The Effect of Decision Aid's Pakage in Patients with Early Stage Breast Cancer on Choice of Treatment Option and Decision making Outcomes

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May 2013
Abstract

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**Background:** Patient decision aids tools are effective support tools designed to make difficult therapeutic decisions. Patients with early-stage breast cancer due to early refer, if treated with either mastectomy or lumpectomy with radiotherapy, they will have the same chance of health. Therefore the choice of treatment option should be done based on their judgment, personal preferences and values. This study examines the effect of decision aid's package on choice of treatment option and decision making outcomes among this patients.

**Material and Method:** The study is an experimental controlled clinical trial. The samples were 30 patients with early stage breast cancer (grade 1 and 2 disease) admitted to Cancer Institute of Imam Khomeini Hospital in Tehran. The patients were randomly assigned into the intervention (15) and control (15) groups. The intervention group were received the decision aid package and for choice of one of the treatment options: mastectomy or lumpectomy with radiation, were conducted. Routine medical care was performed in control group. All patients completed the treatment options and decision conflict questionnaire after intervention and decision regret questionnaire two months after intervention. Data analysis and statistical was performed using fisher's exact test and t-test.

**Results:** At the baseline, there were no statistically significant differences in demographic and clinical characteristics in two groups. After intervention, there were statistically significant differences in selecting treatment option, participating in decision-making, and decision conflict (with 4 subscales: informed, certainty, support, clear values) between two groups (p<0.05). Two months after intervention, there were statistically significant differences in decision regret between two groups (p= 0.087).

**Conclusion:** Decision aid intervention with patients participation in treatment decision-making, improved patients' knowledge, certainty to start treatment and selecting treatment option according to their values and priorities.

**Key Words:** Patient Decision Aid, Breast Cancer, Choice of Treatment Option, Decision Making Outcomes.