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## Supporting Patients to Maximise Well-Being After Treatment for Primary Breast Cancer in Kent and Medway: A Service Evaluation

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### Abstract

- **Background:** There has been a negative impact on well-being in primary breast cancer patients after treatment. It is important to know what is important to these patients and how to support them.

- **Methods:** This service evaluation conducted 5 interviews on clinical staff, breast cancer charity volunteers and patient representatives to best understand how well-being has been negatively impacted and what can be done for future patients. Thematic analysis was then executed to depict the interviews.

- **Results:** The following 3 themes were identified: resilience and strength, feeling safe and supported, and feeling well and healthy. Furthermore, components for a ToolKit were also selected through thematic analysis. Key components of the ToolKit include shorter waiting times for results, counselling sessions and physical activity guidance.

- **Conclusions:** Well-being in future primary breast cancer patients can be maximised through the development of a ToolKit as part of their care plan.

**Keywords:** well-being, breast cancer, quality of life, patients, and survivors