (GSE), Cancer Worry Scale (CWS) and the World Health Organisation Quality of Life Questionnaire (WHOQOL) assessed wellbeing and self-efficacy.

All participants were invited to consent to being contacted for an interview after the course ended.

Results

Across three Maggie's Centres, 25 females and 2 males (mean age 51.7 years) completed pre- and post-treatment. Eight of males and 1 female were interviewed. The structured interviews explored individual experiences of *'Where Now?'*

Experiences of 'Where Now?' - Key themes

Social support

... could speak to openly and they wouldn't have a thought on it... it's not like we're going to what you've done... they're aware of your needs, different"

