

Certificate of Attendance

This is to confirm that

attended the webinar
**Psychological impact of
cancer and acceptance
and commitment therapy**
on 6 February 2024



Sally Kum

Associate director, nursing and
health information

For expert breast cancer information and support,
call our Helpline free on **0808 800 6000** or
visit breastcancer.org

Breast Cancer Now is a charity registered in England and Wales (1160558),
Scotland (SC045584) and the Isle of Man (1200).

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

CPD LOG: COLLABORATIVE LEARNING

Breast Cancer Now webinar: Psychological impact of cancer and acceptance and commitment therapy (ACT)

Linked NMC Domains:

- Prioritise people
- Practice effectively
- Preserve safety
- Promote professionalism and trust

In my role as Breast Care Nurse/Clinical Nurse Specialist, I provide information and support for people with breast health concerns, or are undergoing/have had, treatment for breast cancer.

A large part of my role is to inform and support those recovering from breast cancer surgery and during treatments, such as chemotherapy and radiotherapy. It is, therefore, of paramount importance for me to practice effectively by giving this patient group accurate and appropriate information to meet their individual needs.

To do this I need to keep up to date with current practices to help reduce the risk of post operative side effects, such as 'cording' and problems with arm and shoulder rotation and to encourage physical activity. I also need to know the appropriate and timely pathways to allow patients to access information support and treatment from appropriate services when they need to.

Using the Breast Cancer Now 'Your operation and recovery', 'Exercises after breast cancer surgery' and 'physical activity' webpage resources and following guidance of specialist physiotherapy experts, I will be able to support my patients fully.

As an attendee I also received a trusted resources list to help enhance the signposting of patients in clinical practice to further information and support. This helps promote my own professionalism as a practicing nurse specialist whilst ensuring a positive patient experience. Exploration and reflections using the references provided in the webinar resources list, will also further support my own independent learning.

Additional personal reflection: