

# CT BEHAVIORAL HEALTH HOMES

## Breast Cancer Awareness Toolkit

*“The BEST protection is EARLY DETECTION”*



# October 2020

## Breast Cancer Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8 National Depression Screening Day	9	10
11	12	13	14	15	BHH Workgroup 16	17
<p><b><u>Healthcare Security and Safety Week</u></b></p> <p><i>“Recognize the security and safety personnel in your facility. Thank them for the work they do. While you’re at it, make sure you are current on all your training and following protocol.” -nationaldaycalendar.org</i></p>						
18	19	20	21 Check Your Meds Day BROWN BAG MEDICINE REVIEW	22	23	24
25	26 Lung Health Day	27	28	29	30	31

# Resources For Providers

## Online Resources

**Breast Cancer Awareness Month**—October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. Join in the cause to help women today.

**Practice What You Promote: Increasing Cancer Screening Rates Among Employees**—Report released to aid organizations in improving the number of employees who are screened for breast cancer.

**How to Increase Cancer Screening Rates**—A quality improvement Toolkit for Busy Office Practices.

**Breast Cancer Screening Intervention Programs**—Research-Tested Intervention Programs created by the National Cancer Institute

**Comparing Breast Cancer Screening Rates Among Different Groups**

**Cancer Burden: Connecticut**—Data visualizations on cancer statistics (able to filter by cancer type)



## Relevant Articles

**Psychosocial Care for Cancer Patients**—2015 Editorial about the importance of mental health support for those diagnosed with cancer

**Disparities in Cancer Screening in People with Mental Illness** across the world versus the general population: prevalence and comparative meta-analysis including 4,717,839 people

**How to Manage Breast Cancer Screening/Diagnosis Anxiety**—Article that discusses ways to reduce worry over abnormal mammogram findings and call backs

## Resources in CT

**Cancer Screening Programs**—Yale New Haven Hospital

**Mobile Mammography**—Hartford Healthcare

**The CT Early Detection and Prevention Program**—CT Department of Public Health



**Free Mammograms in Connecticut**

## 392 clients are listed on the CHN Gaps In Care Breast Cancer Tableau Report. Of the 392 clients:

- ⇒ 0 were screened in 2020
- ⇒ 0 were screened in 2019
- ⇒ 124 clients have no claim history of receiving the screening

**Please check out the report and reach out to your clients!**

# BHH Services and Pain Management

Comprehensive Care Management (TCM, CM)	Care Coordination (TCM, CM)	Health Promotion (Psycho-Education)	Patient and Family Support (TCM, CM)	Comprehensive Transitional Care (CM)	Referral to Community Support Services (TCM, CM)
<p><b>Use available data and resources to see if there is evidence of: Lack of Breast Cancer Screening OR Breast Cancer Diagnosis</b></p> <p>If a client has not been screened for breast cancer:</p> <ul style="list-style-type: none"> <li>⇒ Discuss the importance of breast cancer early detection</li> <li>⇒ Discuss the process of getting screened for breast cancer</li> <li>⇒ Encourage client to get screened</li> </ul> <p>If a client has been diagnosed with breast cancer:</p> <ul style="list-style-type: none"> <li>⇒ Ensure client has necessary community supports, doctors, and specialists</li> <li>⇒ Discuss what diagnosis means with client</li> </ul>	<ul style="list-style-type: none"> <li>⇒ Help client set up appointments to get screened for breast cancers</li> <li>⇒ Assist client in finding the appropriate supports needed</li> <li>⇒ Speak with radiologists to help them understand client's mental health prior to appointment</li> <li>⇒ Follow-up radiologist to understand the client's experience during the screening</li> <li>⇒ If client is diagnosed with breast cancer, work with oncologist consistently to support client.</li> </ul>	<p><b>Educate clients using a curriculum/presentation that will:</b></p> <ul style="list-style-type: none"> <li>⇒ Promote a healthy diet OR a diet that is appropriate for a client diagnosed with breast cancer</li> <li>⇒ Provide clients with the skills to manage pain without the use of opioids, if possible</li> <li>⇒ Provide clients with the skills to schedule appointments to receive pain management services</li> </ul> 	<ul style="list-style-type: none"> <li>⇒ If it is a client's first time getting screened, work with supports so they can be there with the client until results are received/ understood</li> <li>⇒ Educate supports on the importance of screening</li> <li>⇒ Educate supports on the next steps if a test comes back abnormal</li> <li>⇒ Ensure client has support to take them to and from appointments, if a client is diagnosed with breast cancer</li> </ul>	<p><b>If the client is hospitalized or receives inpatient services due a breast cancer diagnosis:</b></p> <ul style="list-style-type: none"> <li>⇒ Monitor the clients progress and ensure the client leaves the hospital with an appropriate treatment plan in place.</li> <li>⇒ Communicate with hospital staff to understand why client was hospitalized and the support client will need once they are released.</li> <li>⇒ Ensure client has an understanding of why they were hospitalized and the possibilities of any future complications</li> </ul>	<ul style="list-style-type: none"> <li>⇒ Make referrals on behalf of a client when necessary</li> <li>⇒ Follow-up with PCPs and specialists to ensure client receives services</li> <li>⇒ If a client has been diagnosed, find a community of cancer patient that may be able to support the client</li> <li>⇒ If a client is in remission, find a network of cancer survivors</li> </ul> 

# Resources For Clients

## Online Resource

[Your Mental Health Toolkit](#)—Breast Cancer and Your Mental Health

[Questions for Your Provider](#)—Breast cancer screening questions for health care providers

[My Family Health History](#)—Learn About Your Risk of Breast Cancer

[Cancer.Net Assist](#)—A digital assistant that can help find information about breast cancer

[Breast and Cervical Cancer Screenings](#) (CDC)—Find out if you qualify for free or low-cost screenings, and find a provider near you

[Cancer Information in Other Languages](#)—The American Cancer Society

[Terms to Know](#)—A sheet that defines various cancer-related terms

## Videos

[Getting a Mammogram](#)—Everything You Need to Know

[Early Onset Breast Cancer](#)—Talking to Your Doctor and Genetic Counseling

[Self-Exam is the Key to Detecting Breast Cancer Early](#)



## Breast Cancer Self-Exam

[How to do a Breast Self-Exam](#)

[If you Find a Lump](#)

## Handouts/Posters

[Mammography Saves Lives](#)

[Breast Density \(English\)](#)

[Breast Density \(Spanish\)](#)

[Follow-Up Testing Risks of Mammography Screening](#)

[Breast Cancer Fact Sheet](#)

[Breast Density and Your Mammogram Report](#)

[When Cancer Comes Back](#)—Fact Sheet