

Nuevo Amanecer

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

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Health and Health Disparities**



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
Janz NK et al. J Cancer Survivorship 2009 Dec;3(4):212-22

Poorer Quality Communication with Physicians

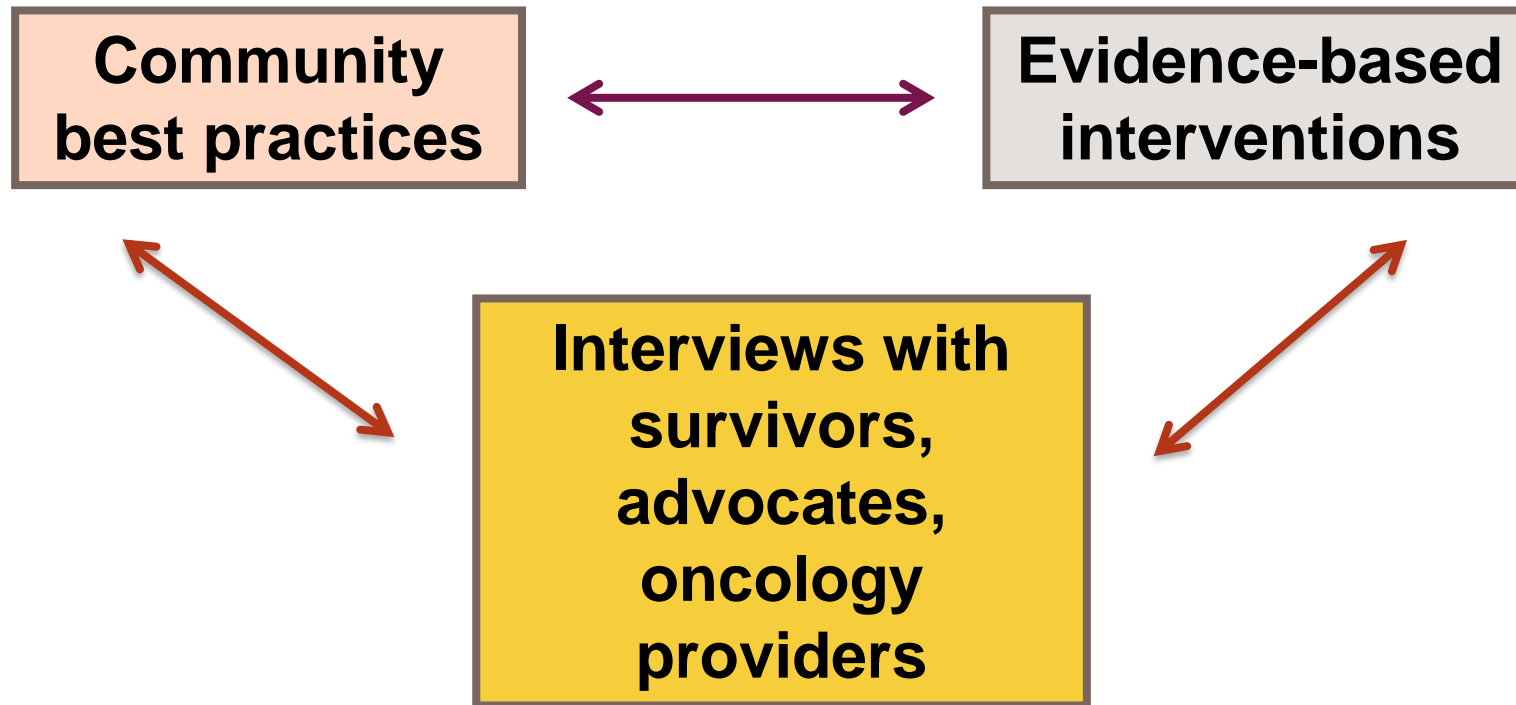
- ❖ Many do not understand their diagnosis and treatment
- ❖ Less involved in patient-centered decision making
- ❖ Even after treatment, are left with uncertainties and desire for information
- ❖ Poorer symptom management support

Napoles-Springer 2009 J Immigr Minor Health. Aug; 11(4):268-80

Nápoles-Springer AM. 2007 J Psychosoc; 25(4):19-36

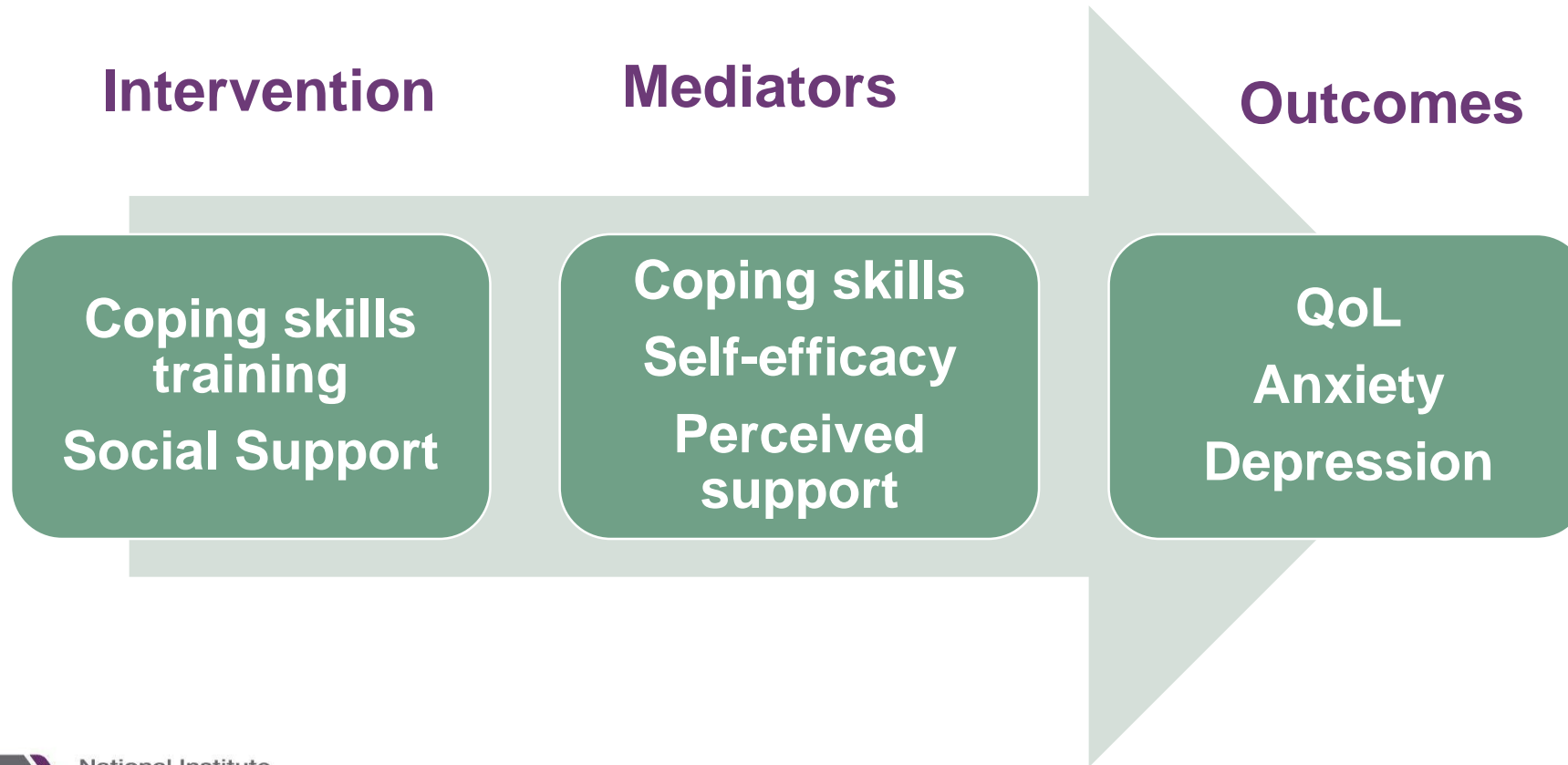
Maly RC. 2012 Breast Cancer Res & Treatment; 9:707-16

Basis of New Program – Multiple Inputs



Community Advisory Board

Social Cognitive Theory



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Nuevo Amanecer – A New Dawn

Cancer information in Spanish

Stress management techniques

Communication skills

Emotional support from a breast cancer survivor

Techniques for managing negative thoughts and emotions

Goal-setting for taking care of oneself



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



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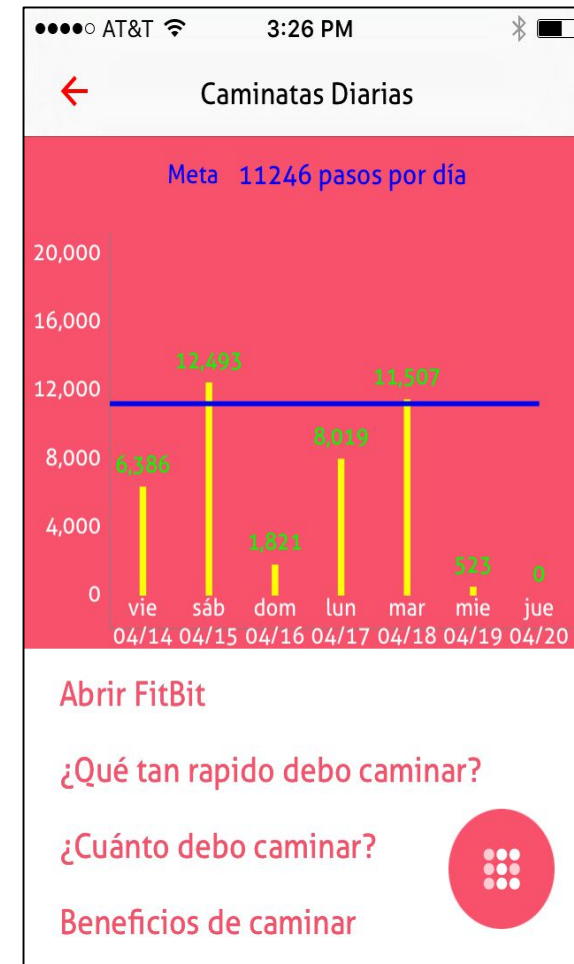


“The program changed me because it put me in higher spirits, made me happier, and helped me think positive thoughts so I could push forward and fight.”



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



Napoles AM et al. 2018 J Cancer Educ. Aug;33(4):875-84



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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