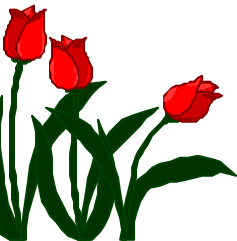


LODDON MALLEE BREAST SERVICES ENHANCEMENT PROJECT

PSYCHOSOCIAL GUIDELINES
for
WOMEN WITH BREAST DISEASE

**© A REFERENCE BOOKLET
FOR HEALTH CARE PROFESSIONALS**



Developed as part of the Loddon Mallee Breast Services Enhancement Project 2000.

Consultants:

Bendigo Health Care Group,

Collaborative Health Education & Research Centre.

EVIDENCE RATING

Reference: Psychosocial Clinical Practice Guidelines (1999), p.4.

The evidence rating is a measure used to classify the level of evidence supporting scientific studies. The rating system used in the Psychosocial Clinical Practice Guidelines is based on recommendations for intervention studies by the National Health & Medical Research Council's Standing Committee on Quality Care & Health Outcomes. The levels, source & standards of evidence follow:

Level I	Evidence is obtained from a systematic review of all relevant randomised controlled trials, usually found in meta-analyses.
Level II	Evidence is obtained from at least one properly designed randomised controlled trial.
Level III	Evidence is obtained from well-designed controlled trials without randomisation; or from well-designed cohort or case control analytic studies, preferably from more than one research centre; or from multiple time series, with or without intervention.
Level IVa	Evidence is obtained from descriptive studies of provider practices, patient behaviours, knowledge, or attitudes or a systematic review of the descriptive studies.
Level IVb	Represents the opinions of well respected authorities based on clinical experience or reports of expert committees.

1. INTRODUCTION & BACKGROUND

The Loddon Mallee Breast Services Enhancement Project has identified the importance of addressing the psychosocial needs of women with breast disease. Both women with malignant & benign disease are shown to have high levels of psychosocial concerns.

This evidence based, user friendly booklet has been designed for health professionals caring for women with breast disease. It is to be used as a guide only, care and support being subject to the multidisciplinary care team's professional judgement of the needs of individual women, and variation in the availability of services.

This reference booklet is not intended to replace the Psychosocial Clinical Practice Guidelines, but rather to compliment the Guidelines, and is proposed to be used in conjunction with them.

The contents of the booklet have been adapted from:

- *Psychological Clinical Practice Guidelines: information, support & counselling for women with breast cancer* (1999). Prepared by the NHMRC National Breast Cancer Centre Psychological Working Group. Issued by the National Health & Research Centre.
- *Psychological Clinical Practice Guidelines*. Summary of recommendations (2000) Poster. Prepared by the NHMRC National Breast Cancer Centre.

For the convenience of the health care team the booklet contains a referral guide to assist in identifying appropriate referrals for women with psychosocial issues (Section 11). It also has a list of frequently used referral services and their contact points, including relevant services within the Loddon Mallee Region (Section 12).