

## Press release

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### Basic information

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Department of: Clinical Medicine

Main supervisor: Professor Kirsten Lomborg

Title of dissertation: Patient involvement in the development of the surgical breast cancer patient pathway. An action research project

Date for defence: February 28 2019 at (time of day): 14:00 Place: Aarhus University Hospital, Palle Juul Jensen Boulevard 99, Inrance C, 8200 Aarhus N. Auditorium C114-101

Press release (Danish)

Patientinvolvering i udvikling af det kirurgiske patientforløb for brystkræft. Et aktionsforsknings projekt

Et nyt ph.d.-projekt fra Aarhus Universitet, Health, har undersøgt, hvordan tidligere patienter og pårørende kan bidrage til at forbedre tilrettelæggelsen af forløbet for kvinder, der opereres for brystkræft og herunder samarbejdet mellem patient, pårørende og sundhedspersonale. Projektet blev udført af Ingrid Annette Zøylner, der forsvare sin ph.d.-afhandling den 28. februar 2019.

Patienter og pårørendes erfaringer er en vigtig kilde til at øge kvaliteten af sundhedsvæsenets ydelser. Det ved både sundhedspolitikere, patientforeninger og sundhedspersonale, men det kniber med at omsætte ord til handling, og der er brug for mere robust viden om effektive metoder til patientinvolvering. I dette ph.d projekt blev patienter opereret for brystkræft og deres pårørende inviteret med til at udvikle den kirurgiske del af patientforløbet for brystkræft. Patienter og pårørende deltog i fokusgrupper for at afdække patienter og pårørendes oplevelser og eventuelle udækkede behov gennem patientforløbet. Derefter blev forslag til forbedringer fra patienter og pårørende diskuteret i strukturerede dialogmøder mellem patienter, pårørende og sundhedspersonalet. Der blev udarbejdet handleplaner og indsatsen blev evalueret. Overordnet var patienter og pårørende tilfredse med organisering af patientforløbet, som de oplevede hurtigt, gennemskueligt og veltilrettelagt. Men der fremkom forslag til forbedringer i forhold til information, kommunikation, valg af behandling og fleksibilitet i forløbet. Både patienter, pårørende og personale var tilfredse med metoden til patientinvolvering, men havde også anbefalinger til forbedring, fx i forhold til hvordan der bliver fulgt op på de planlagte forslag, og at der skal være opmærksomhed rettet mod kompetencer og ressourcer hos patienter, pårørende og personale. Studiet viser, at metoden til patientinvolvering var velegnet til at forbedre tilrettelæggelsen af patientforløb for brystkræft. Anbefalingerne fra studiet kan med mindre justeringer anvendes i andre patientforløb end brystkræft.

Forsvaret af ph.d.-projektet er offentligt og foregår på dansk. Det finder sted på Aarhus Universitets Hospital, Palle Juul Jensen Boulevard 99, Indgang C, 8200 Aarhus N. Auditorium C114-101. Titlen på projektet er "Patient involvement in the development of the surgical breast cancer patient pathway. An action research project".

For yderligere oplysninger kontaktes ph.d.-studerende Ingrid Annette Zøylner, Plastik- og Brystkirurgi, Aarhus Universitetshospital og Klinisk Medicin, Aarhus Universitet.

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Press release (English)

Patient involvement in the development of the surgical breast cancer patient pathway. An action research project

A new ph.d.-project from Aarhus University, Health, has evaluated the suitability of a method for patient involvement by involving former patients and their relatives in the development of the surgical breast cancer patient pathway. The project was carried out by Ingrid Annette Zøylner and is defended on February 28, 2019.

Patients and relatives first-hand experience with the disease and related healthcare is a valuable resource in developing the healthcare service. Thus, patient involvement has broad attention from policymakers, patient organisations and healthcare professionals. Although evidence on the effect and impact of patient involvement is increasing an optimal method for patient involvement is still to be established. In this ph.d.-project, patients who had surgery for breast cancer and their relatives were invited to focus groups in order to investigate their experiences and unmet needs related to the surgical breast cancer patient pathway. The suggestions made for change were discussed in structured dialogue meetings between patients, relatives and healthcare professionals involved in the breast cancer patient pathway. The discussions led to a list of possible actions to be taken. Further the actions and the involvement process was evaluated. Overall the patients and relatives were satisfied with the organisation of the pathway and found it fast, predictable and well planned. However, patients and relatives made suggestions for change related to information, communication, choice of treatment and flexibility in the pathway. The method for patient involvement was evaluated suitable by patients, relatives and healthcare professionals, although some recommendations for future patient involvement projects were made. The recommendations were related to follow-up on the suggested changes together with competences and resources by all participants. The study showed that the method for patient involvement has the capacity to involve patients and relatives in development of the surgical patient pathway for breast cancer. Furthermore, recommendations on patient involvement obtained from this study, have potential to be implemented in other clinical patient pathways than breast cancer.

The defence is public and in Danish. It takes place on February 28, 2019 at 14:00, Aarhus University Hospital, Palle Juul Jensens Boulevard 99, 8200 Aarhus N. Auditorium C114-101. The title of the project is "Patient involvement in the development of the surgical breast cancer patient pathway. An action research project". For more information, please contact PhD student Ingrid Annette Zøylner, E-mail: ingrzoey@rm.dk, Phone +45 2945 7246.

Assessment committee:

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