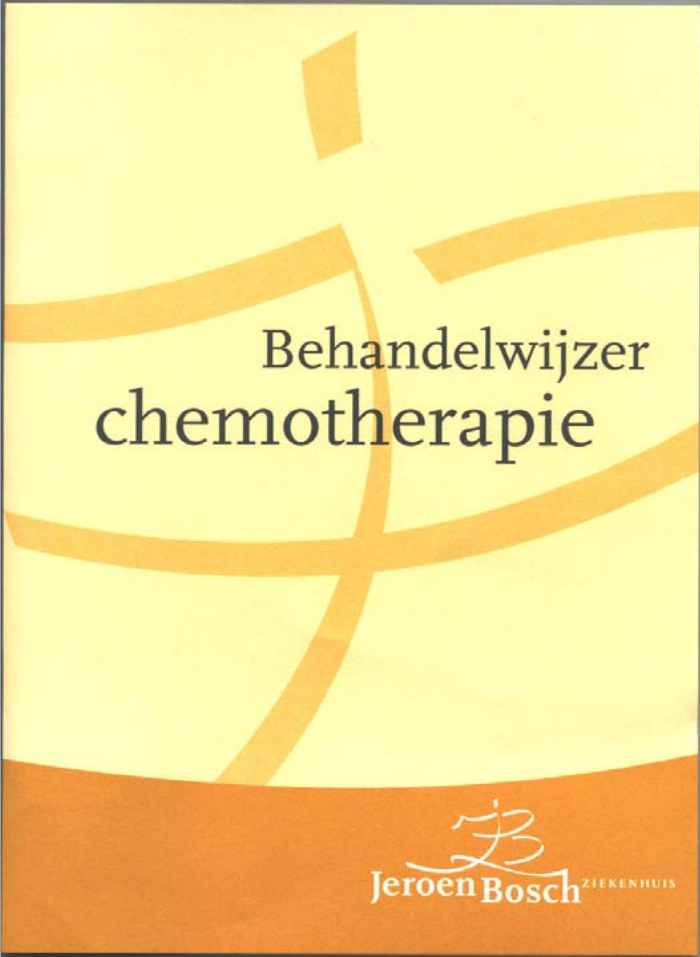


A visual tool to educate patients

Improving understanding and early detection of side effects of chemotherapy

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Behandelwijzer
chemotherapie


Jeroen Bosch ZIEKENHUIS

Treatment guide for chemotherapy



Presentation structure

- What is it; the flip-over?
- Why did we develop it?
- Whom is it meant for?
- How did we validate it?
- What are the results?
- How to proceed?



What is it; the flip-over tool?

A visual tool that helps providing information to patients and their partners on their chemotherapy treatment.

This flip-over is limited to hematologic toxicities:

- Leukopenia
- Anemia
- Thrombopenia



Why did we develop the tool ?

- As part of a TITAN course
- Some patients have problems understanding and remembering the conventional information
- Overkill of written info in our sector
- Present information does not use visuals



Who is the target audience

- Older patients
- Patients with preference for visual communication
- Patients with reading disabilities
- Nurses who like a visual guide to inform their patients



How do we capture information?

1. Hear
2. Understand
3. Rate/judge
4. Accept
5. Remember

These steps define the criteria for information:

It should actively motivate listening,
it should help to understand and should help to evaluate the info.



'Cancer and Therapy'

Practical tool in support of treatment guide for chemotherapy



elgen Film & Videoprodukt



What are the treatment options?

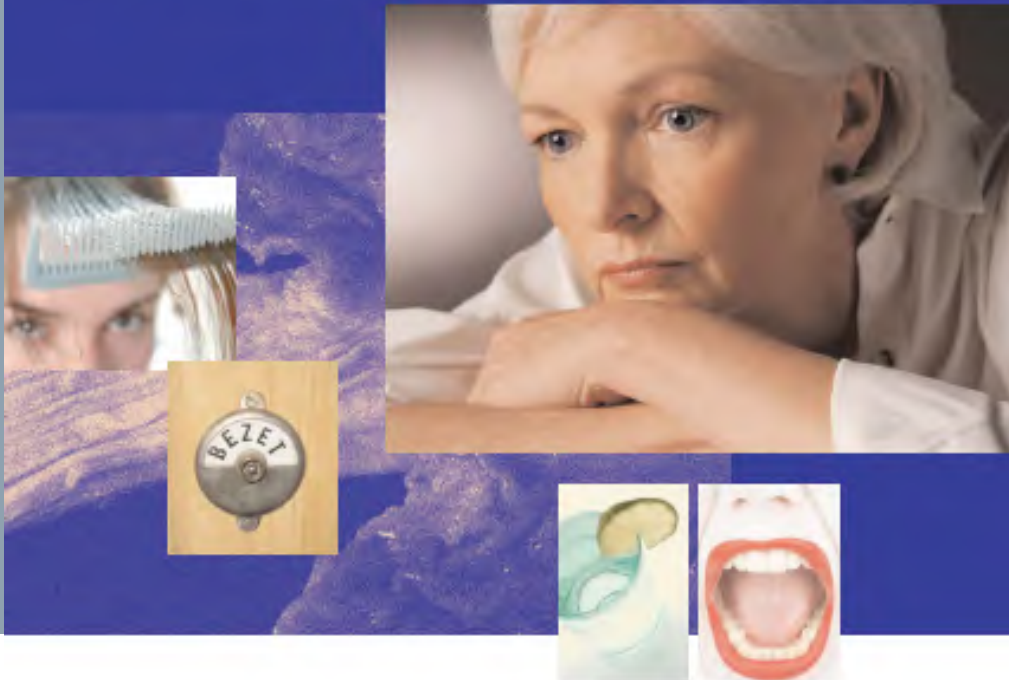
- Surgery
- Radiotherapy
- Chemotherapy
- Immunotherapy
- Hormonaltherapy



TITAN

What are the side effects of chemotherapy?

- Poor appetite
- Mucositis or pain in the mouth
- Influence on bone marrow
- Fatigue
- Hair loss
- Constipation, diarrhea



TITAN

What is the function of the bone marrow?

Bone marrow produces blood cells.

- White blood cell = leucocyte
- Red blood cell = erythrocyte
- Platelet = trombocyte

Chemotherapy temporarily disturbs the generation of blood cells.



TITAN

What is leucopenia?

Leucopenia is a shortage of white blood cells.
The resistance decreases, infections become likely.

Symptoms:

- Fever, temperature over 38,5°C
- Shivers, feeling cold
- Pain in the mouth, problems when swallowing
- Pain when urinating
- Coughing

Action:

- Contact hospital immediately



TITAN

What is anemia?

Anemia is a shortage of red blood cells.

Symptoms:

- Fatigue
- Pale skin
- Short of breath
- Dizziness
- Headache

Action:

- Mention the complaints to the doctor at the next visit.



TITAN

What is thrombopenia?

Thrombopenia is a shortage of platelets in the blood.

Symptoms:

- Sudden bruises
- Continuous bleeding of wounds or the nose
- Pinpoint skin bleeding

Action:

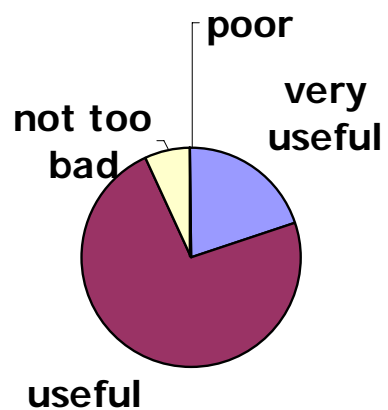
- Contact hospital immediately



TITAN

User survey results: patients

1. Patients opinion on tool



2. Patients opinion on illustration



User survey results: patients

3. How do you rate the appearance of the tool (scale 0 to 10) ?

Average: 7,6

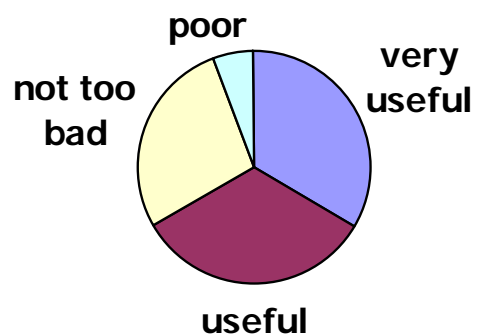
4. How can we improve the tool?

- larger illustrations
- people look too nice/healthy
- thermometer too small and old fashioned
- add clarification text to the illustrations
- use landscape instead of portrait format



User survey results: nurses

1. Nurses opinion on tool



2. Nurses opinion on illustrations



User survey results: nurses

3. Does the tool add value to the Treatment Guide ?

- a) yes (13) :
- patient can actually look at what is explained
 - there is a good match
 - illustrations help to „get the picture“
- b) no (4) :
- it is of no use: same info
 - some illustrations are unclear



User survey results: nurses

4. How do you rate the appearance of the tool (scale 0 to 10)?

Average: 7,5

5. How can we improve the tool?

- use friendlier colours
- should be larger
- front-page looks sad, change the picture of the thermometer
- too much text



Summary

- Good initiative
- Added value to the Treatment guide for chemotherapy
- Useful for nurses as guideline
- Needs more development to become perfect
- Include more symptoms, more pictures and change lay out



How to proceed?

- Evaluate lay-out
- Develop extra modules: fatigue, pain, nausea, hormone treatment
- Enable local additions
- Joint development with VvOV
- Synchronise on European level: EONS
- Translate the flip over



Dutch TITAN club



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Jeroen Bosch Hospital
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