

**NURSING
CONFERENCE**

**BREAST
CANCER
NOW** The research &
support charity

Nursing conference Impact Report

2024

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Acknowledgements

We would like to thank the delegates who took the time to respond to the survey questions and share their experiences of Breast Cancer Now's nursing conference. We would also like to thank the conference sponsors.

THE NURSING CONFERENCE

Breast Cancer Now's nursing conference was held on 19 June 2024 at the British Medical Association in London. The conference was the first in a new series of events from Breast Cancer Now for healthcare professionals. This event was specifically for breast care nurses and other nurses working with breast cancer patients.

The 1-day event provided an opportunity to hear about clinical developments in both primary and secondary breast cancer. The day consisted of keynote speaker sessions on topics such as:

- Triple negative breast cancer
- Invasive lobular cancer
- Menopausal symptoms from treatments
- Compassion fatigue

The breakout sessions allowed for deeper discussions, learnings, and exposure to charity partner services. Delegates were able to hear about best practices and network with peers from across the UK. Sessions included:

- The impact of breast cancer
- Younger women and breast cancer
- Secondary breast cancer and
- Breast cancer surgery

Scope of evaluation

The impact of the nursing conference was evaluated through online and paper surveys which asked delegates to consider their experience and interaction with all sessions of the conference.

We received a total of 100 completed surveys.

KEY FINDINGS

Motivations for registering

In the survey we asked respondents to tell us about their motivations for registering for the nursing conference.

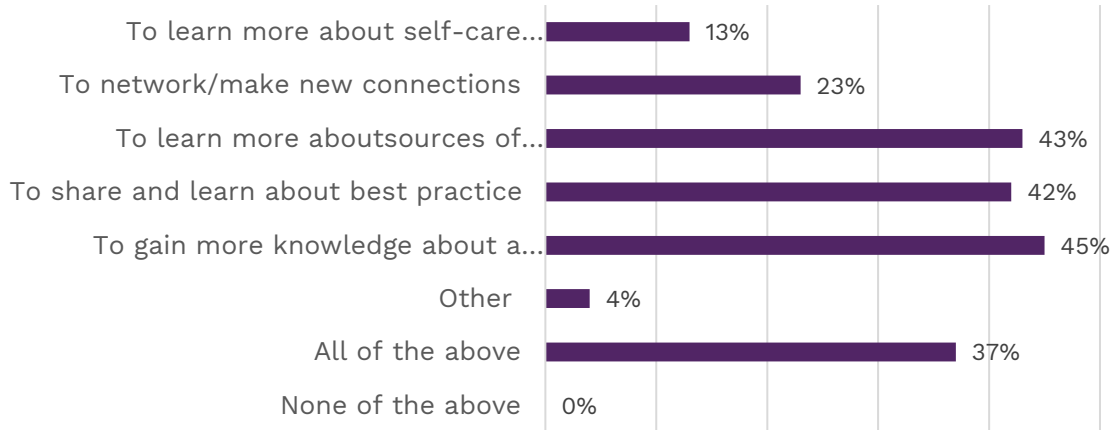
The main motivations from delegates for registering for the nursing conference were as follows:

- 45% wanted to gain more knowledge about a particular topic
- 43% wanted to learn more about the sources of support available for their patient
- 42% wanted to share and learn about best practice
- 23% wanted to network and make new connections
- 13% wanted to learn more about self-care techniques

37% had wanted to learn all of the above. And, of those that ticked the 'other' option, motivations included wanting to engage more with Breast Cancer Now and to more effectively support their patients.

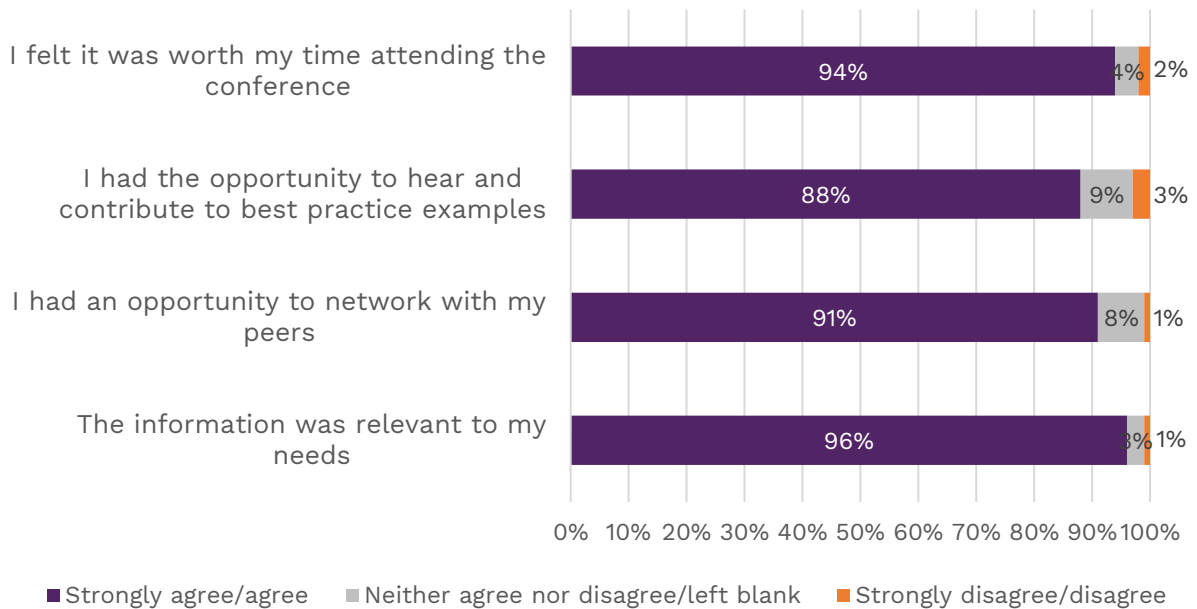
"I was attending to understand what new treatments are on the horizon and found the sessions incredibly informative. The presenting style of the speakers was excellent and particularly the presentation on menopausal symptoms was inspiring as we need to be thinking about setting up something similar. This was presented with great humour, passion and patient focus. I enjoyed all other workshops and presentations. Lots of information to take back to share with the wider team"

Tell us about what motivated you to register for the nursing conference?



Experience of attending the conference

We asked delegates to rate their experience of attending the conference.



- 96% agreed the information was relevant to their needs

“Extremely informative and relevant to my practice...”

- 94% agreed it was worth their time attending the conference

“All was fantastic and valuable in our daily practice. Increasing knowledge and confidence in speaking with patients”

- 91% agreed they had an opportunity to network with their peers

“Brilliant networking and catching up with old friends and colleagues”

- 88% agreed they had the opportunity to hear and contribute to best practice examples

“Now I have more options to offer my patients for support when they have their treatment in clinic”

Respondents told us that their favourite session was the updates in breast cancer session (86% ranked this as their favourite). This was followed by menopausal symptoms from breast cancer treatments (77% ranked this session as their favourite).

Delegates mentioned how useful, relevant and applicable the menopause session was. 12 delegates mentioned they thought it should have been longer.

“All sessions extremely applicable to my job role particularly menopause session- would have preferred to have longer time frame for this very informative session- so applicable to our patients and such a wide area- can we have access to the presentation but in particular the menopause presentation?”

In the survey, we asked delegates to tell us what their favourite top 3 sessions were of the conference and to rank them between 1-3.

Session	1st	2nd	3rd
Updates in breast cancer	86%	0%	14%
Menopausal symptoms from breast cancer treatments	77%	19%	5%
Compassion fatigue	61%	24%	15%
Breakout: Secondary breast cancer	57%	29%	14%
Breakout: Younger women and breast cancer	56%	15%	30%
Triple negative breast cancer (primary/secondary)	51%	25%	24%
Networking and stand viewing	43%	21%	36%
Invasive lobular cancer (primary/secondary)	41%	18%	41%
Breakout: Breast cancer surgery	33%	33%	33%
Breakout: Impact of breast cancer	13%	38%	50%

57% told us that their favourite session was compassion fatigue, with one respondent commenting that:

“After learning about the compassion fatigue, it helped me to realise that self-care is the most important, a CNS should be aware of/to be able to have the resilience on managing emotional and mental hurdles. There were no least favourable from the sessions I have been to as every topic is so important in my role”

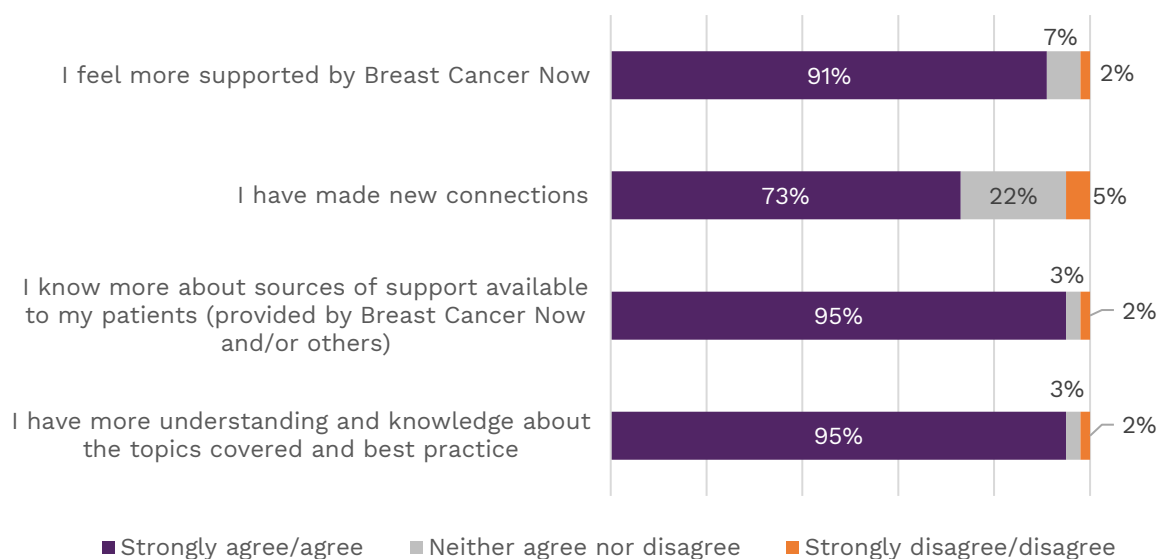
In the evaluation survey, respondents were provided with four impact statements relating to the conference outcomes and benefits. They were asked to what extent they agreed with them.

Overall, the nursing conference achieved its outcomes with many delegates who completed the survey gaining new knowledge, connections and feeling better supported by Breast Cancer Now.

The least favourite was the breakout session on the impact of breast cancer (13% rates this as their top choice). There were no reasons on why this was the case, although some delegates commented that they ranked the sessions according to what they wanted to learn more about.

Impact

We know that for breast cancer nurses and nurses working with breast cancer patients, conferences are a great way to stay up to date, learn new skills, network with other nurses.



Feeling more supported by Breast Cancer Now

We know how important it is for nurses who support people with breast cancer feel supported themselves. Evidence¹ suggests that if nurses are not supported their ability to serve and support patients will be compromised.

91% of respondents told us that they feel more supported by Breast Cancer Now.

“Great venue, location and facilities. Lovely lunch. Thank you! Feel appreciated and supported”

“Extremely well-planned event; speakers were brilliant. Attention holding and enjoyable. Everyone friendly and attentive”

Knowing more about the sources of support for their patients

95% of respondents told us that they know more about the sources of support available to their patients (provided by Breast Cancer Now and/or others). And of the 87 people who said they intended to take an action following the conference, 43 said they would be referring their patients to relevant sources of support.

“Very informative sessions. Resources I can share with patients. All fantastic”

“...All sessions gave me day to day information for patients”

“...Lots of good info to take back to my patients. Breakout sessions and

stands had lots of great information re charities and support for patients”

More understanding and knowledge about relevant topics and best practice

95% of respondents told us that they have more understanding and knowledge about the topics covered during the conference and best practice.

“...treatment pathways are always developing following new studies amid results of trials. It was beneficial to know what current treatments and updates are”

New connections

We know that the opportunity to share and collaborate with peers who have similar experiences and challenges, can help to generate new ideas and ways of working which in turn can benefit patients.

73% of respondents told us that they made new connections as a result of the conference.

“The sessions were very engaging. We had amazing speakers and there was a lot to learn which I loved. Most importantly, it was great meeting new people who were more experienced and shared in the same passion”

“Brilliant networking and catching up with old friends and colleagues. Loved hearing updates from charities Flatfriends, Menopause and Cancer and Fruitfly Collective”

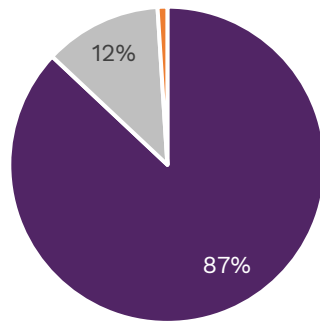
Feeling more able to take action

The survey invited respondents to share any examples of things they

¹ <https://www.ncbi.nlm.nih.gov/books/NBK573902/>

have learnt as a result of attending the conference and any plans they may have to implement new changes to their practice.

Do you plan to implement new changes to your practice as a result of attending the conference?



■ Yes ■ I'm not sure/blank ■ No

87% of respondents told us that they plan to implement changes to their practice as a result of attending the conference.

43 delegates said they plan to signpost their patients to support resources. Some specifically mentioned signposting to resources for their secondary patients. Delegates also mentioned how useful the talk was from Black Women Rising.

“Talk to patients about using breast cancer now more and all the resources they have”

- 27 delegates said they plan to share learnings and insight with colleagues. The majority of which specifically mentioned sharing information gained from the menopause session (n=16).

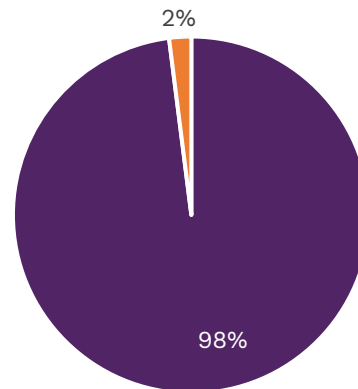
“..additional support available for our patients which I can't wait to pass on to my pts and alert my colleagues to”

- 19 people said they will try and be better at looking after their own emotional wellbeing, as a result of the compassion fatigue session. One delegate said they would be talking to their management team about better emotional support.

“Compassion fatigue talk was one of the most interesting lectures I've attended in many years. I will pass on information learned to my work colleagues and friends”

Recommending the conference

98% of respondents would recommend the nursing conference to other colleagues.



■ Extremely likely/likely ■ blank

“Really good day and I am very glad I attended, will recommend to my team”

LEARNINGS FOR THE FUTURE

In the surveys, we asked delegates, how we can improve future conferences.

Collectively 68 people chose to answer the open-ended questions, with the majority leaving a message of thanks. Of those that did leave suggestions for improvement, these included the following themes:

Location and cost

The general theme was that London was a good place to hold the conference. Two people also mentioned how affordable the conference was.

Timings

Three people mentioned that the morning session felt quite rushed.

“Feel that the morning session was rushed would suggest 2 speakers and breakout session in morning and 1 speaker and breakout sessions in the afternoon”

A number of respondents mentioned that they liked that the conference was on a Wednesday, and felt that the timings were right (9-4pm).

One person felt that the close of the day was a bit flat and would have liked something more uplifting.

“Nice to have different rooms and an outdoor space... and liked having different stands to network. The close seemed rather flat and pointless. It would have been better to have a clear summary of take-home messages from each presentation to bring it all together. Some upbeat slides to end on a high energy”

3 people also mentioned they would like the conference to be annual.

Menopause

A significant number of respondents throughout the survey said they would have liked more time devoted to the menopause session. Two people mentioned that they would benefit from a whole day about managing menopause symptoms. One person said that they would value continual menopause updates.

“Would have preferred more time for the menopause talk. It was so relevant and informative but too rushed”

“My only criticism is the menopause lecture was too rushed and needed time spent/allocated on it”

Breakouts

A few of the respondents mentioned that they would have liked the opportunity to attend all breakout sessions.

“Break out rooms should be one whole session so everyone can benefit from all. 10-minute time limit appeared hard for speakers”

Future topics

Suggested topics respondents would like to see at a future nursing conference included:

- Having a breast care nurse to talk about their role, providing an opportunity to hear how other nurses manage procedures and paperwork
- Pregnancy and breast cancer
- Family history/genetics

- Perspectives from family, friends and carers
- Relationships, in particular how to talk about sexual relationships
- Learning disabilities and breast cancer
- Pregnancy and breast cancer
- Male breast cancer
- Nutrition and exercise
- Breast cancer risk myths
- Psychological impact of breast cancer
- Practical tips for patients and information on self-care
- Surgical wound care and management
- Breast reconstruction
- Screening
- Lymphedema
- Body image- issues around asymmetry
- Sexuality & religion
- Cultural differences
- Use of HRT following breast cancer
- A patient voice/speaker
- Scenario based sessions
- Updates on new treatments, clinical trials and immunotherapy
- Wig advice

All the feedback collated from the nursing conference will be taken into consideration in the planning of our next conference.