

Navigating menopause

Trekstock

OVERVIEW: There is a lack of awareness of and support for young patients living with cancer, including mBC, who undergo menopause as a result of their cancer treatment. This initiative provides a 6-week online support programme that aims to create a supportive community of peers and give patients the knowledge and tools to tackle menopause and improve their quality of life.



Area of focus:

Peer-to-peer support groups or platforms for patients with ABC/mBC



Target population:

Young adults living with cancer, including mBC, in the UK

Objectives: To reduce isolation by creating a supportive community of peers. To equip and empower patients with knowledge and tools to help them navigate menopause and alleviate symptoms

Unmet needs addressed:

- There is a lack of targeted support for patients diagnosed with cancer, including mBC, who undergo menopause as a result of their cancer treatment, and a lack of awareness of how tough and isolating this experience can be

Key components:

- A 6-week online support programme including peer-to-peer support, information on menopause, and expert advice and support for navigating the healthcare system and discussing menopause with the oncology team

Challenges: To decide on which themes and topics to include in the programme. To balance the great need for the programme against the importance of maintaining the peer support element. To address this challenge, user involvement and co-creation will play a key role in the further development of the programme

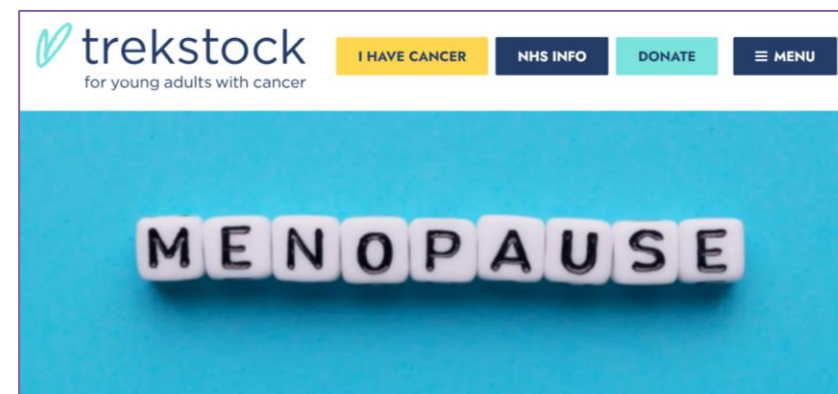
Outcomes: Participants of the programme reported feeling less isolated, less confused, less scared, more empowered and more optimistic about their future health as a result of the programme

Development: The initiative was developed by gathering information about support needs through surveys and focus groups with young patients living with mBC, and with input from experts. A marketing strategy and materials, including promotional booklets outlining the programme, has been developed to raise the profile of the initiative. The project is being scoped for patients living with incurable cancer

Cost: €5,000 - €10,000

Timeline: The initiative started in 2020 and is ongoing

Targeted to reach: 60-150



For more information:

https: www.trekstock.com/Pages/Category/navigating-menopause

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Based on written submission from Ian Boyd, Trekstock, 2023. The Hard-to-Reach ABC/mBC Communities Toolkit was developed as a collaboration between Pfizer Oncology and the ABC Global Alliance, with funding and support provided by Pfizer. ABC Global Alliance members and Pfizer colleagues were invited to submit breast cancer community-based initiatives that address specific needs of underserved patient populations with advanced/metastatic breast cancer. Initiatives were evaluated against criteria determined by a steering committee with members from both Pfizer and the ABC Global Alliance. Initiatives were selected for inclusion in the toolkit to highlight best practices in addressing the unique needs of this patient population. All organizations who submitted their initiatives for consideration have provided permission for the initiative information to be included in the toolkit and shared publicly. Pfizer and the ABC Global Alliance bear no responsibility for the contents of the toolkit.

Ethnic, religious, indigenous/native populations and/or other historically marginalised groups	**Younger patients**	Older patients	Men	**LGBTQ+ patients**	Low health knowledge patients
Patients who lack an adequate caregiver or support system	Patients who mistrust conventional treatments	**Low income patients**			
Patients a long distance from a specialist centre	Patients with uncontrolled comorbidities	Mental health patients			

