

# From Treatment to Survivorship: A Mixed-Methods Analysis of a Breast Cancer Survivorship Program in Lagos, Nigeria

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## Background and Objectives



Breast cancer survivorship is increasing in sub-Saharan Africa; however, survivorship care remains underdeveloped with limited structured support programs for survivors.

**Objective:** Evaluate patient utilization and awareness of the Dew Drops cancer survivorship program and identify unmet psychosocial, educational, financial, and structural survivorship needs among breast cancer survivors in Lagos, Nigeria.

## Methods

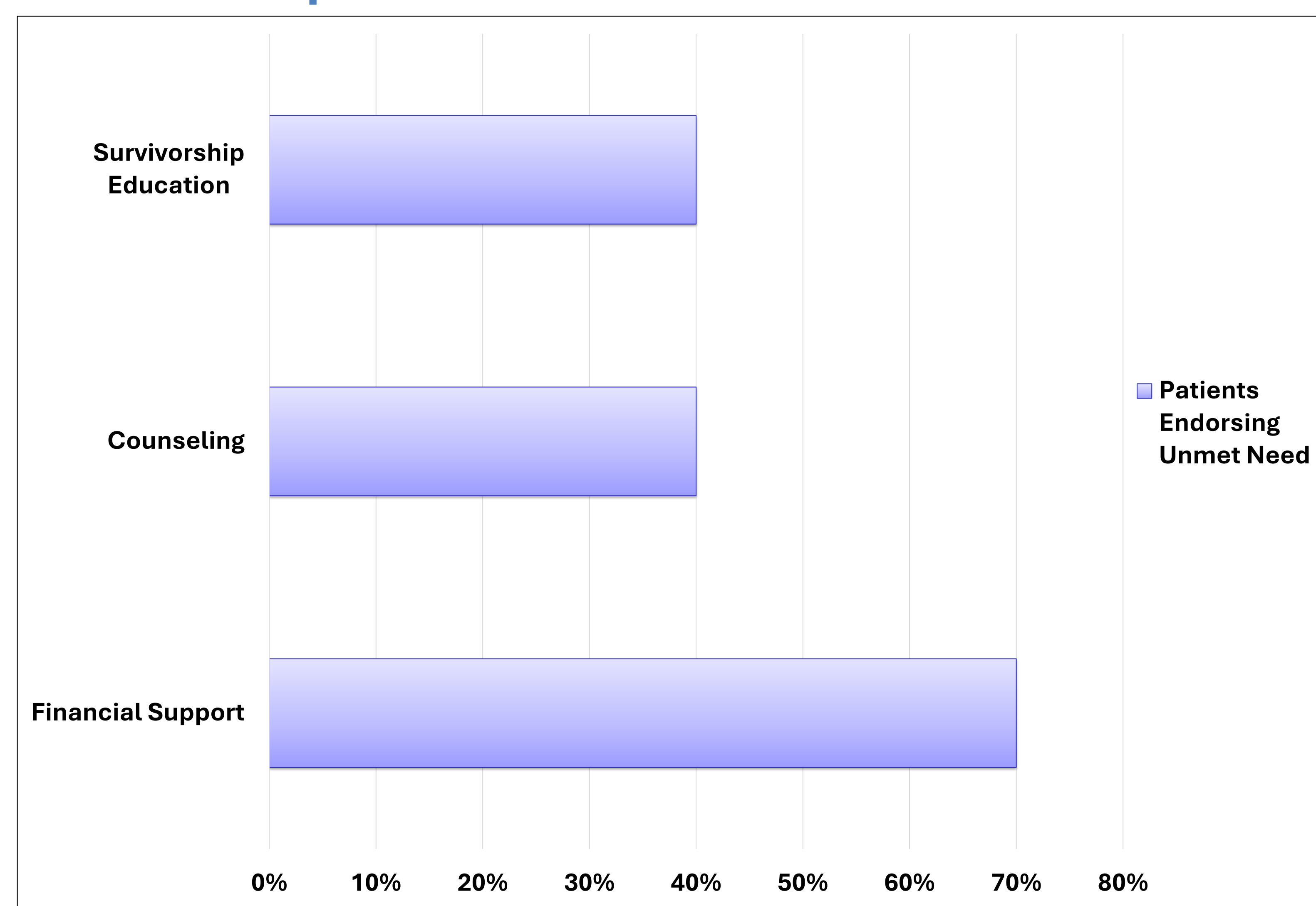
- Inclusion: Patients greater than 18 years of age, currently or previously diagnosed with breast cancer, and treated at Lakeshore Cancer Center in Lagos, Nigeria.
- Mixed-Methods Study: survey questionnaire and semi-structured qualitative interviews. Study tools include:
  - Investigator-defined questions related to program utilization and awareness
  - ULL-27 validated questionnaire that evaluates quality of life and upper extremity lymphedema risk in breast cancer patients
- Recruitment fliers are shared at the Lakeshore Cancer Center and through the Dew Drops cancer support program.

## Results

- 11 patients since 4/2026, ongoing**
  - Dew Drops: ~ 50 breast cancer patients
  - Lakeshore Cancer Center: ~700 breast cancer patients
- Demographics**
  - Men vs Women: 10 women, 1 man
  - Use of Dewdrops: 36% of patients
- Use of Formal Survivorship Programs:**
  - Use of Formal Survivorship Program: 63%
  - 45% of patients joined a program while receiving treatment
- Survey Score Means: (rated 1-5)**
  - Physical Burden: 2 [1.1-3.3], mild
  - Psychological Burden: 2.2 [1.3-2.4], mild
  - Social Burden: 2 [1-3.2], mild

## Tables and Figures:

**Figure 1: Prevalence of Patient-Reported Unmet Survivorship Needs**



**Figure 2: Representative Sample of Patient Quotes**

“At the time that I was going through treatment, I didn’t know then that cancer patients go through depression...I went searching online and I realized there were lectures on this and hospitals are meant to help patients and give them a soft landing.”

“I’ve lost a lot of friends. They couldn’t afford the treatment and they died”

“There are so many of us that don’t know anything about the breast cancer routine. The hospital should enlighten them more about if they’re taking chemo, the side effects, what to look out for”

**Table 1: Major Themes Identified Through Qualitative Interviews**

Overarching Theme	Key Subthemes
<b>Persistent Informational and Educational Needs</b>	Limited awareness of survivorship resources; reliance on external information sources; desire for structured survivorship and treatment education
<b>Survivorship Communities as Sources of Emotional Validation and Empowerment</b>	Emotional reassurance and hope; shared lived experiences; reduction in social isolation; peer mentorship
<b>Structural and Logistical Barriers to Survivorship Engagement</b>	Geographic limitations; delayed integration into support programs; preference for virtual/hybrid models
<b>Need for Holistic and Patient-Centered Cancer Care</b>	Financial toxicity; mental health support needs; patient navigation; compassionate communication

## Conclusions and Next Steps

- This pilot mixed-methods study identified significant psychosocial, educational, and structural unmet needs.
- Survivorship care remains an underexplored area of cancer care. It’s institutional presence at Lakeshore Cancer Center presents a unique opportunity to tailor programming to address patient-identified needs.
- Stepping stone to introduce and connect patients with reconstructive care for post-mastectomy and lymphedema concerns.

- Expand survivorship awareness
- Strengthen psychosocial and financial support
- Enhance survivor education
- Expand hybrid survivorship models

## References:

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3. World Health Organization Regional Office for Africa. (2022). *Assessment of breast cancer control capacities in the WHO African Region 2022*. World Health Organization.