follow-up strategies tend to shift towards personalised care with focus on patient education and self-management. There are limited data on gynaecological cancer survivors’ self-management abilities. This study aimed to assess the relationship between self-management skills and adherence to current follow-up guidelines among gynaecological cancer survivors in the Netherlands, Norway, and Denmark. We also assessed the relationship between adherence to follow-up and use of additional healthcare services.

Methodology We conducted an international, multi-centre, cross-sectional study. Gynaecological cancer survivors were recruited 1–5 years after completion of treatment. We obtained information on clinical characteristics, demographics, self-management (Health Education Impact Questionnaire), follow-up visits, and use of healthcare services by validated questionnaires. Based on national guidelines, we categorised participants as adherent if they attended the recommended number of follow-up visits, non-adherent if they had fewer visits than recommended, or over-users if they had more visits than recommended.

Result(s) Of 4455 invited survivors, 2428 (55%) returned the questionnaires. After excluding 992 randomly selected Danish survivors to even the distribution between countries and survivors with more than 5 years follow-up, 911 survivors were included in the study. Survivors with high self-management skills (e.g. ability to manage medical and psychosocial aspects of one’s illness) most frequently attended the recommended number of follow-up visits. There were lower self-management skills in the health-directed activity domain, indicating less health-promoting physical activity (OR 1.54, 95% CI 1.03–2.32) among non-adherent survivors compared to adherent survivors. No other associations between self-management and follow-up adherence were revealed. Non-adherent survivors were likely to be older, treated by surgery only, Danish residents and have endometrial cancer. Over-users not only reported more follow-up visits but also used additional healthcare services, such as oncologic rehabilitation and/or oncological nurses, more frequently than adherent survivors.

Conclusion Possession of low self-management skills appears to reduce the likelihood of adhering to national guidelines for gynaecological cancer follow-up. As personalisation of care is gradually implemented, a special attention on patient education for survivors at risk of low self-management may help to ensure their adherence to recommended follow-up.

Understanding the Recovery Process and Return to Daily Activity in Women Treated for Cervical Cancer

Introduction/Background Cervical cancer is predominantly a cancer of younger women and improvements in oncological outcomes have resulted in more women surviving cervical cancer and living with the long-term effects of treatment at a younger age. Understanding the recovery process and the experience of cancer survivors is essential to increase awareness of the long-term psychological and physical needs of survivors.

Methodology A qualitative study was conducted with the aim of understanding the recovery process and return to daily activity in women treated for cervical cancer. Interviews were undertaken face-to-face and via the telephone using a semi-structured interview schedule. Inductive thematic analysis was used to derive a thematic framework from the data.

Result(s) Twenty-one women who had been treated for cervical cancer aged 18–60 years and were living in the UK participated in an interview. Analysis of the data revealed themes which described participants’ experience and perceptions of treatment as a paradox; physical recovery and self-management strategies of treatment related issues; Psychological coping both in the short and long-term after treatment. A key finding was the nuances in different experiences between treatment types, with physical changes perceived to be more disruptive following radical treatments, whilst psychological repercussions seemed to be significant regardless of treatment type.

Conclusion This study provides novel insight into the varied recovery experiences of those treated with surgery, chemotherapy, and radiotherapy after cervical cancer, which can be used to improve recovery experiences for future survivors.
Introduction/Background

The Living Well Cancer Programme is an Irish Cancer Society funded pilot programme aimed at developing a survivorship service for women survivors of cancer.

A key element of this programme is public and patient involvement (PPI) in our efforts. With this in mind, we established a digital advisory board through a company called medCrowd to ascertain the opinions and experiences of our patients to guide development of this pilot service.

Methodology

16 patient representatives were selected from those attending the follow-up and surveillance programme at both clinical sites in Dublin. Participants were selected based on cancer site and treatment modalities experienced. Participants were given access to a secure site on the medCrowd