

A photograph of a modern, multi-story building with a curved glass facade, illuminated from within at night. The building is the Northwestern University Feinberg School of Medicine. A person in a white lab coat is walking in the foreground on the right side. The address "303 E. Superior" is visible above the entrance.

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Psychosocial Disparities Among Latina Breast Cancer Survivors

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Relevant Disclosure(s)

Consultant for Blue Note
Therapeutics



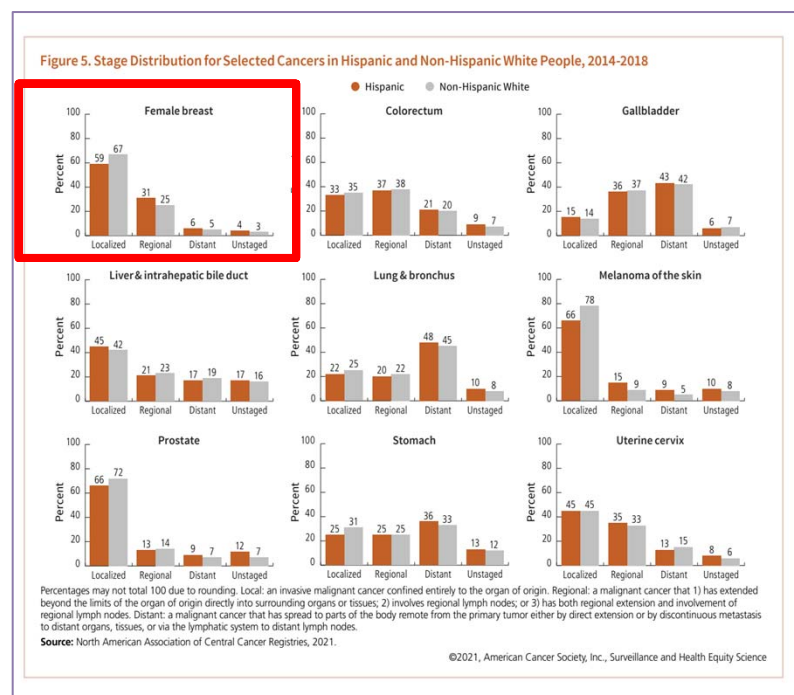


Presentation Outline

- Disparities in cancer control and survivorship
- How are we intervening: Improving outcomes among diverse patients
 - Using health information technologies to improve
 - Psychosocial outcomes
 - Symptom management
- Translational behavioral medicine for cancer control & survivorship

Disparities in Breast Cancer

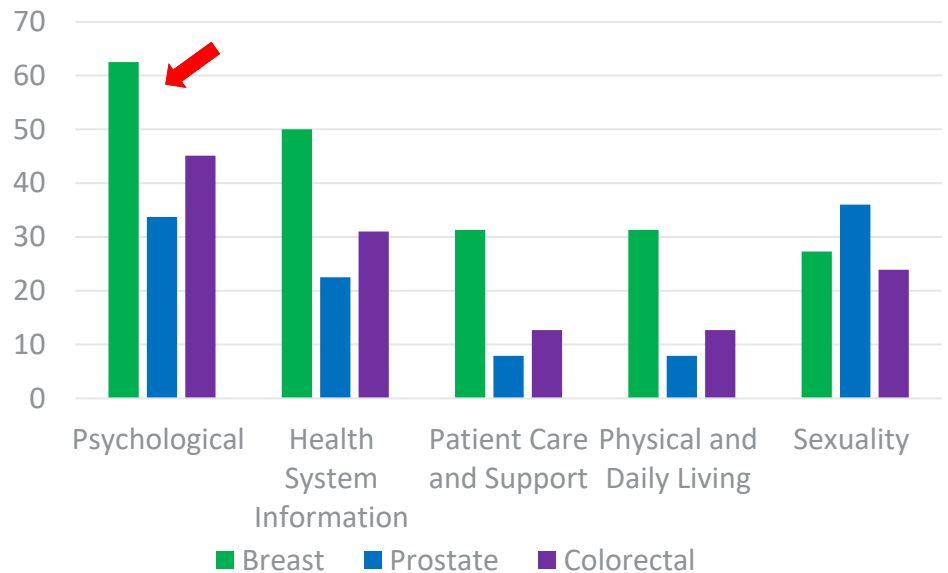
- Despite improvements in cancer screening and treatments, not all patients are benefitting equally
- Hispanic/Latinx patients with breast cancer
 - Less likely to be diagnosed with localized breast cancer
 - Diagnosed 10 years younger than non-Hispanic Whites
 - Have greater rates of adiposity when compared to non-Hispanic Whites



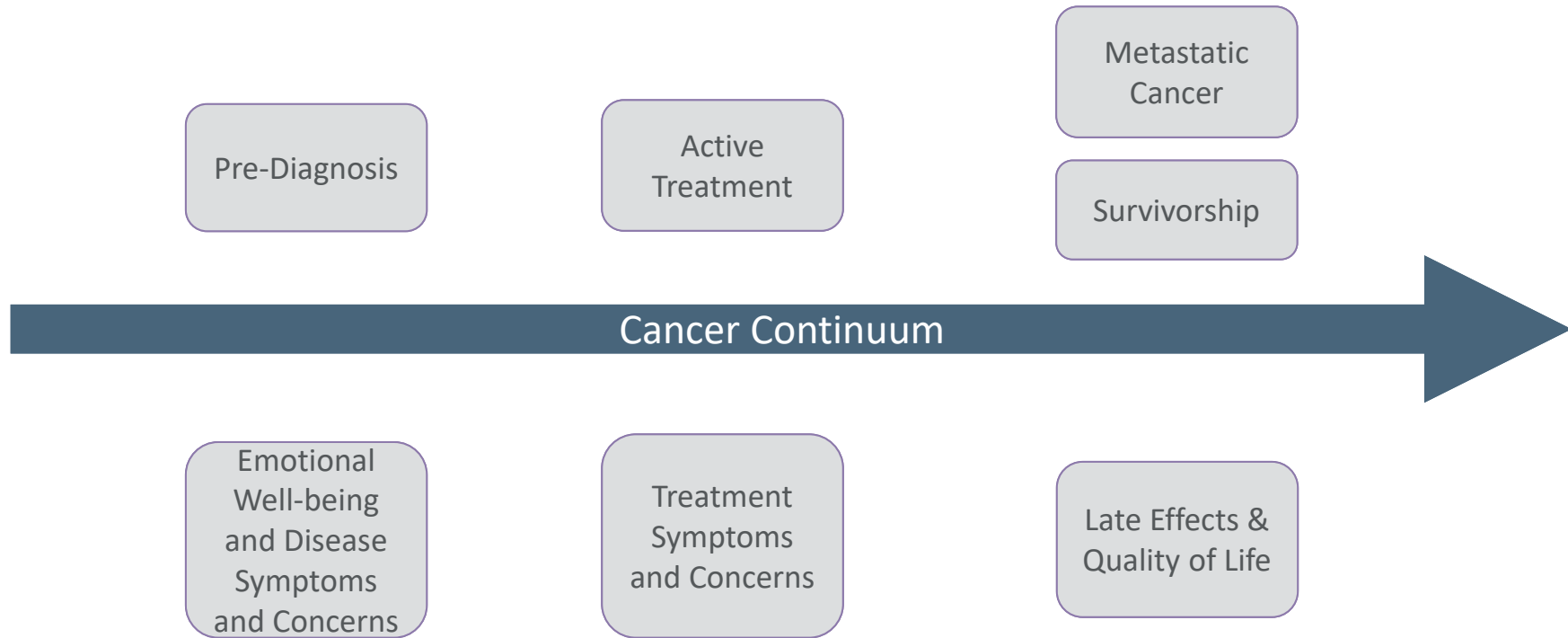
Unmet Needs Among Hispanic/Latinx Survivors

- Hispanic/Latinx cancer survivors continue to report high levels of unmet needs
- Unmet needs were associated with
 - lower patient-provider communication self-efficacy
 - Lower satisfaction with cancer care
 - Higher cancer-specific symptom burden and poorer health-related quality of life

Percentage of Hispanic/Latinx Cancer Survivors Reporting an Unmet Need



Psychosocial Issues in Breast Cancer



Considerations for Hispanic/Latinx Patients

- **Patient-Reported Outcomes**

- Low satisfaction with care
- High levels of unmet cancer-related needs
- Poorer health-related quality of life

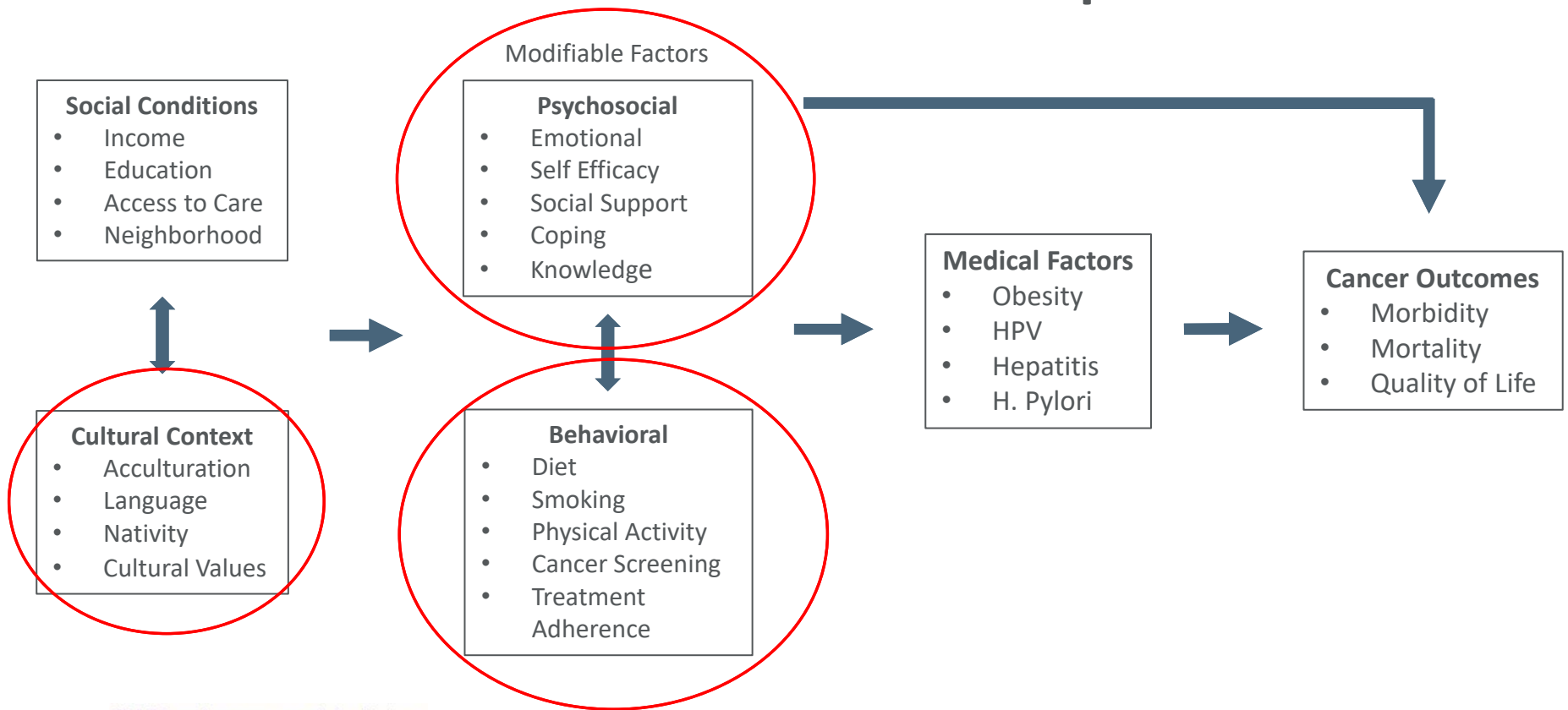
- **Sociocultural Factors**

- Language
- Immigration concerns
- Illness beliefs and stigma about disease
- Family concerns
- Racism

- **Financial & Structural Factors**

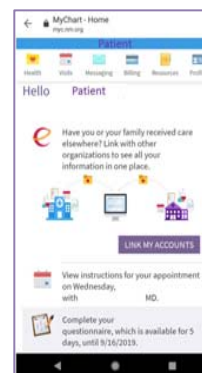
- Insurance
- Access to care
 - Time off work
 - Lodging
 - Transportation

Determinants of Cancer Health Disparities Model



Lurie Cancer Center Symptom Screening: C-PRO

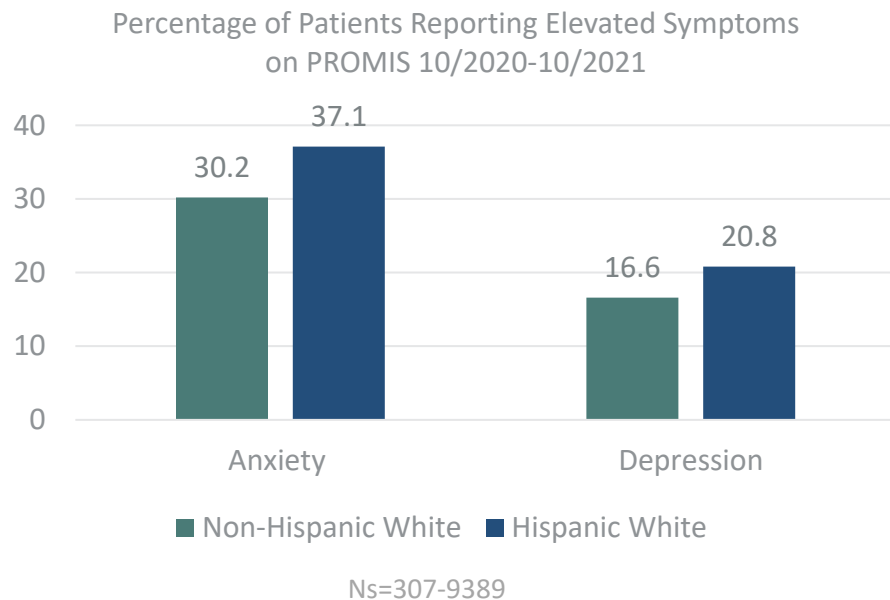
- CoC and other leading organizations recommend routine screening
- Routine screening identifies symptoms that can go under-reported
- Screening completed via MyChart using the **Patient-Reported Outcomes Measurement Information System (PROMIS)**



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Garcia et al., 2019 in *Cancer*
Pearman et al., 2015 *J. of Community Support Oncology*

Prevalence of Hispanic/Latinx Elevated Symptoms

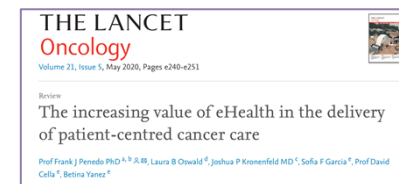
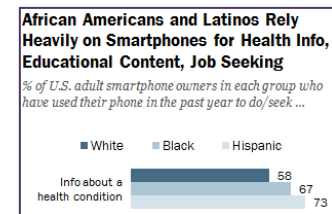


- In in well-resourced cancer centers - 1 fulltime psychologist to every 2,523 newly registered patients every year in NCCN centers
- Shortage of mental health professionals, especially in Spanish



How Are We Intervening? Addressing Symptoms and Emotional Well-Being

- Most cancer survivors have favorable attitudes about health-information technologies
- Using health-information technologies can enhance reach of patient-centered care
- Three projects to improve outcomes among diverse patients
 - My Guide for Breast Cancer Survivors
 - Northwestern Medicine IMPACT
 - Northwestern Medicine and UM Health Well-Being Guide



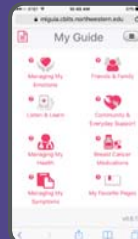
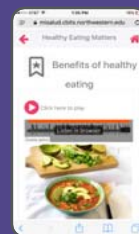
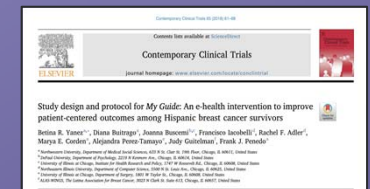
My Guide & My Health for Symptom Management

Select My Guide Features

- Available across **multiple platforms**
- Tailored **reinforcement** messages
- Stress **management & relaxation** exercises
- Survivor **stories** and local community **resources**
- Educational **videos** on treatment side effects & coping with cancer
- Remote **symptom monitoring**
- Stepped-care** telecoaching protocol

Cultural Considerations

- Available in English and **Spanish**
- All content is **audio accessible**
- Recipes** for Hispanic/Latin cuisine
- Salsa** for physical activity
- Recognition of strong **family ties** and **immigration** concerns
- Resources** specifically for Hispanic/Latina women



Application Usage & Findings

App Usage (minutes)	My Guide			My Health		
	Mean	SD	Range	Mean	SD	Range
Total usage weeks 1-6	519.49	396.506	0-1612	436.82	375.426	0-1551
Average usage weeks 1-6	86.58	66.084	0-269	72.80	62.571	0-259

- Breast cancer-related symptom burden decreased from baseline to post-intervention ($p < .05$).
- Breast cancer HRQoL improved from baseline to post-intervention ($p < .05$).

My Health	Clicks, <i>n</i>	% of total clicks
Healthy Eating	1,658	20.93%
Eat Well	1,721	21.72%
Exercise	1,465	18.49%
Preventing Diabetes & Heart Disease	501	6.32%
Lifestyle Behaviors	1,043	13.16%
Doctor's Recommendations	1,054	13.30%
Media	409	5.16%
Total	7,851	

My Guide	Clicks, <i>n</i>	% of total clicks
Managing My Emotions	1,643	25.88%
Managing My Symptoms	963	15.17%
Managing My Health	802	12.63%
Breast Cancer Medications	318	5.01%
Family and Friends	608	9.58%
Community and Everyday Support	685	10.79%
Listen and Learn (Media)	1,330	20.95%
Total	6,349	

My Guide for Endocrine Therapy Adherence

Determinants of early discontinuation of **endocrine/hormone therapy**

- Endocrine symptoms (HR=1.70, 95% CI 1.06-2.74)
- Physical well-being (HR=2.12, 95% CI 1.30-3.45)
- Social well-being (HR=1.94, 95% CI 1.20-3.13)
- Depression (HR=1.82, 95% CI 1.19-2.77)

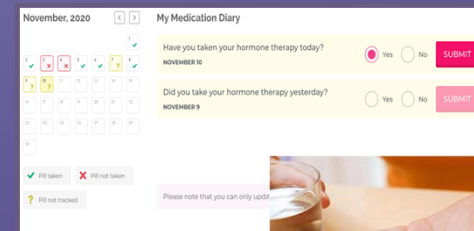
Improving modifiable risk factors such as HRQoL may reduce medication early discontinuation

Black, Hispanic, and non-Hispanic Whites report endocrine/hormone therapy side effects are common reasons for early discontinuation

Pilot Trial in English and Spanish in Chicago & New York

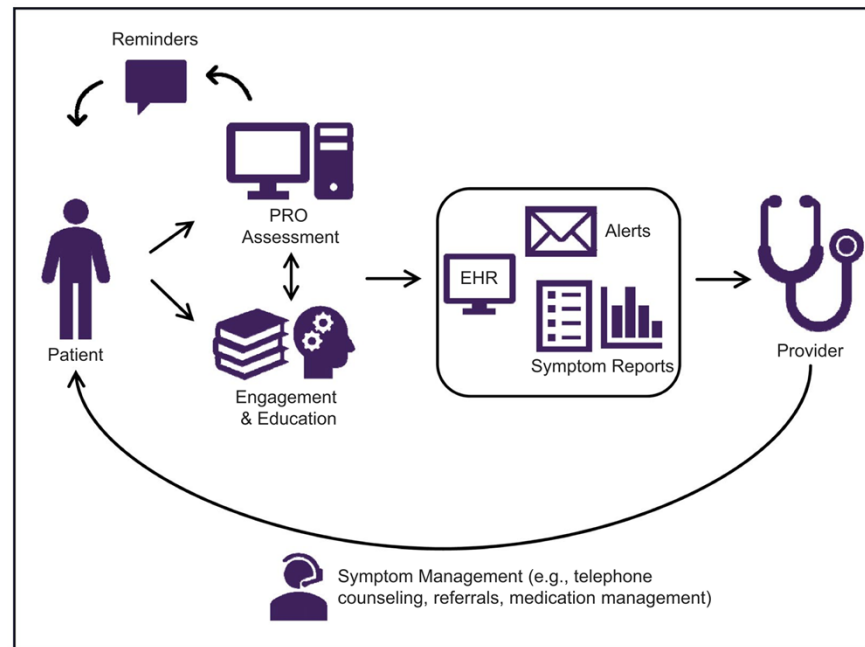
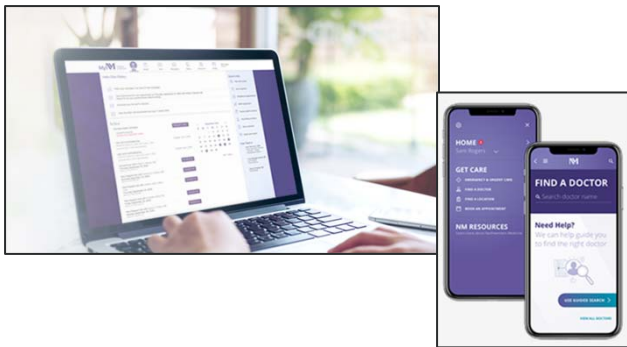
Intervention Content in 2 Languages

- Managing side effects
- Improving physical well-being
- Enhancing social support
- Overcoming barriers to adherence
- Behavioral reinforcement
- Coping during survivorship



Health System Integrated Patient-Centered Care

Electronic Health Record Integrated
PROs Completed on Computer or
Smartphone



MY NM Care Corner

- Web-based intervention to improve self-management
- Patients receive a personalized dashboard with feedback on elevated symptoms and patient education

Electronic Health Record
Integrated PROs Completed on
Computer or Smartphone



IMPACT Improving the Management of symptoms during And following Cancer Treatment

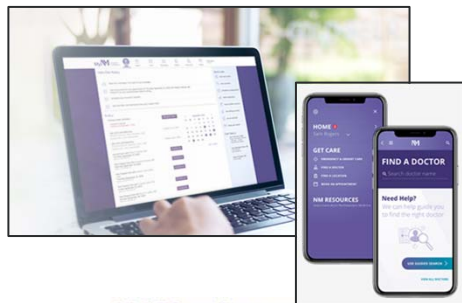


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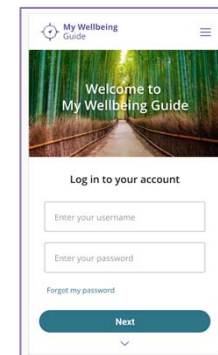
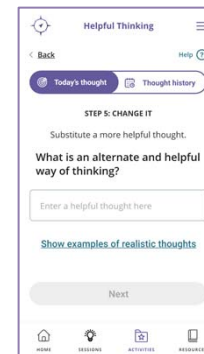
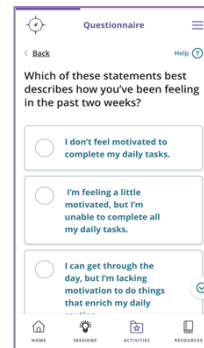
Integrated Bilingual Web-Based Depression & Anxiety Care

- Improve depressive symptoms and anxiety among patients and survivors of cancer
- Patients with mild to moderate elevated symptoms randomized to receive *My Wellbeing Guide* or usual care
- Patients with severe symptoms will also be triaged to supportive care
- Oncology clinicians can directly refer patients into the study through EPIC

Electronic Health Record Integrated PROs Completed on Computer or Smartphone



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The Work Continues

Ensuring equity in access

- Increasing diversity in the oncology workforce and research
- Tailoring interventions to target communities & populations
- Ensuring patient portals are available in multiple languages
- Minimizing barriers to patient education and clinical trial enrollment



Education »

Our **programs** are directed at building the next generation pipeline of students and faculty entering health-related **careers**.

The Oncologist Racism and Cancer Care

Overcoming Disparities in Cancer: A Need for Meaningful Reform for Hispanic and Latino Cancer Survivors

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Taylor, Yanez , Simon et al., in *Progress in Community Health Partnerships*, 2020
Kronenfeld...Yanez in *The Oncologist*, 2021
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Thank You

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