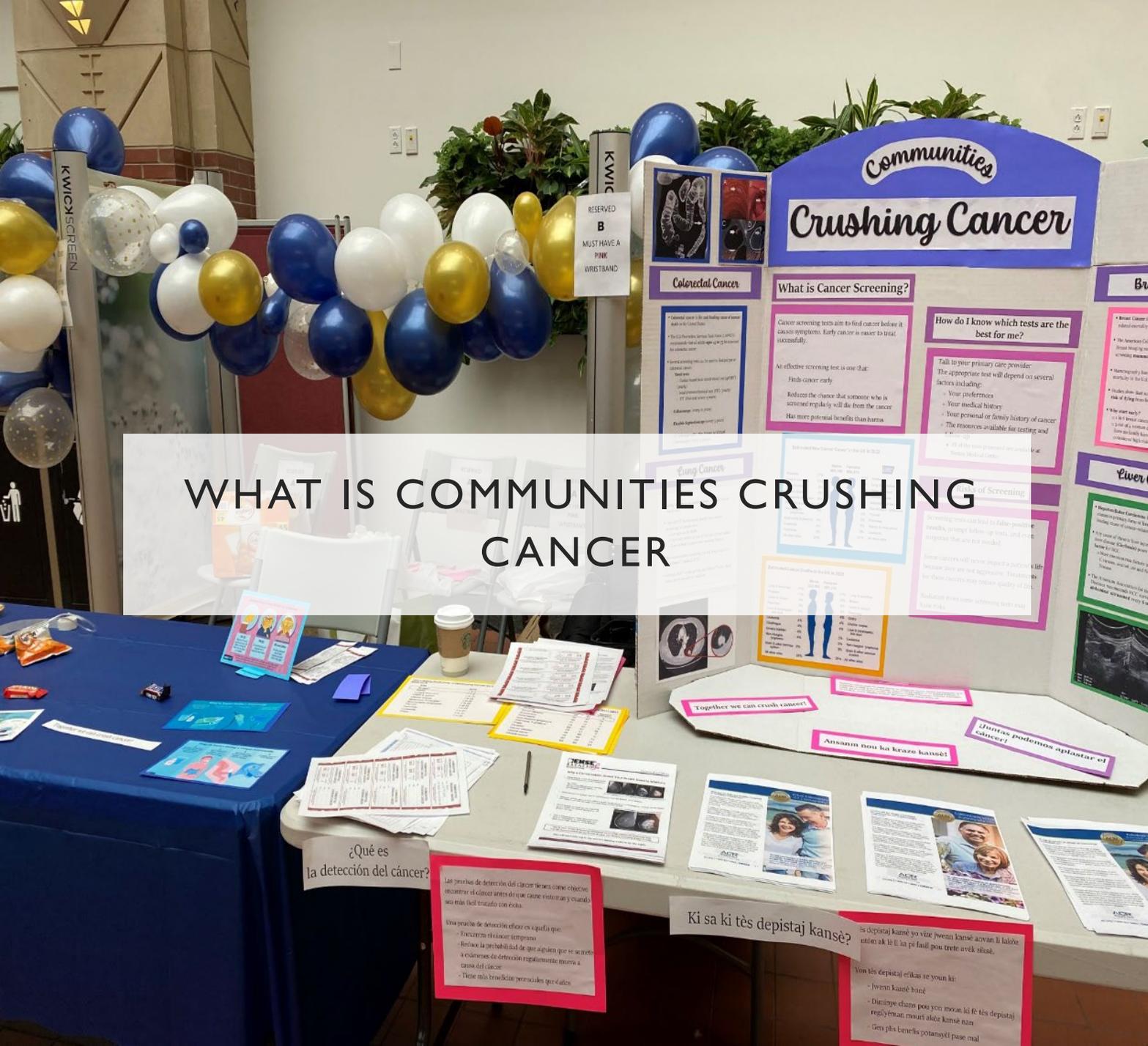


COMMUNITIES CRUSHING CANCER

Somiah Almekey and Liz Lin



Resident-led initiative aimed at raising awareness of cancer screening and thereby improving rates of screening in our community

WHAT IS COMMUNITIES CRUSHING CANCER

More importantly, allows us as Radiology trainees to come together for an important cause! And get some sunlight :)

HOW IT STARTED

Inspired by outreach event
Smaller scale events at BMC held
within our lobby

Residents given a few hours from
workday to participate in tabling
event

Informational poster, various
brochures primarily focused on
Breast, Lung, Colorectal cancer



HOW IT'S GOING



8 programs

>68 residents

>200 patients

DETAILS

- Created basic (6th grade level) information on common cancers, the appropriate screening recommendations and an overview of the importance of screening
- Translated them into Spanish, Haitian Creole, Chinese
- Pre-made and distributed materials to dedicated liaisons within each program
 - Helped us coordinate PD approval and motivate resident interest
 - Held orientation sessions with liaisons
 - Intro video detailing what the event was about and what to expect, distributed to all residents

How Do I Know If I Am at Higher Risk?

- Have a discussion with your primary care provider about your risks, ideally by age 30.
- Genetic testing may be performed to see if you carry any genes that put you at higher risk.



Are There Any Risks of Screening?

- False Positives:**
- 1 in 10 women are asked to come back for some extra pictures to make sure there is no cancer on the screening mammogram.

- Biopsies:**
- Rarely, a biopsy is needed to make sure that there is no cancer. Over 60-70% of these biopsies are benign (not cancer).

- Overdiagnosis:**
- Some cancers are very slow growing and may not cause a problem during your lifetime, but this most often happens in older women (> 80 years).

- Radiation:**
- The radiation used to take the picture is minimal, being less than 2 months of normal background radiation.

Will My Mammograms Be Covered by my Insurance?

The cost of a screening mammogram is covered by insurance, but sometimes you may have to pay for the extra pictures if you are asked to come back.



✉
massradrfs@gmail.com

🌐
www.massrad.org
www.acr.org
www.radiologyinfo.org



Breast Cancer



What is Breast Cancer?

Breast cancer happens when cells in the breast grow out of control.

- Cancers grow in milk ducts and can spread into surrounding tissue.
- When cancer spreads to other body parts, it is said to have metastasized.
- Finding cancer before it spreads outside the breast can save your life.

How Common is Breast Cancer?

- Breast cancer is the second leading cause of death in women.
- 1 in 8 women will get breast cancer in their lifetime.
- 1 in 6 breast cancers happen in women aged 40-49 years old.

What is Cancer Screening?

Screening is looking for a cancer when it is very small and not causing any symptoms.

Why Should I Get Screened?

- 75% of women who get breast cancer do not have a family history.
- Finding a cancer early reduces size of surgery & treatment that will be needed.
- Finding a cancer early decreases chance of dying from breast cancer by up to 40%.



What are the Most Common Risk Factors?

A biological female is considered "average risk" for breast cancer. Risk increases with:

- Increasing age
- Early onset of menstrual periods (<12); late onset of menopause (55+)
- First pregnancy after age 30
- Family history of breast or ovarian cancer
- Black race
- Dense breast tissue

How Can I Be Screened for Breast Cancer?

Screening for breast cancer involves having a mammogram every year starting at 40.

What is a Mammogram?

A mammogram is a low dose X ray of the breast that looks for signs of cancer.

How is a Mammogram done?

A technologist places your breast on a plastic plate and gently presses it with a second plate while an X-ray is taken. Two pictures of each breast will be taken.

What Are Current Screening Recommendations?

- For average risk women:**
The American College of Radiology recommends yearly mammograms starting at age 40.
- For higher risk women:**
Additional screening with MRI and a mammogram is recommended.





PARTICIPATING
PROGRAMS

UMass

Massachusetts General Hospital

BIDMC

Tufts

Mount Auburn Hospital

Baystate

St. Vincent's

Brigham and Women's Hospital

Boston Medical Center



RESIDENT
TESTIMONIALS

*“Volunteering for a Communities Crushing Cancer event was a rewarding experience. **I saw the value of our work in radiology in a new light and felt a stronger connection to our local community.**”*

*“It gave us as residents the **opportunity to rediscover the important role radiology can and should play in active community outreach.**”*

*“It truly felt like a well-rounded **wellness** activity and we can’t wait to do it again!”*

*“Favorite part of this experience was **being a part of something bigger than Baystate.**” “It was my favorite day in residency so far.”*

“Enjoyed spending time with my co-residents outside of reading/conference rooms. Had a different feel than a typical social event because we were coming together to do something meaningful.”

EVALUATING IMPACT

- Administered pre and post surveys
- Assess the effect of community engagement on
 - Wellness/burnout
 - Sense of meaning/purpose
 - Self Compassion & compassion towards others
- Utilized several evidence-based models including Mayo Clinic Physician Well Being Index (ACR Well-Being Curriculum)

PRE AND POST EVENT SURVEYS

COMMUNITIES CRUSHING CANCER- RESIDENT SURVEY

WELLNESS/BURNOUT ¹ (Y/N)

1. During the past month, I have felt burned out from work.
2. During the past month, I have been worried that work is hardening me emotionally.
3. During the past month, I have felt that my responsibilities were piling up so high that I could not overcome them.
4. During the past month, my physical health has been interfering with my ability to do my daily work at home and/or away from home.

PURPOSE/SENSE OF MEANING: ^{2,3}

	Almost never	Rarely	Sometimes	Often	Very often	Always
0	1	2	3	4	5	6
Never	A few times a year or less	Once a month or less	A few times a month	Once a week	A few times a week	Every day

1. I find the work that I do full of meaning and purpose.
2. I am enthusiastic about my job.
3. My job inspires me.
4. At my job, I am very resilient, mentally.
5. I understand and accept the existence of cultural diversity and its contribution to the quality of living.

SELF-COMPASSION:⁷

(0) Not at all true of me

Very true of me (7)

1. I try to see my failings as part of the human condition.
2. When I'm going through a very hard time, I give myself the caring and tenderness I need.
3. When I fail at something that's important to me, I tend to feel alone in my failure.
4. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

COMPASSION TOWARDS OTHERS: ⁵

(0) Not at all true of me

Very true of me (7)

1. When I hear about someone (a stranger) going through a difficult time, I feel a great deal of compassion for him or her.
2. I tend to feel compassion for people, even though I do not know them.
3. One of the activities that provide me with the most meaning to my life is helping others in the world when they need help.
4. I often have tender feelings toward people (strangers) when they seem to be in need.

PRELIMINARY FINDINGS

- Still in data gathering phase
- Currently have about 70 responses to the pre-event survey, and 30 participants who completed both pre and post
- Option for people who were not involved in the event to take the survey as a control- only a handful
- Second post survey to be sent out in May

TASK FORCE COMMITTEES

- Outreach
 - Team of 3-4 people ensuring outreach to various areas
- Social Media/Communications
 - Creating content for posts
 - Testimonials, Images from previous events
 - Health Equity, wellness content
 - Manage hashtags
- Content
 - Modifications and improvements to existing materials
- Innovation
 - T shirts/graphics, mascots
 - Challenges for day of the event

FUTURE GOALS



Go out into the
community



Give trainees the
skills and training
necessary to
become effective
community
collaborators



Foster team
building and
cohesiveness in
programs across
the country



Better understand
the barriers to
care that our
unique to our
community



Use CE as a way to
reduce burnout
and re-introduce a
sense of meaning
in what we do