

“Moving On” After Head & Neck Cancer - Development of Patient-Centered Education Materials for Physical and Functional Recovery

Jenny Yan, SPT; Faculty Mentor and PI: Ann Marie Flores, PT, PhD, CLT
Department of Physical Therapy, Movement and Rehabilitation Sciences (Bouvé College of Health Sciences)

ABSTRACT

Introduction and Rationale

Head and neck cancer (HNC) represents 4% of newly diagnosed cancers. While survival is improving, treatment remains grueling and disabling. Physical therapy education is not part of HNC care standards. This study will help fill this gap by revising pre-existing physical therapy centered educational materials - “Moving On” informed by the evidence and perspectives of HNC survivors, their family members, and HNC medical specialists.

Methods

We revised the “Moving On after Breast Cancer” education materials with a literature review. We will next use the Delphi technique to conduct focus groups of key stakeholders. We will analyze focus group transcripts to identify relevant educational content. Participants will complete surveys regarding satisfaction with the revised materials. We expect that our groups will (1) identify information relevant to HNC rehabilitation, and (2) guide the formatting and presentation of the revised education materials for a final version at the end of the project. Each revision will be used for the subsequent focus group.

Strengths and Limitations

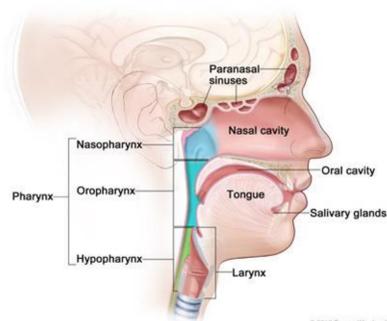
This study will provide evidence-based education materials that are evidence-based and patient-centered and focused on physical therapy needs of the HNC survivor. The data will reveal new directions for future research. Our small, convenience sample, and lack of generalization to the population are our main limitations.

Relevance

Effective patient education for HNC survivors is crucial to recovery after treatment. The materials have potential to improve quality of life and empower patients to control recovery from HNC.

BACKGROUND

- HNC represents about 4% of all cancer cases in the United States¹
- Affects these areas:
 - Lip - 93.5%
 - Gum - 65.8%
 - Hypopharynx - 38.3%^{2,3}
- High disability and survivorship needs
- HNC-specific physical therapy needs include:
 - Limited shoulder, cervical, & TMJ movement
 - Muscle weakness
 - Abnormal posture
 - Lymphedema
 - Anatomical changes



From: <http://www.cancer.gov/types/head-and-neck/head-neck-fact-sheet#q1>

AIMS

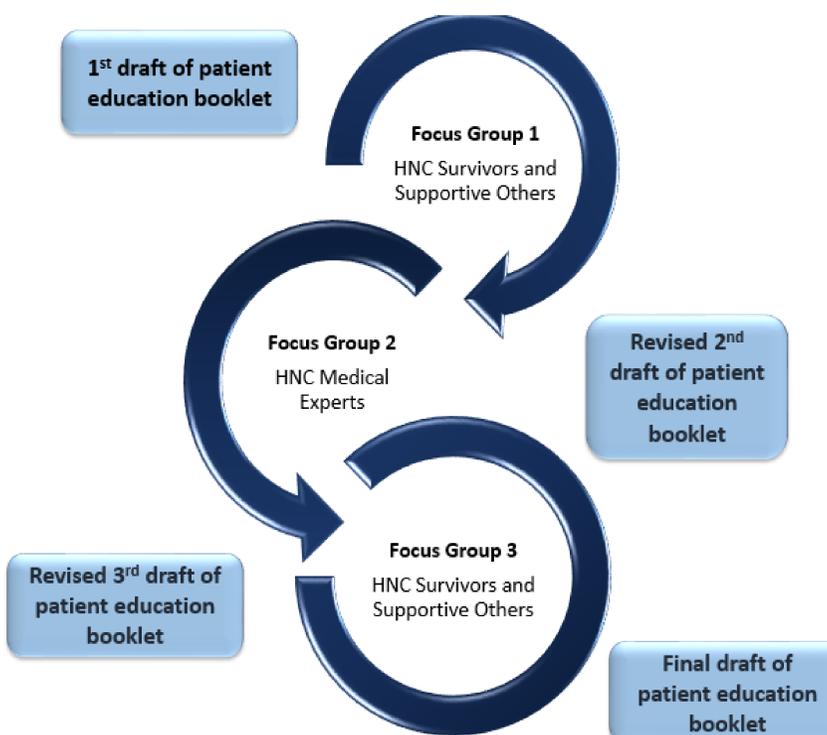
The purpose of our study is to develop evidence-based & patient informed early PT education materials targeted & tailored for the unique physical recovery needs of survivors of HNC & their families.

Aim 1: Revise an existing patient education intervention booklet and companion video to focus on HNC survivors

Aim 2: Explore acceptability, feasibility, delivery mode and timing of delivery of early PT and evidence-based education materials on physical and functional recovery after HNC treatment.

METHODS

- Literature review for educational materials
- Iterative, Delphi technique



EXPECTED RESULTS

- We are currently recruiting study participants.

If you or a family member has been treated for head & neck cancer we want to hear from you!

Attend a 1-hour focus group at Northeastern University (in person or over the phone) that will help improve education about recovery. Free parking & refreshments will be provided.



You are eligible for this study if you: Have been treated for head & neck cancer OR Have a family member with head & neck cancer OR Are a head & neck cancer health care specialist AND Speak & read English and over 18 years old.

We expect that our focus group participants will provide feedback for revision of the patient education materials concerning:

- Plain language, organization, style, layout & design
- Prioritizing of content topics
- Feasibility of delivery mode & timing of education materials
- Satisfaction with the final patient education materials

CONCLUSIONS

We expect our study to produce targeted, tailored physical therapy and patient-centered education materials on HNC recovery that will:

- Hasten physical & functional recovery
- Reduce fear and anxiety of physical and functional recovery through delivery of knowledge
- Improve physical/functional outcomes & quality of life in head and neck cancer survivors faster than current interventions.

These data will be used to inform a larger pilot test to determine acceptability, feasibility and potential effects of the “Moving On After Head & Neck Cancer” patient education materials.

SELECTED REFERENCES

- Ries LAG, Young JL, Keel GE, Eisner MP, Lin YD, Horner MJ, eds. SEER survival monograph: Cancer survival among adults: U.S. SEER program, 1988-2001, patient and tumor characteristics. Bethesda, MD: National Cancer Institute, SEER Program; 2007.
- National Cancer Institute. A Snapshot of Head and Neck Cancer. 2015. Available at: <http://www.cancer.gov/research/progress/snapshots/headandneck>. Accessed October 22, 2015.
- Siegel R, Ma J, Zou Z, Jemal A. Cancer statistics, 2014. *CA Cancer J Clin*. 2014;64(1):9-29.