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BACKGROUND

Since 2011, the **Symptom Navi© Program** has been developed in German and French language to facilitate self-management of symptoms during cancer therapies. 16 **Symptom Navi© Flyers** (SN©Flyers, symptom specific written information, figure 1) are available in both languages. Development of SN©Flyers' content is based on patients' needs¹ and on European and international guidelines. The use of SN©Flyers is embedded in semi-structured nurse-led consultations based on principles of patient education, in particular motivational interviewing techniques.

AIMS

This poster summarises the following evaluation steps in the development of the SN©Flyers:

- Usability test of SN©Flyers with patients and health professionals
- Content validity test of the SN©Flyers with patients and health professionals
- Explore patients' experience with self-management of symptoms based on Symptom Navi© Program

METHODS

Design:	Observational study with a multiple method approach
Sample / Setting:	<ul style="list-style-type: none"> In- and outpatient cancer setting from German and French speaking parts of Switzerland For aim A) and B): convenient sample: cancer patients, oncology nurses, oncologists, psycho-oncologists, graphic designers For aim C): purposeful sample: patients experienced with Symptom Navi© Program over six preceding weeks
Data collection:	<ul style="list-style-type: none"> Focus group interviews Online survey Semi structured interviews
Variables / Measures:	<p><u>Aim A)</u> readability, font size, relevance and density of recommendations, applicability of SN©Flyers</p> <p><u>Aim B)</u> content validity index for every item of SN©Flyers (I-CVI)</p>
Analysis:	<p><u>Aim A)</u> expert consensus on:</p> <ul style="list-style-type: none"> choice of best usable version out of three different SN©Flyer layouts Final integration or exclusion of rated items, based on I-CVI and expert opinion (table 1) <p><u>Aim B)</u> I-CVI for each item in French and German, overall mean and range</p> <p><u>Aim C)</u> Thematic analysis based on Braun and Clarke (2006) using MAXQDA software of audio-recorded and verbatim transcribed narratives</p>

Text SN©Flyer Version Vorstufe: Entzündete Mundschleimhaut/ orale Mukositis	I-CVI	Gestrichen: Mangelnde Evidenz	Belassen: Evidenz Expertenwissen / Studien	Sprachliche Anpassung	Gestrichen: Zu komplexe Anweisung	Text SN©Flyer 2016
Reinigen Sie Ihre Zähne wie gewohnt.	De 1.0 Fr 1.0			X		Sie können Ihre eventuell trockene Mundschleimhaut durch häufiges Trinken schmeidig halten. Wenig und kleine Schlucke aufs Mal genügen oft. Reinigen Sie Ihre Zähne wie gewohnt. Empfohlen wird:
Putzen Sie zweimal täglich während 90 Sekunden Ihre Zähne.	De 0.63 Fr 0.71		X			Putzen Sie zweimal täglich während 90 Sekunden Ihre Zähne.

Table 1: Adaptions of written recommendations based on I-CVI: two examples of SN©Flyer "Oral Mucositis"

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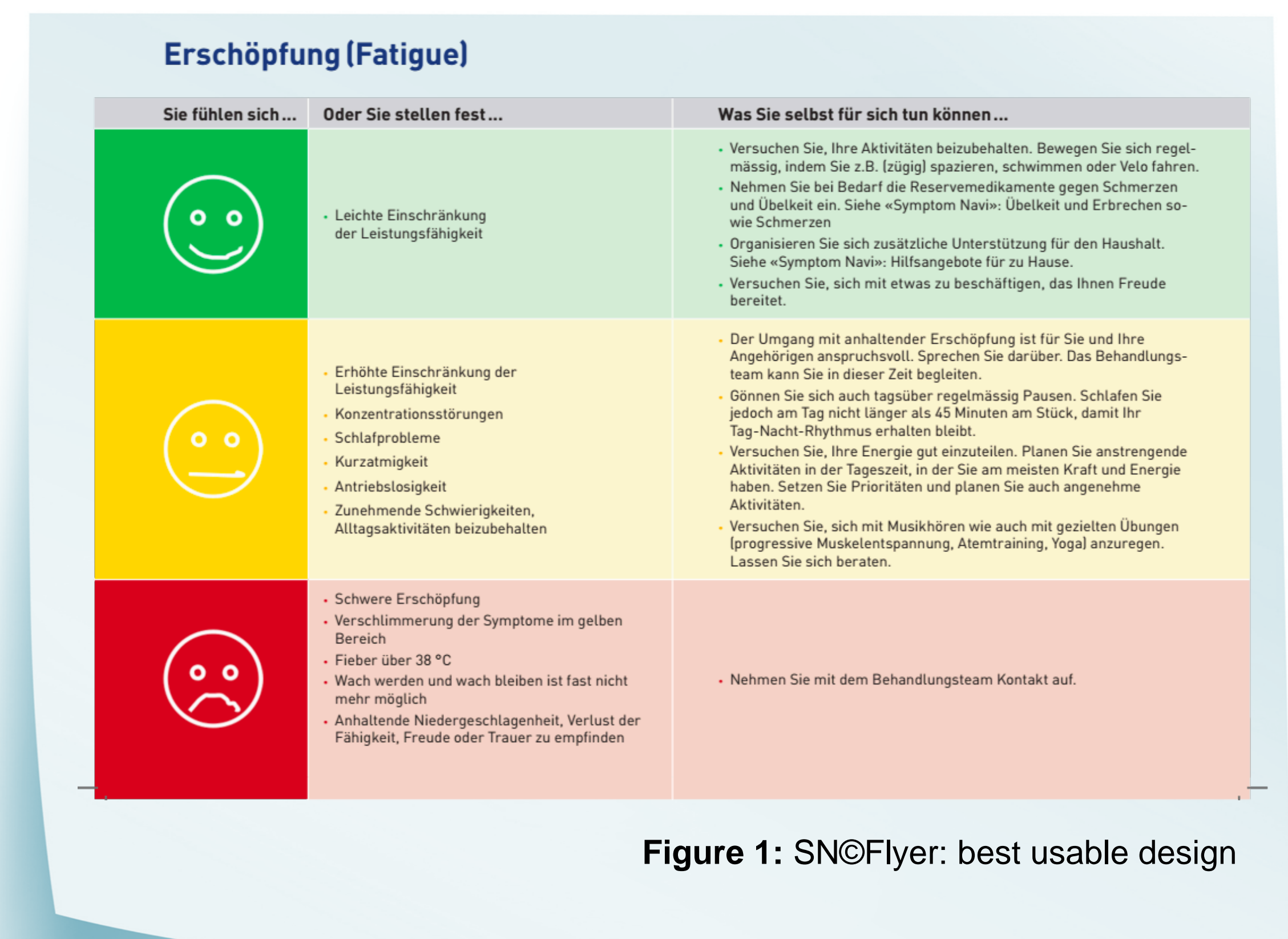


Figure 1: SN©Flyer: best usable design

RESULTS

A) Usability and preference of design

14 patients and 1 family member (2 focus-group interviews in German and 1 in French) and 16 health professionals (online survey) rated the Smiley version and a colour-based layout as best usable design (figure 1). Overall usability rated by patients showed that SN©Flyers are easy understandable, informative, facilitate their estimation on symptoms' severity. Health professionals stressed the SN©Flyers ease of use because information are basics. They criticized that recommendations for mild and mediate symptom levels are sometimes identical¹.

B) Content Validity Index (I-CVI) of SN©Flyers

48 health professionals and patients completed the online survey and rated in total 203 items in French and German². Overall I-CVI showed excellent content validity index ratings: mean I-CVI = 0.9 for German, and mean I-CVI = 0.95 for French version (overall range: 0.33-1.0)³. Items with low I-CVI (< 0.6) were removed, items with moderate to low I-CVI (0.6-0.78) were discussed in an expert team and adapted (table 1).

C) Patients' experiences with symptom management support

10 cancer patients (age 35-77y) participated in semi-structured thematic interviews. Patients reported that they felt safer with the SN©Flyers and that their self-management competences improved⁴.

"Fortunately, I saw that I am in the green level for all symptoms. However, I could prepare myself for what could come up as well. Yes, it was helpful." (1:8,20)

"I feel safer, I had something in my hand to look at, (...) if this or that would happen, then I could do this or that. Moreover, the prevention, especially for oral hygiene. The description is clear and I followed it and I never had any problems. This is certainly due to it (points the SN©Flyer recommendations)." (1:3,38)

CONCLUSIONS & PERSPECTIVES

The Symptom Navi© Program showed promising results regarding content validity, usability and patients' experiences. Adaptation of SN©Flyers content (table 1) and further information on usability of the Symptom Navi© Program is accessible on the website of the Lindenhofgruppe:

<https://www.lindenhofgruppe.ch/de/symptomnavi/Fuer-Fachpersonen.php>

For the Symptom Navi© Program, the **Training manual** for nurses (how to apply SN©Flyers in daily routines) and the practice of semi-structured **nurse-led consultations** based on the SN© Flyers have been elaborated.

We are now conducting an implementation study of the Symptom Navi© Program under real life conditions in nine German-speaking outpatient cancer units. This pilot study provides more information on feasibility of the Symptom Navi© Program overall, and preliminary effectiveness of its implementation in outpatient oncology units in Switzerland. We already got ethic committees approval for six centres and started data collection.