

Factors contributing to unmet needs among breast cancer survivors in Kuching, Sarawak: a mixed methods study

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ABSTRACT

Introduction: This study characterized the unmet supportive care needs and its predictors among breast cancer survivors in Kuching, Sarawak. **Methodology:** A mixed methods study by means of exploratory sequential design was conducted among survivors in the Breast Cancer Clinic of Sarawak General Hospital, Kuching, Sarawak. **Results:** A total of 9 respondents were interviewed during qualitative exploration phase including survivors, healthcare providers, and informal caregivers which revealed the need for additional category of 'Practical, Social, and Spiritual Support', and was incorporated into the existing 34-item Supportive Care Needs Survey (SCNS-SF34) with overall Cronbach's alpha of 0.865. A total of 259 survivors participated in the quantitative phase of the study. Their mean age was 56.2(SD=10.29) years, mainly Chinese (49.8%), practices religion (96.1%), married (84.9%), stays with others (96.9%), had secondary or tertiary education (57.9%), and were unemployed (71.4%). Survivor's mean age at diagnosis were 51.2(SD=10.33) years, while mean duration of survivorship was 5.1(SD=4.77) years, with majority surviving up to 5 years (65.6%), presented with early stage cancer (70.7%), and were undergoing active treatment (58.7%). Highest prevalence of unmet needs was in the Physical and Daily Living domain with mean score of 2.54(SD=0.571; 95%CI: 2.47, 2.61); while most prevalent item was Fears about the cancer spreading (42.9%). Regression analysis revealed shorter duration of survivorship and younger age were significant predictors of greater overall unmet needs. Other significant predictors of higher unmet needs include late stage cancer, undergoing active treatment, being employed, being Malays and Sarawak indigenous groups, higher education attainment, and age at diagnosis of less than 50. Being married predicted higher needs in the Sexuality domain but lower needs in the Physical and Daily Living domain. **Conclusion:** Systematic delivery of supportive care is crucial to improving quality of life and well-being of survivors.

KEY WORDS:

Breast cancer, survivors, supportive care, unmet needs, mixed methods, Malaysia

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Healthy propagation: response based health coaching SAFAAT (Students, First-Aid, Al-Waqayituwata'ziiza) in Tahfidhul Qur'an Islamic Boarding School Foundation (YPPTQ) Sunan Giri, Surabaya

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ABSTRACT

Islamic Boarding schools in Indonesia totalled 27,218 institution that has the problem is so classic, which is about the health of the students and the problems of diseases. Boarding post healthy or POSKESTREN is one of the community resources health effort (UKBM) in an environment of boarding schools with the principle of, by and of citizens boarding schools, which give priority to preventive and rehabilitative promotive, assisted by local clinics. The fact that POSKESTREN has not been going well in Indonesia because it still found a variety of problems. It is also experienced by the boarding schools Tahfidhul Qur'an (YPPTQ) of Sunan Giri, Surabaya. The constraints currently facing the party is less healthy behaviour, absence of independent healthcare facilities and sanitation related diseases transmission as well as is often the case, namely the transmission of disease scabies and tomcat problem. These problems we initiated the Healthy Propagation program. The methods used in the implementation of the activities of the Healthy Propagation i.e., form pre-and post-test, control booklet, presentation, syllabus students healthy, Healthy Propagation module, goal setting, calligraphy contest and awarding for active students. The result of Healthy Propagation program is formed 10 cadres in each room are expected to continue this program. In addition our program will have several programs foreign i.e., realizing students of Tahfidhul Qur'an Islamic Boarding School Foundation (YPPTQ) Sunan Giri, Surabaya became a student of health responds going prone diseases occurring in boarding schools. An evaluation of this program is to increase the knowledge of 89.7% and the attitude of life clean and healthy behaviour of 85.9%, so the transmission of disease scabies and tomcat problem are getting resolved. Healthy Propagation expected creation of students foreign towards independence health and improvement of livelihood in Tahfidhul Qur'an Islamic Boarding School Foundation (YPPTQ) Sunan Giri, Surabaya according to the potential and characteristic.