



## 2009-2013 Connecticut Cancer Plan Survivorship Goal:

**To ensure a high quality of life and care for all Connecticut residents living with cancer and for their families**

# Survivorship Implementation Project: Pathways to Wellness: *Cancer and Beyond Diagnosis*

**Grantee:** Hartford Hospital

**Project Goal:** Offer survivorship education programs that will reduce gaps and barriers in service delivery for African Americans and Hispanics.

## *Pathways to Wellness*

**Project Description:** Hartford Hospital contracted with the Hispanic Health Council to hold an educational program on June 23, 2012 for the Hispanic/Latino community. The program was conducted in Spanish and addressed topics relevant to cancer survivorship including late effects of cancer treatment, nutrition, physical activity, sexuality and relationships. A healthy lunch was provided and door prizes were offered as an incentive to attend the program.

**Results:** Approximately 25 participants including cancer survivors and caregivers attended the program. Table 1 provides the results from the program posttest. Six survivors and three caregivers completed a posttest (24% completion rate). On average, participants indicated that they were very satisfied with the event and that the program was beneficial to increasing their knowledge of where to access cancer services.

Posttest Question	Mean Score	
	Survivors (n=6)	Caregivers (n=3)
1. This program was helpful to me.	4.00	4.00
2. I would recommend this event to others.	4.00	3.67
3. I would like to attend another event like this in the future.	4.00	3.33
4. I learned something today.	3.83	4.00
5. The classes and teachers were excellent.	4.00	3.67
6. This program taught me that I must care for myself too, not just the person with cancer.	3.83	3.33
7. I learned that regular exercise can help get rid of stress.	4.00	3.67
8. The classes taught me what foods are good for people who had cancer.	4.00	4.00
9. This event gave me new ideas about how to talk with my family about cancer experience.	3.83	4.00
10. As a result of attending this event, I know where I can go to access cancer services in my community.	3.83	4.00

*Participants rated their agreement/disagreement of each statement with either 1= Strongly Disagree, 2 = Disagree, 3 = Agree, 4 = Strongly Agree*

## *Cancer and Beyond Diagnosis*

**Project Description:** Hartford Hospital contracted with the Conference of Churches to hold an educational program on December 1, 2012 for the African American/Black community. The program included lunch and door prizes and addressed topics relevant to cancer survivorship including late effects of cancer treatment, nutrition, physical activity, sexuality and relationships.

**Results:** Approximately 100 participants attended the program. Table 2 provides the results from the program posttest. Seventy-seven program participants completed a posttest (77% completion rate). On average, participants indicated that they were very satisfied with the event and that the program was beneficial to increasing their knowledge of where to access cancer services.

Posttest Question	Mean Score (n=77)
1. This program was helpful to me.	3.76
2. I would recommend this event to others.	3.86
3. I would like to attend another event like this in the future.	3.72
4. I learned something today.	3.69
5. The classes and teachers were excellent.	3.64
6. This program taught me that I must care for myself too, not just the person with cancer.	3.53
7. I learned that regular exercise can help get rid of stress.	3.62
8. The classes taught me what foods are good for people who had cancer.	3.49
9. This event gave me new ideas about how to talk with my family about cancer experience.	3.50
10. As a result of attending this event, I know where I can go to access cancer services in my community.	3.63

*Participants rated their agreement/disagreement of each statement with either 1= Strongly Disagree, 2 = Disagree, 3 = Agree, 4 = Strongly Agree*



## 2009-2013 Connecticut Cancer Plan Survivorship Goal:

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# Survivorship Implementation Project: New Beginnings Cancer Education and Management of Late and Long-term Treatment

**Grantee:** Hartford Hospital

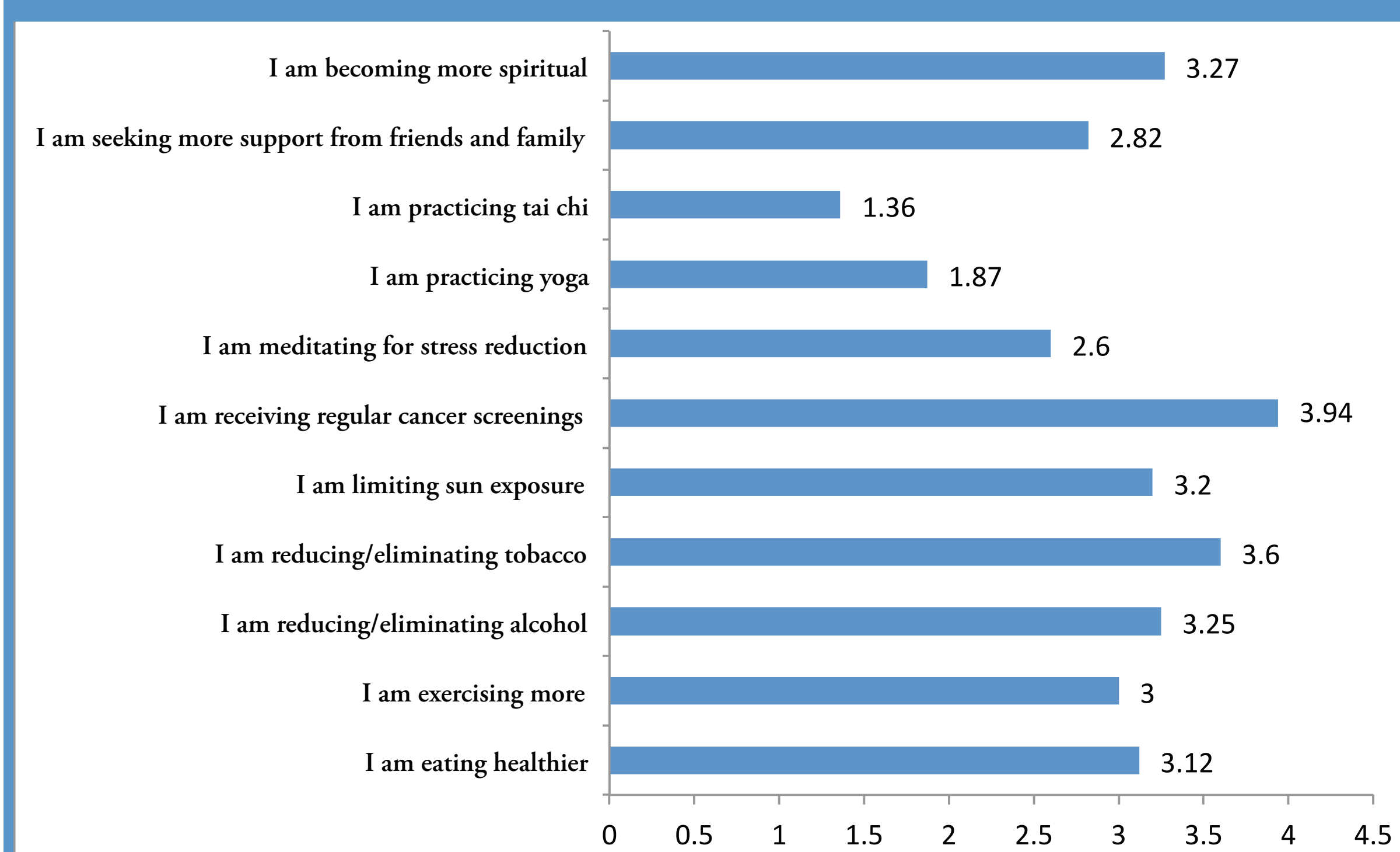
**Project Description:** *New Beginnings* is a 6-week program designed and overseen by a registered dietitian, oncologist, and nurse manager to help patients transition from cancer treatment to a healthy lifestyle. Topics covered during the program were chosen based in the Institute of Medicine 2005 report, *Lost in Transition*, and included late effects of cancer treatment, survivorship, nutrition, physical activity, and cognition. In addition to topics covered in class, participants were also provided resources to access health and wellness services after participating in the program.

**Results:** Approximately 200 cancer survivors (duplicate counts) participated a *New Beginnings* Program that was held at Hartford Hospital, Midstate Hospital and Windham Hospital.

- Hartford Hospital held three six-week New Beginnings Programs between August 2011 and September 2012.
- Windham Hospital provided three survivorship programs at their hospital between October 2011 and June 2012, which included an all-day cancer survivorship event, a panel discussion about coping with cancer, and an educational talk to survivors about strategies for coping with difficulties with cognition resulting from cancer treatments.
- Midstate Hospital organized an all day event in March 2012, which focused on survivorship, late effects of cancer treatment, coping with cancer, nutrition, and physical activity. Breakout sessions included yoga, music therapy, reiki, sexuality, brain fitness and journaling.

*New Beginnings* program participants were contacted in a follow-up survey to learn the extent to which they are practicing any of the new techniques that they learned to manage their symptoms. Forty participants from 32 households agreed to be contacted for the follow-up survey. The results in Figure 1 are based on 17 completed responses (43% response rate).

**Figure 1: Participant Reports of Engaging in Healthy Activities as a Result of Attending the New Beginnings Series at Follow-Up (n=17)**



For Figure 1, participants rated the frequency of each activity as either Always=4, Most of the Time=3, Rarely=2, Never=1.

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