

# Research Findings: Multidisciplinary care for women with Metastatic Breast Cancer

## Why?

We carried out a study to develop a team-based approach and to create a personal plan to support women with metastatic breast cancer (MBC) and measured its impact.

## Who took part?

**62** women over 18 years old, diagnosed with MBC, had received care at Peter MacCallum Cancer Centre, and spoke English took part.

The majority were aged 60 years, 86% lived in Metro Melbourne, and had been diagnosed with MBC for 2 years.

## What was involved?



Face to face meeting with a Breast Care Nurse and Social Worker to create a personal plan



Personal plan discussed at the multidisciplinary team meeting



Women received their personal plan

## What we found out?

This team and personal plan approach was introduced as a new way to support women with MBC.

Women described the following similar areas of concern:

- Fear about cancer spreading,
- Concerns about those close to them (e.g. family, friends), and
- Worries about the future

Women valued:

- Breast Care Nurses and being able to contact with them at the time they needed them, and
- Being made aware of and having access to a range of supportive care resources when they needed them.

## What does this mean for you?

If you have MBC and have not yet met with a breast care nurse, contact (03) 8559-5000

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