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**AIM** This study seeks to evaluate the psychosocial needs of young women with breast cancer to help determine how social workers can address their psychosocial needs.



**INTRODUCTION** Many people experience a range of strong emotions, after being diagnosed with cancer. Biological, psychological and social factors unfold in several ways for patients. These life-changing experiences highlight the need for social support for cancer patients in general.



**METHODOLOGY** A qualitative synthesis review was conducted, gathering patient perspectives, capturing the experience of women aged between 18 – 50 years of age. The initial search found 50 articles. Out of the selected, 35 remained for consideration after 15 papers were eliminated as they failed to meet the required threshold. Of the 35 studies, only 8 met the inclusion and exclusion criteria for this qualitative synthesis after undergoing the Critical Appraisal Skills Programme tool evaluation.



**DATA** 30 – 60% of Breast cancer patients need psychosocial support.



**KEY WORDS** The key words used include: Young women with breast cancer, psychosocial needs, role of social workers and effectiveness of social workers in breast cancer management.



**DATABASES** Literature search included: ProQuest, Medline, Embase, CINAHL and PsycINFO. Screening process involved the examination of the abstract, methodology and major themes.



**RESULTS** The results from this review, demonstrate that in Australia, women with breast cancer encounter different traumatic experiences and many changes in their lives that can affect their psychosocial well-being. Further findings suggest, women can experience emotional distress, depression, fear of death and suicidal thoughts, which eventually decrease the ability of young women to cope with challenges that are associated with diagnosis and treatment of the disease. Hence, it can be argued that the diagnoses significantly affects their ability to continue working and provide for the family because the fear for cancer recurrence can increase distress and reduce quality of life and have negative effects on their interactions with family, friends and children.



**CONCLUSION** Social workers are instrumental in guiding and supporting those affected with breast cancer. They inform, educate and provide emotional support to patients and caregivers, during and after treatment, navigating this complex and challenging journey.

*‘We acknowledge the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past, present and future and extend that respect to all Aboriginal and Torres Strait Islander peoples today’*

