

科技部補助專題研究計畫出席國際學術會議心得報告

日期：106 年 8 月 11 日

計畫編號	MOST 105-2314-B-227-004		
計畫名稱	以病人為中心互動式初診斷乳癌手術治療決策支持、心理社會與生理成效探討		
出國人員姓名	邱秀渝	服務機構及職稱	國立臺北護理健康大學 副教授
會議時間	106 年 4 月 20 日至 106 年 4 月 22 日	會議地點	韓國濟州島
會議名稱	Global Breast Cancer Conference 2017 (GBCC 2017)		
發表題目	EMPLOYMENT STATUS AND WORKING ADJUSTMENT IN BREAST CANCER SURVIVORS		

一、目的

為增進乳癌研究議題的創新性，參加 2017 年度韓國舉辦的 Global Breast Cancer Conference 。 Korean Breast Cancer Society (KBCS) 自 2007 年開始舉辦國際性乳癌研討會，提供國際上乳癌研究的學者們一個分享、切磋琢磨與精進學術能力的機會。如今 KBCS 已舉辦此類研習會十年了，此次的研討會為第 7 屆的國際乳癌研討會。KBCS Global Breast Cancer Conference。這個會議的學者不僅來自韓國，更有來自國內的乳醫團隊和其他國家如日本、英國、加拿大、東南亞等共 32 個國家，1245 位實務與學術界人士參與。

二、會議過程

此會議的主旨在於乳癌治療研究與實證應用的議題研討分享，強調乳癌新知的探討與呈現東亞區域不同時期的乳癌患者的治療發展現況。會議進行的三天中，議程活動除了韓國國內乳癌治療的發展經驗分享之外，更有 5 場的國際性衛星轉播(Satellite Symposium)的研討。會議議程請見表 1 的各時段議程的整理。會議包含各面向乳癌治療研究的口頭報告、研究成果壁報展示與討論，最後還有研究技能應用與研討的活動。各主題活動平均分佈於緊湊的三天活動中。

此次會議的重心仍是來自各界的乳癌專業學者分享不同領域的研究成果。其中五場的國際衛星研討課程的主題串聯了本次會議的主要目的，強調的乳癌治療議題，如預後因子運用於整體治療的規劃、晚期或復發乳癌的治療、治療與感染副作用的權衡、免疫治療、荷爾蒙治療的議題等。會議三天中有不同主題的乳癌治療討論與研究發表，其中包含國內正蓬勃發展的基因診斷與精準治療、乳癌存活性議題、乳癌手術 margin 與淋巴清除的議題等討論；皆為現況乳癌多元治療中醫護臨床實務判斷與醫病共享決策面對的議題。除了各國學者研究議題成果分享與研討外，在 nursing section 中，僅為會議中邀請韓國內部護理專家相關復發或晚期乳癌患者照護議題的研究分享；本次會議帶動常見乳癌治療爭議部分的討論。

在壁報展示中，呈現的議題更包含乳癌手術治療趨勢成效、癌症決策、生命末期、認知功能、癌症篩檢、症狀困擾、基因研究、另類治療的運用與行為等研究成果的分享。此次會議中共有本人和其他二位學者的一篇的壁報展示。壁報展示時間橫跨會議全程。雖會議中無法與壁報展示之研究者進行更進一步的討論，但壁報中也都附有名片或連繫資料可進一步的進行同儕間的聯繫與討論。

表 1：各時段的議程活動

4/20	4/21	4/22
Plenary Lecture 1 :Past and Future Treatment of HER2-positive Breast Cancer *Poster presentation	Satellite Symposium 2 : Dose Intensity and the Importance of Febrile Neutropenia Prevention *Poster presentation	Satellite Symposium 5 : Enhancing Endocrine Therapy for Hormone Receptor - Positive Advanced Breast Cancer *Poster presentation
Satellite Symposium 1 : The Role of Faslodex in Advanced Breast Cancer Management Pursuing Long Term Treatment Strategy *Poster presentation	Plenary Lecture 3 : Has Axillary Clearance Become Obsolete? *Poster presentation	Practicing Breast Surgeons Session (Korean) : Current Issues in Breast Clinic Plenary Lecture 5 : Haute Couture Tailoring of Radiation Therapy in Breast Cancer *Poster presentation
Plenary Lecture 2 : What is the Current Concept of Molecular Portraits of Human Breast Tumors *Poster presentation	Symposium 2 : Immuno-Oncology – Where We Are? Oral presentation *Poster presentation	Symposium 5 : To Treat or Not Survivorship Session : Advances in Breast Cancer Survivor's Care Oral presentation *Poster presentation
Symposium 1 : Breast Cancer Prevention and Screening Panel Discussion 1 : Elderly Breast Cancer Oral presentation *Poster presentation	Symposium 3 : Young Age Session Education Session 2 : Mutational Landscape and Its Implications for Treatment of Breast Cancer *Poster presentation	Symposium 6 : Personalized Therapy Education Session 3 : Cell Cycle, CDKs and Breast Cancer: A Changing Paradigm Oral presentation *Poster presentation
Education Session 1 : New Issues in Cancer Research and Treatment *Poster presentation	Satellite Symposium 3 : Recent Insight into Clinic for HER2+ mBC Patients *Poster presentation	
Panel Discussion 2 : Special Issues in Stage IV Breast Cancer *Poster presentation	Plenary Lecture 4 : Immuno-Oncology of Breast Cancer *Poster presentation	
	Nursing Session : Management of Metastatic, Recurrent and Intractable Breast Cancer *Poster presentation	
	Panel Discussion 3 : Minimizing Local Therapy Panel Discussion 4 : Role of Imaging in the Era of ALND Omitting of N1 Breast Cancer *Poster presentation	
	Satellite Symposium 4 : Prognostic Diagnosis for HR+/HER2- Early Breast	

二、與會心得與建議事項

參與此次會議是個豐富的學習。由各研究者的口頭與壁報發表中，讓我有機會與相關乳癌治療研究領域的學者交流，分享學術的成果之外更增進該領域研究趨勢發展的了解。此次會議期間也有很多機會認識來自各國的專家學者，在會議中也吸收到他們專業領域中的豐富學識與經驗，相較於本人在台灣的臨床經驗，透過他們的經驗分享中更得以體會其它國家的醫療與照護模式也引發本人去思考台灣的護理人員該如何做才能更有效發揮出諮詢、協調的角色，進一步提升護理的專業。

乳癌治療非常多元且複雜，不僅涵蓋傳統的手術、化學藥物、放射線治療外，更涵蓋荷爾蒙治療與免疫治療。近年來新治療技術的精進，精準治療與基因檢測後的治療規劃多變，而病人所面對的治療療程可長達五年。此次會議在乳癌治療議題的研討方面，並非提供教育性質的乳癌治療說明，而是藉由乳癌治療趨勢的多元多層面的研討，帶出了很多具爭議或具有風險、不確定性的乳癌治療議題，實實在在考驗醫護人員的病患與家屬的照護。如晚期乳癌仍具有很多的治療選擇，如 Faslodex，而且這些治療選擇並非以治癒為目標而是以症狀控制為目標，不僅符合緩和醫療或安寧照護的概念，還能在控制乳癌的目標下維持病患的生活品質。這樣的治療發展，已並非傳統的非癌症治療即轉入安寧的照護模式。病患的緩和醫療模式的介入，將可能延後家庭醫學科安寧療護的介入，增加了乳癌醫療護團隊對乳癌病患與家屬的照護期間。同時，這些治療並非皆為保險給付，當病患治療面臨症狀控制、治療與生活品質、家庭與經濟的權衡之際，醫護人員如何協助病患與家屬進行乳癌治療決策，同時也面生命規劃的挑戰，將會是個議題。刺激本人後續研究發展的省思，學習良多！

本人 在此次研討會中分享的論文是有關存活者復工議題的探討。存活者的照護議題也在其中的 section 中討論到。特別是日本經驗的分享中，強調心理社會議題，包含生育、性生活與復工的議題即期照護的困境。而澳洲的經驗中分享 Breast Cancer Nurse 的角色功能與乳癌門診的功能、院內存活者照護計畫的共識與結合社區病友組織的存活者照護規劃，很值得借鏡。臨床實務中具相關經驗或專長的醫護人員缺乏，急需跨專業跨團隊的合作與資源政策的介入。除此之外，本人更在壁報展示的現場中與相關的學者討論到存活者的其他照護經驗。讓我印象深刻的有「3C 穿戴裝置對乳癌病人身體活動的效益研究」、「存活者心理社會實驗性研究的統合分析」、「長期存活者生活品質議題」以及「治療新趨勢-保留手術後的重建」，隨著癌症早期發現的進步與存活率的增加，近年極力的推廣癌症存活者 (survivor) 在行為上、身心、回歸社會等各議題的探討。癌症已不在是絕症而是慢性疾病，如何增進癌症患者回歸社區與社會，重創新生活，回歸社會的生產線等議題是個發展的趨勢。

隨著國內癌症篩檢的政策建立與推廣，研究者亦應早期利用研究策略以了解癌症存活者或長期患者的問題與如何幫助他們回歸社會。不同的概念定義引導不同的對策與研究趨勢。其強調“survivor”是始於癌症的診斷。就如國內推廣早期療育或中期服務的概念一樣，如癌症的慢性病的衝擊與影響很廣泛，且具累積性。若癌症 survivorship 的定義史於癌症的診斷，在治療階段時強調毒性減輕與副作用的維護與提升，早期介入病人生存與生活議題的準備，連結多元資源，才是長期抗癌的效益。所以國內癌症的推廣不應僅侷限在急性治療的階段，更應著力於病人的復健或生活再創的議題。

三、發表論文全文或摘要

本次發表的論文摘要位於 abstract book 之 p. 312 。請見以下之圖式與 poster 的呈現。

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Quality of Life

EMPLOYMENT STATUS AND WORKING ADJUSTMENT IN BREAST CANCER SURVIVORS

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Background: Breast cancer is one of common cancers in Taiwan and many patients were diagnosed before retirement. As the improvement of cancer treatment, there is growing numbers of survivors and the return-to-work issue becomes more important. Studies have documented that the cancer survivors need assistant for returning to work. Thus, the study aimed to assess the employment status and working adjustment after the completion of primary breast cancer treatment.

Methods: This was a cross-sectional study via mailed survey. A convenience sample of 75 breast cancer survivors was those who were working and have been diagnosed for 2-to-5 years. Working adjustment was measured via Working Ability Index.

Result: The sample had a mean age of 47.1. The majority of them was married, had college or higher education, were working in private sectors and held professional or administrative positions. Most of them had stage 0 to II breast cancer and were not receiving cancer treatment other than adjuvant hormonal therapy. The women reported moderate working difficulty and working adjustment. Half of them has had modified their work time or job assignments after cancer diagnosis. Multivariate analysis revealed that poor working adjustment was predicted by advanced stage, worried about death, cancer care, and less support on work role demand.

Conclusions: Returning to usual work might be difficult for breast cancer survivors. Providing supportive care may help them to adjust for the impact of cancer and to enhance their working adjustment after cancer.



五、攜回資料名稱及內容

本次會議所有相關資料皆架設於網頁中，讓與會者有機會隨時下載會議資料與各類的摘要。會議中各場會議的講義內容就長達 300 多頁。相關資料仍可於 <http://www.gbcc.kr/> 中隨時瀏覽與應用。

六、其他：與會證明



REGISTRATION RECEIPT

March 09, 2017

Name: LEE Shinyu Katie
Affiliation: National Taipai University Of Nursing And Health Science
Country: Taiwan

CATEGORY		FEE
Shinyu Katie Lee	Researcher (Registration Fee)	USD 300
TOTAL		USD 300
PAID AMOUNT		USD 300
BALANCE		USD 0

* V.A.T included

The above amount has been duly received.

Sung Hoo Jung, MD, PhD
Co-President
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Korea Breast Cancer Society

Byung Joo Song, MD, PhD
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Secretariat for GBCC 2017

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日期: W4, 26 Apr 2017 15:39:25
标题: <SPAM> [GBCC Newsletter] Letter of Appreciation

Letter of Appreciation

Dear Valued Participants,

On behalf of the Organizing Committee of GBCC 2017, we would like to extend our warmest gratitude for your great support and active participation in the Global Breast Cancer Conference 2017 held in Jeju, Korea, from April 20 to 22, 2017.

As GBCC 2017 brought together more than 1,245 participants from 32 countries, it successfully served as an important platform for the discussion and exchange of ideas. Under the theme of "With you, the world leading GBCC," GBCC 2017 took place successfully. The goal of this conference was to provide experts and professionals in the field of breast cancer with a profusion of opportunities for knowledge exchange and interaction/cooperation, while enhancing discussions about how to prevent, diagnose and treat breast cancer.

On the back of your active participation, we were able to put on a fruitful and productive conference, while achieving our goals. In an attempt to share with you unforgettable memories of GBCC 2017, photos taken and presentation materials presented during the conference will soon be uploaded onto our official website: www.gbcc.kr.

We wish to repeat our appreciation for taking the time to be part of this year's GBCC. We sincerely look forward to meeting you again at the Global Breast Cancer Conference 2018.

**Please take a few moments to complete the survey for GBCC 2017. You can access the survey using below link. Your participation is very important to us. Thank you very much for completing these important survey!

- Link: <https://goo.gl/forms/Lj0ld5Howwa2UJFJ3>

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GBCC2018 April 19 (Thu.) - April 21 (Sat.), 2018

Thank you.

Very truly yours,

Sung Hoo Jung, MD, PhD
Co-President
Organizing Committee of GBCC 2017
Korean Breast Cancer Society

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This e-mail is sent on behalf of the Secretariat for GBCC to the previous conference participants and potential participants for GBCC.

매일 수신을 확인하지 않으시면, 여기 [중심지]를 놓려 주십시오.
* 수신을 확인하십시오.

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