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Kanker Nazorg Wijzer

Supporting Cancer Survivors With Psychosocial and Lifestyle Problems Using an Online Tailored Intervention

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Background

Most cancer survivors experience psychosocial and physical problems after primary treatment (1, 2). In 2020, up to 660,000 people in the Netherlands will have been diagnosed with cancer in the previous 10 years and will be living with the aftermath (3). Current guidelines state that self-management is an important skill for cancer survivors to equip (4). E-health is a powerful strategy to teach these skills to larger populations. Therefore, we developed an online tailored intervention, the 'Kanker Nazorg Wijzer' (Cancer Aftercare Guide; KNW).

Methods

A literature study, focus group interviews and a survey (6) inspired the content of the KNW. Aim of this preliminary research was to investigate cancer survivors' most prominent information and support needs.

For the evaluation of the KNW, a RCT with follow-up measurements at 3, 6 and 12 months will be performed comparing the KNW intervention to a waiting list control group (Table 1). The RCT will provide information on change of self-management and coping skills, lifestyle behaviours, and experienced quality of life and psychological distress. In total, 700 adult cancer survivors are needed to participate in the study.

T0	T1	Intervention	T2	T3	T4		
Randomisation	Baseline	3 months	6 months	12 months			
Exp. group	Q1	XXX	Q2	XXX	Q3	Q4	-
Control group	Q1	-	Q2	-	Q3	Q4	XXX

Table 1. Outline of the study design. T = Time point; Q = Questionnaire; XXX = access to the intervention; Exp. = Experimental.

Results

The preliminary results led to the development of eight modules in the KNW focussing on depression and anxiety, fatigue, return to work, social contacts and intimacy, physical complaints, physical activity, nutrition, and smoking (Figure 1).

First, participants will be advised which modules fit their specific needs. Within a module, participants get tailored advice and practical assignments teaching them to cope better with their specific problems. Also, short videos are provided of fellow cancer survivors talking about their experiences and professionals who give advice. Additionally, participants can get in contact with other cancer survivors through online discussion forums. Finally, each month a thematic online session will be given by professionals in the field of physical and psychosocial aftercare.

If the information and assignments given on the KNW cannot sufficiently meet the user's needs, the user will be advised on where to get (more intensive) professional help. In this way, the KNW can serve as a starting and reference point in stepped care.



Figure 1. Screenshot of the Kanker Nazorg Wijzer

Conclusions

- The KNW is aimed to be an easily accessible self-management intervention for cancer survivors.
- The KNW is based on computer tailoring. It has the potential to easily reach broad patient populations at low costs, while still providing specific information tailored to the personal needs of the user.
- The KNW is consistent with the current guidelines, stating that self-management in cancer survivors should be stimulated.

Implications

Research: The results of the RCT will provide information on the relationship between secondary outcomes such as coping, perceived social support, experienced fatigue, return to work and lifestyle behaviour on the primary outcomes quality of life and psychological distress

Clinical: The KNW aims to provide easy access to professional information (theory- and evidence-based) in order to improve quality of life of cancer survivors.

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