Nuevo Amanecer

Translating a Stress Management Program for Spanish-Speaking Latina Breast Cancer Survivors

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Inequity: Poorer Health-related Quality of Life
Latinas’ Psychosocial and Symptom Management Needs

❖ Fears of death, recurrence
❖ Loss of control
❖ Pain
❖ Complications of adjuvant therapy
❖ Body image, weight gain
❖ Sexual functioning, partner rejection
❖ Less knowledge about cancer and self-care
❖ Worse quality of life

Ashing-Giwa K. 2004 Psycho-Oncol;13:408-28
Spencer SM. 1999 Health Psychol;18:159-68
Eversley R. 2005 Oncol Nurs Forum; 32:250-6
Poorer Quality Communication with Physicians

- Many do not understand their diagnosis and treatment
- Less involved in patient-centered decision making
- Even after treatment, are left with uncertainties and desire for information
- Poorer symptom management support

Maly RC. 2012 Breast Cancer Res & Treatment; 9:707-16
Basis of New Program – Multiple Inputs

Community best practices → Evidence-based interventions

Interviews with survivors, advocates, oncology providers

Community Advisory Board
Social Cognitive Theory

Intervention
- Coping skills training
- Social Support

Mediators
- Coping skills
- Self-efficacy
- Perceived support

Outcomes
- QoL
- Anxiety
- Depression
## Nuevo Amanecer – A New Dawn

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Tools for improving mood and overall well-being

❖ Offered by Compañeras
❖ Once a week for 10 weeks
❖ In participants’ homes
❖ In Spanish with videos
❖ Free of charge
Build Community Capacity for Delivery

Trained Community Recruiters and Interventionists
Summary of Results

RCT 1: Urban recently diagnosed

Improved...
❖ Physical well-being
❖ Emotional well-being
❖ Overall quality of life

Decreased...
❖ Breast cancer concerns
❖ Depressive symptoms
❖ Body symptoms

RCT 2: Rural longer-term survivors

Improved...
❖ Awareness of tension
❖ Ability to seek support
❖ Coping confidence

Decreased...
❖ Anxiety
❖ Body symptoms
“The program changed me because it put me in higher spirits, made me happier, and helped me think positive thoughts so I could push forward and fight.”
Translation to mHealth + Phone Coaching

- mHealth + telephone coaching
- 2-month pilot study among Spanish-speaking Latinas
- Improved fatigue, health distress, emotional well-being
- Increased knowledge of follow-up care & resources
- Increased average daily steps by 1,311

Able to Reach the Very Vulnerable, but Resilient

- 75-80% financial hardship in past year
- 81-84% < HS education
- Spanish-speaking
- 90-95% retention at 3 months
- 92-95% retention at 6 months
Implications

- Vulnerable groups are willing to participate
- Translating interventions to vulnerable communities can help address high cancer symptom burden
- **Trained CHWs can provide CBSM training, addressing shortages of culturally appropriate supportive services**
Nuevo Amanecer Materials in English and Spanish

https://nuevoamanecer.ucsf.edu/home

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