

Decision Regret Regarding Breast Reconstruction in Breast Cancer Patients Following Preconsultation Education Group



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Introduction

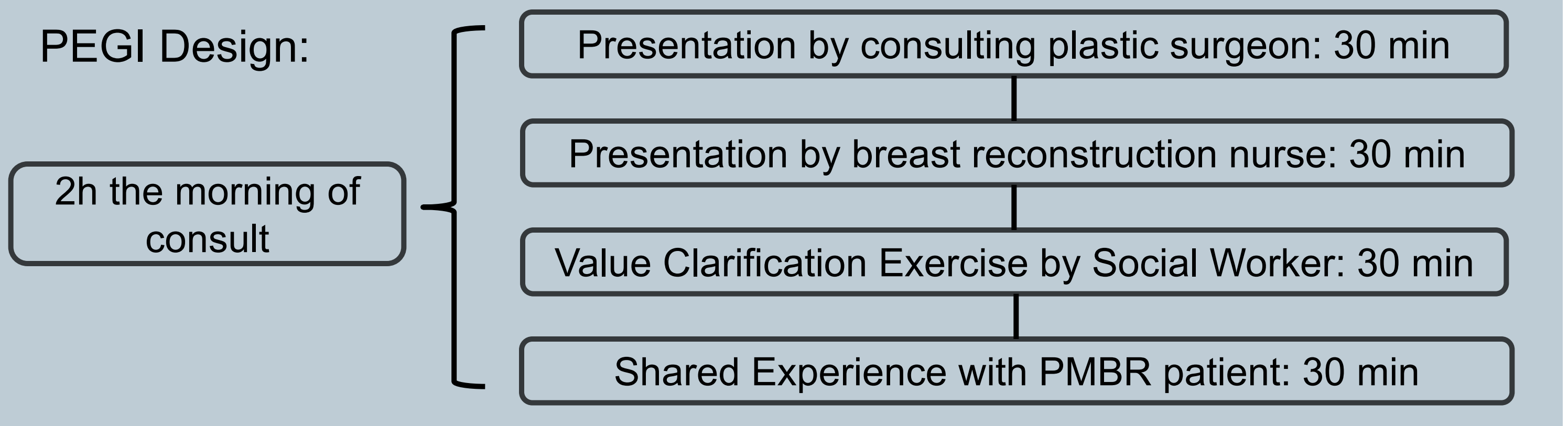
- Postmastectomy breast reconstruction (PMBR)
 - complex decision for patients
- Decision regret: important outcome measure
 - Important to evaluate decision-making
- Preconsultation Education Group Intervention (PEGI)
 - Decision support tool to help patients
 - Previously shown to increase patient knowledge

Aim

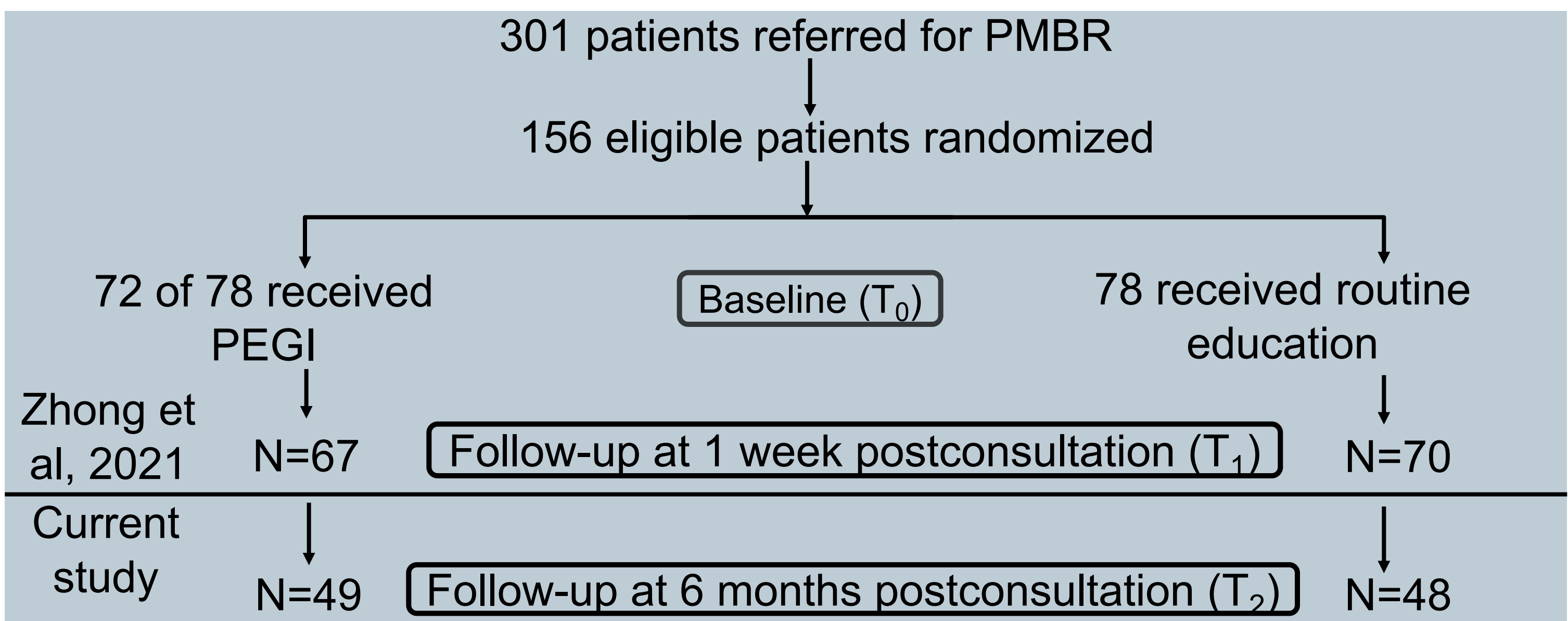
- Investigate the effect of PEGI on decision regret 6 months post-consultation

Methods

- Inclusion criteria
 - >18 years old referred for PMBR
- Exclusion criteria
 - Active cancer, Non-English speakers, secondary revision, cognitive or psychiatric impairment, had previous visits for reconstruction
- Outcomes:
 - BREAST-Q Satisfaction with Information at T₁
 - Decision Regret Scale (Primary) and State Trait Anxiety Inventory (STAI) at T₂

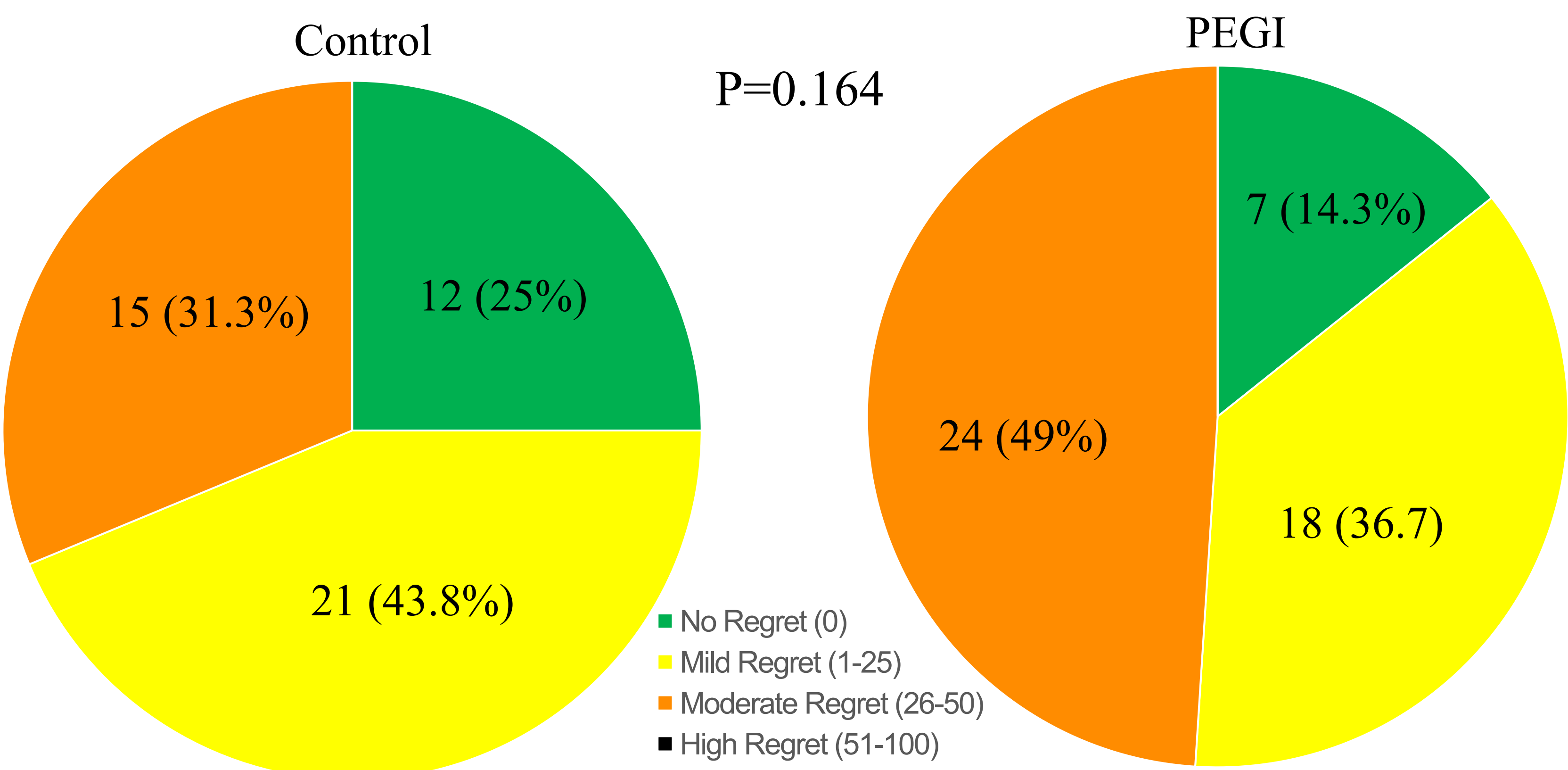


Intervention (PEGI): A Randomized Controlled Trial



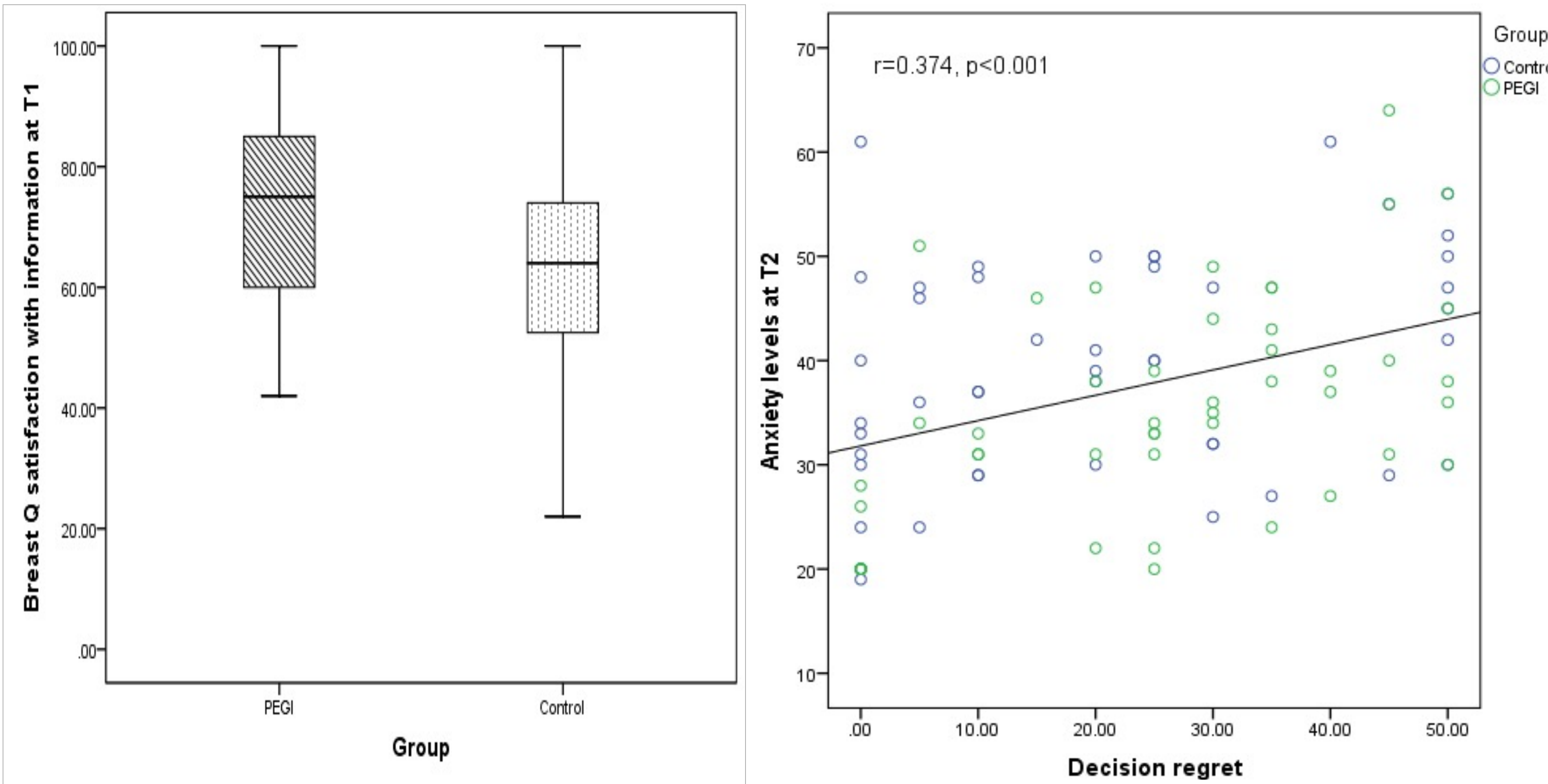
Characteristics		Total (N*=97)	PEGI (n=49)	Control (n=48)
Age (years)		48.04 ± 8.38	48.53 ± 9.17	47.54 ± 7.57
Race	White	65 (67.7)	33 (67.3)	32 (68.1)
	Non-white	31 (32.3)	16 (32.7)	15 (31.9)
	Mastectomy indication			
Mastectomy indication	Prophylactic	25 (25.8)	16 (32.7)	9 (18.8)
	In situ	2 (2.1)	0 (0)	2 (4.2)
	Ca stage I-IV	60 (61.9)	29 (59.1)	31 (64.7)

Decision Regret at T₂



Outcome	PEGI (n=49)	Control (n=48)	P-value
STAI at T ₂	35.45 ± 10.60	39.59 ± 10.70	0.467

Results



BMBR → Decision Regret r=-0.34, p=0.001

Conclusion

- No difference in baseline characteristics, mastectomy indications or surgical outcomes
- PEGI increased Satisfaction with Information
 - No impact on decision regret or levels of anxiety
- Lower decision regret was associated with undergoing PMBR and lower anxiety irrespective of education

References

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- Platt, J., Baxter, N., Jones, J. *et al*. Pre-consultation educational group intervention to improve shared decision-making in postmastectomy breast reconstruction: study protocol for a pilot randomized controlled trial. *Trials* **14**, 199 (2013). <https://doi.org/10.1186/1745-6215-14-199>