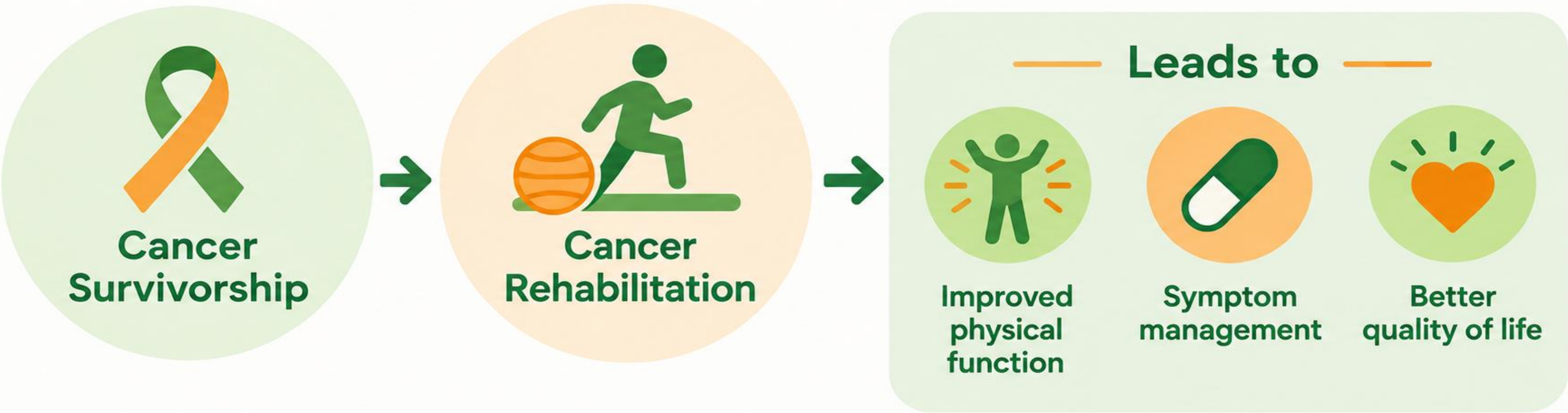


Developing workshops to enhance self-efficacy among patients in cancer survivorship: A collaborative partnership between physiatry and a community cancer support network

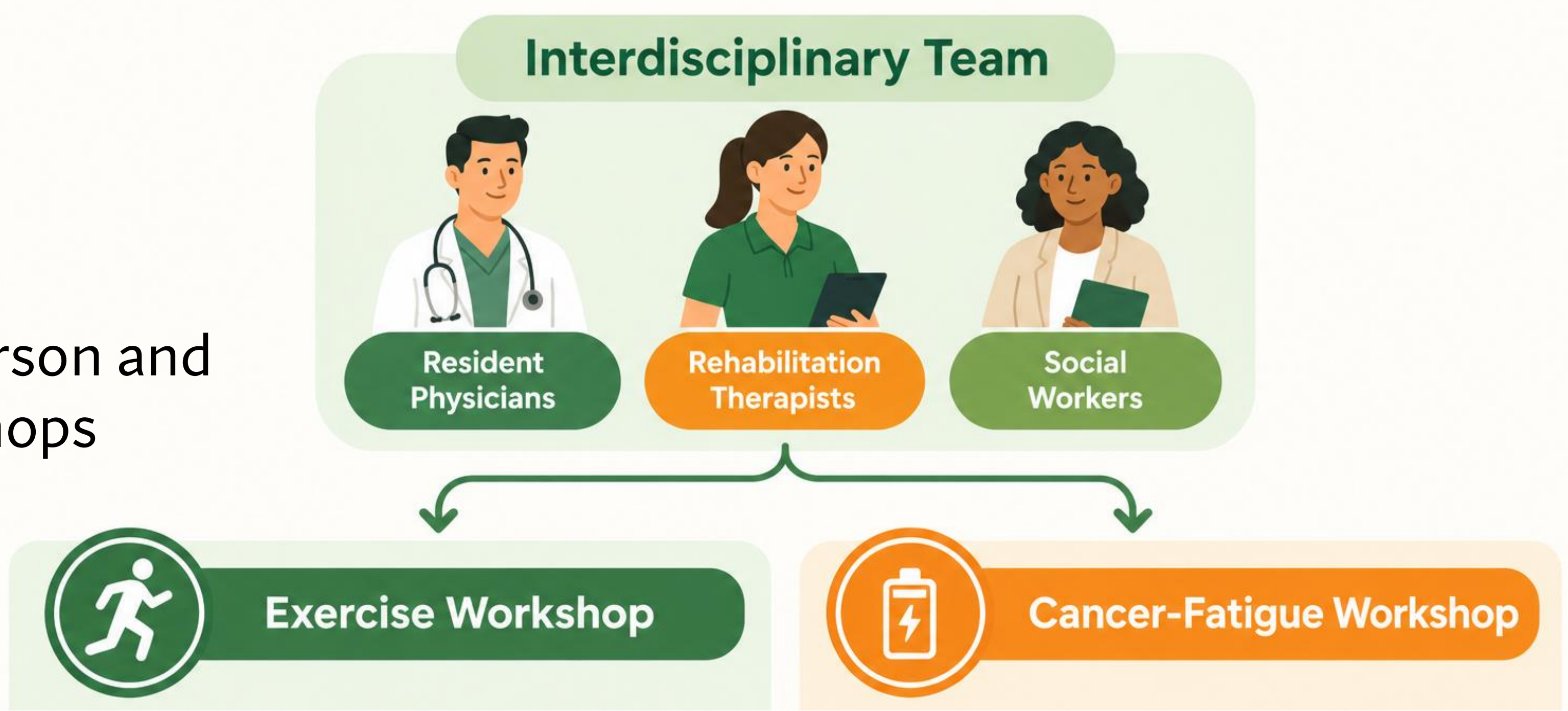
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Introduction



- Shah et al. (2021) demonstrated the feasibility and efficacy of a hope-enhancing educational workshop for breast cancer patients
 - suggested that community-based educational programming may be a valuable approach to supporting survivorship
- This study evaluates the feasibility and preliminary effects of community-based educational workshops addressing cancer rehabilitation and survivorship needs

Methods



*hybrid: in-person and virtual workshops

- Participants were recruited to complete optional surveys immediately before and after workshops
- Primary outcome: feasibility
 - Assessed by participant attendance and survey completion
- Secondary outcome: self-efficacy related to cancer survivorship behaviors
 - Assessed using an abbreviated Cancer Behavior Inventory
- Pre- and post-workshop responses were compared to evaluate preliminary changes following participation

Discussion

- Recruited 35 participants over six months with more than half completing pre- and post-workshop surveys
 - ❖ Shows potential for this model to engage survivors in accessible rehabilitation education
 - Participants demonstrated statistically significant improvements in
 - Ability to express negative feelings related to cancer
 - Content knowledge
 - Perceived ability to perform daily activities
 - ❖ Shows that educational intervention may address important barriers to rehab utilization by increasing knowledge and confidence while connecting survivors with available community resources
- *Small sample size, optional survey completion, and lack of control group limited the ability to determine the effectiveness of intervention
- Future studies should evaluate larger and more diverse survivor populations and examine whether increased education translates into sustained engagement with cancer rehabilitation services

Conclusion

- Community-based cancer rehabilitation workshops are a feasible approach to delivering survivorship education and connecting cancer survivors with accessible rehabilitation resources
- This workshop model has the potential to be replicated across health systems through strong community partnerships and interdisciplinary collaboration