

SCIENTIFIC PROGRAMME

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Abstract:

SYMPTOM NAVI© PROGRAM: TRAINING NURSES TO FACILITATE CANCER PATIENTS' SELF-MANAGEMENT OF SYMPTOMS WITHIN A STRUCTURED PROGRAM

Introduction:

We are currently pilot testing the Symptom Navi© Program (SN©P) in a cluster-randomized design complete with qualitative methods. The program includes symptom-specific information leaflets (Symptom Navi© Flyers [SN©Flyers]), provided in semi-structured, nurse led consultations to facilitate cancer patients' self-management of symptoms. We designed a training for nurses using the Capability Opportunity Motivation - Behaviour model and a training manual validated with health care experts.

Objectives

To present a preliminary evaluation of nurses' perspective of the training for implementing the SN©P in cancer outpatient services.

Methods

We used a questionnaire based on the training manual to evaluate nurses' preparedness for applying the SN©P. The questionnaire included five self-report scales (ranging from 1 = "not at all" to 7 = "greatest possible"), and two open-ended narrative questions. Potential impact on SN©P's acceptability within practice routines was measured by 9-item work-related sense of coherence (Work-SoC), a 7-point validated Likert-scale. Nurses completed the questionnaires after each training course.

Results

To date, ten nurses from two oncology outpatient centres rated their training courses as supportive and appropriate (*Median* = 6 for both courses, IQR 0.5 and 2 respectively). Narrative questions showed that they appreciated the detailed SN©Flyers' introductions, and reflections on how to apply semi-structured consultations into practice. Work-SoC *Median* score was 6 (IQR 2), with highest ranking on sub-dimension *meaningfulness* (*Median* = 6, IQR 1-7).

Conclusions

The SN©P training seems to be meaningful for and well accepted by nurses. We will evaluate nurses' perspective of the training at two additional centres.

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