



The Breast Cancer Teaching and Awareness Roadshow 2022 : Outcomes from a pilot healthcare provider and public health awareness outreach programme in Sabah

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INTRODUCTION

Breast cancer is the most frequently diagnosed cancer with 1 in 8 of all new cancer diagnoses and is currently the 5th highest cause of overall cancer mortality globally. In Malaysia, breast cancer was reported to have the highest incidence (17.3%) of all new cancer cases and was the 2nd highest cause (11.9%) of overall cancer mortality. Epidemiologic data from 2012-2016 reported that 57.1% of cases diagnosed in Sabah were stage III and IV, slightly higher compared to the national incidence of 47.9%³.

MATERIALS & METHOD

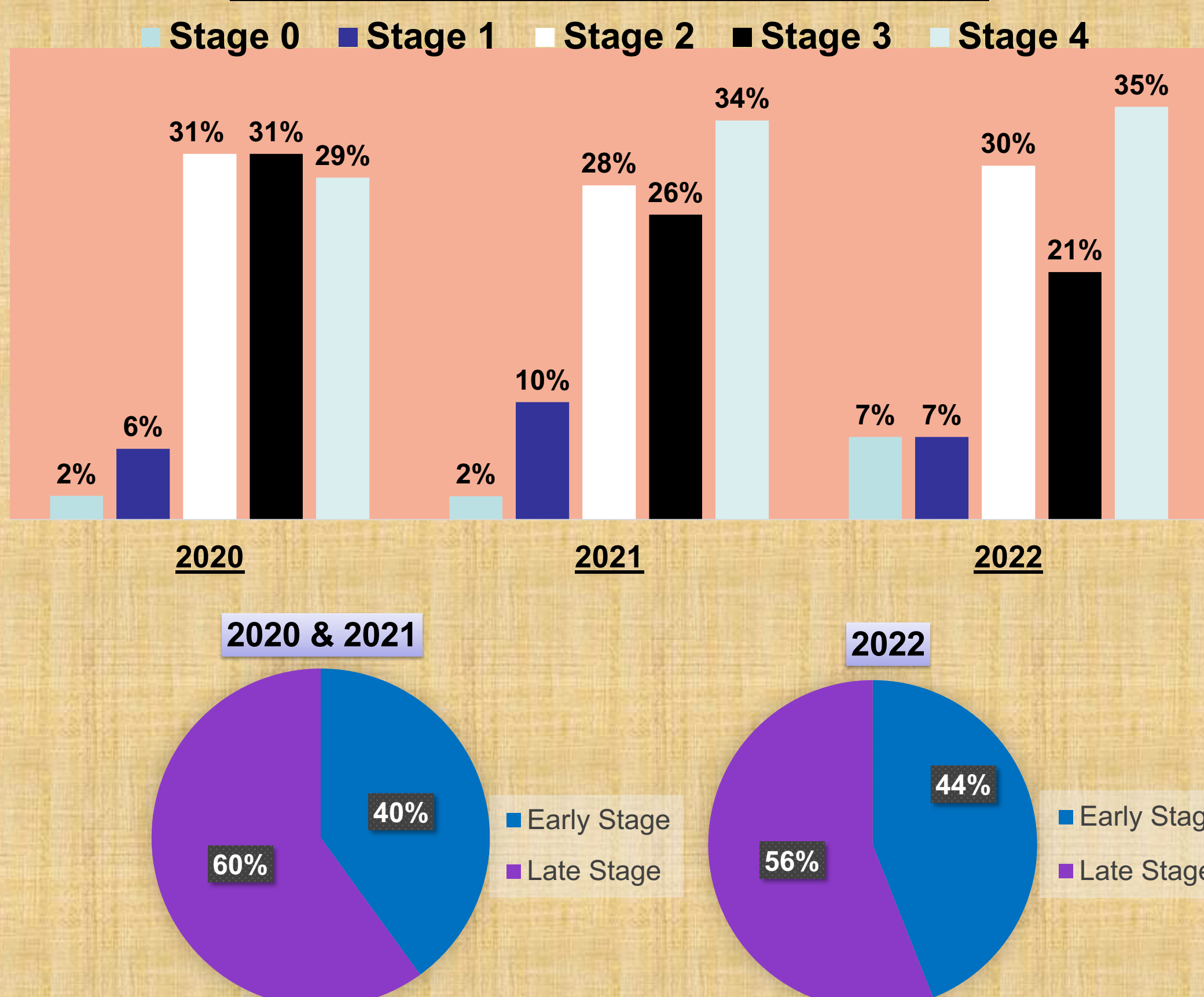
The Breast Cancer Teaching and Awareness Roadshow 2022 was a year-long programme led by the Pink Ribbon Centre (PRC) of Queen Elizabeth Hospital II in collaboration with various local and national non-profit organizations. Twelve districts in Sabah were identified as pioneer locations whereby a 2-day event was held, consisting of one day of educational roadshow for healthcare personnel and another day of public engagement through breast cancer screening and awareness activities.

RESULTS

Through the public screening programme, 1897 participants were screened, of which 659 were given outpatient routine screening mammogram appointments and 163 (8.6%) who were found to be symptomatic referred for urgent diagnostic imaging. Of the symptomatic group, 4.3% participants were diagnosed with invasive carcinoma (71% stage I, 29% stage II). The execution of this programme has shown reduction in number of Stage III and IV patients in Sabah specifically local data from Queen Elizabeth Hospital II 60% (2020 & 2021) to 56% (2022).

No.	Descriptions	Total	Remarks
1.	Total number of participants	1897	
2.	Total number of participants given slots for screening mammogram	659	Screening mammogram given to participants ≥ 50 years old
3.	Total number of participants given slots for diagnostic ultrasound/mammogram	163	Diagnostic ultrasound/mammogram given to participants with incidental findings of signs & symptoms

Stage of Breast Cancer in QEH II 2020-2022



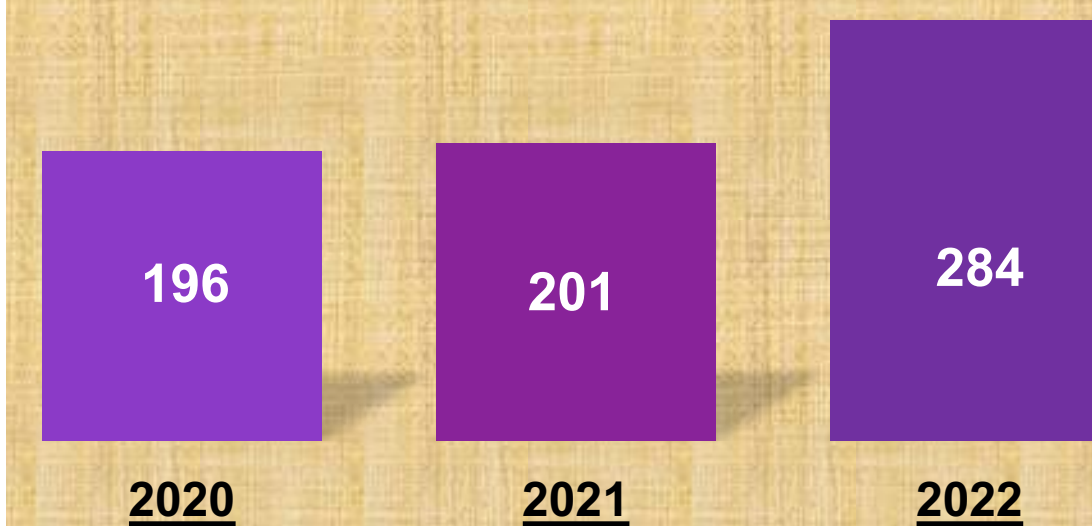
Percentage of Stage 3 and 4 in 2020 is 60% which is the same with year 2021. After commencement of 'Outreach Programme', the percentage of Stage 3 and 4 reduces to 56%.

PURPOSE

Primary aim is to increase awareness of early detection and diagnosis of breast cancer among the public and healthcare providers in the various districts of Sabah which helps in reduction of advanced breast cancer percentages.



No. of Breast Cancer Cases in QEH II



DISCUSSIONS

Breast cancer is the most common cancer worldwide, and the leading cause of cancer death among women².

Global Breast Cancer Initiative (GBCI) established in 2021 by World Health Organization (WHO) which emphasized on global inequities on detection of breast cancer at late stages and insufficient diagnostic and treatment facilities¹.

GBCI employs three key strategies comprises of health promotion and early detection, timely diagnosis and comprehensive breast cancer management¹.

In Sabah, epidemiologic data from 2012-2016 reported that 57.1% of cases diagnosed were stage III and IV, slightly higher compared to the national incidence of 47.9%³

The overall 5-year relative survival (RS) for breast cancer is 66.8%. Stage I and II breast cancer at diagnosis have a better relative survival, being above 80% up to 10 years for Stage 1 and five years for Stage II. However, it deteriorates faster for Stage III and IV⁴. Early diagnosis and screening are vital strategies in mortality reduction.

Breast Cancer Teaching and Awareness Programme educate the health care personnel on breast cancer early detection and rapid referral, awareness among public and breast cancer screening. This programme helps in identifying people with signs and symptoms suggesting malignancy and linking them with cancer diagnostic services.

CONCLUSIONS

Great support from various organizations in bridging the inequities in breast cancer outcomes is required by strengthening systems for detecting, diagnosing and treating breast cancer and reinforcing the value of effective early detection programmes.



References:

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