Women’s Wellness after Cancer Program

A multi centre randomised controlled trial examining the benefits and cost effectiveness of an evidence based, e-health intervention.

Abstract not presented before

Professor Debra Anderson
Director of the Women’s Wellness Research Group
Menzies Health Institute Queensland
Griffith University, Queensland, Australia
Women’s Wellness after Cancer Program

Purpose: To develop, trial and evaluate the clinical benefits and cost effectiveness of an e-health enabled structured health promotion intervention (the Women’s Wellness after Cancer Program) targeted at improving health related quality of life (HRQoL) and reducing key chronic disease risk factors in women previously treated for haematological, breast and gynaecological cancers

- Australian wide
- E-health enabled
- Multi-modal
- Targeting women after hematological, breast and gynaecological cancers
Method

- Multi-site, single blinded randomised control trial
- Active intervention phase and observational phase to assess trends in Health Related Quality of Life (HRQoL) and other secondary measures

Two arms:
- Intervention - participants receiving the WWACP
- Usual care - a control group receiving usual care
Virtual Delivery

Multi-modal via e-health enabled platform

**iBook & eBook**
Electronic versions of the WWACP journal book

**Interactive website**
Community message board
Modules to monitor goals versus actual performance
Access to self-directed resources

**Virtual consultations**
Individual virtual consultations with cancer nurse

**WWACP virtual delivery system:**
- Can be delivered virtually irrespective of geographic location
- Provides healthy living support and home monitoring of measurable health indicators
- Enables remote access to advice and support from healthcare professionals in the participant’s primary residence
Key Findings

Health Related Quality of Life (HRQoL)

- Mean increases for HRQoL post-intervention scores across SF-36 and FACT-G
- Significant difference between intervention and control groups for:
  - **Role Emotional** (SF-36) post-intervention score
    \[ F=6.518, p <0.05 \] (p=.011)
  - **Physical Component Score** (SF-36) post-intervention score
    \[ F=5.244, p <0.05 \] (p=.023)

Anthropometric measures

- Mean decreases for anthropometric measures post-intervention scores across weight, body mass index (BMI) and waist circumference
- **Weight**
  Significant difference between the two groups on post-intervention scores for weight
  \[ F= 10.096, p <0.05 \] (p= .002)
- **Body mass index (BMI)**
  Significant difference between the two groups on post-intervention scores for body mass index (BMI)
  \[ F= 10.323, p <0.05 \] (p= .002)
- **Waist circumference**
  Significant difference between the two groups on post-intervention scores for waist circumference
  \[ F= 24.173, p <0.05 \] (p= .000)
Thank you

Questions?

For more information on the Women’s Wellness after Cancer Program please email:
womenswellnessresearchprogram@griffith.edu.au

worldcancercongress.org