

The Effectiveness of an Integrated Body-Mind-Spirit-Social Model Care for Breast Cancer

Survivors: A Pilot Study

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ABSTRACT

Background :Cancer survivorship is an ongoing challenge for patients. The psychological and physical impact of breast cancer is considerable during the recovery phase. As more women survive breast cancer, it is important to form effective strategies to manage the psychosocial, spiritual and physical aspects of survivorship. The integrative body-mind-social-spirit (BMSS) group invention recognized the strong association between mind, body, environment, and spirit.

HYPOTHESIS: To evaluate the effects of integrated body-mind-social-spirit (BMSS) group invention of Chinese women with breast cancer over a 12-months follow-up period in the hopes of developing a supportive management strategy of breast cancers survivors.

Methods: Women with breast cancer who finished active treatment (N =128) were randomly divided into intervention (n =64) and observation (n =64) groups.The intervention group received both the usual care and the integrated body-mind-spirit-social group interventions (BMSS) in the form of individual face-to-face times interaction, group sessions, and telephone/ internet participation. The group session were held three per week on Monday, Wednesday, and Thursday afternoons, lasting more than 3 hours.

Participants could take any of the sessions. An intervention team included physicians, breast cancer nurse specialist, clinical spiritual giver, and breast cancer volunteers. The participants were counseled and received education in face-to face meetings during follow-up visits or through a special intervention internet site. Observation group participants received usual care Measures included Functional Assessment of Cancer Therapy Breast (FACT-B). Data were collected at baseline (completion of treatment), 3 months, 6 months, and 12 months.

Result: After adjusting for covariates, results showed that both groups had significant increases in the subscales of FACT-B at 12-month follow-up compared with baseline. In addition, the intervention group showed improvement ($p < .001$) on the FACT-B Physical Well-being, Emotional Well-being, Spiritual Well-being, Functional Well-being, and Breast Cancer subscales. There were significant mean differences in FACT-B scores in the intervention group compared with the observation group. The BMSS components of our intervention effectively enhanced the holistic health of breast cancer survivors.