



Co-funded by the
Erasmus+ Programme
of the European Union

GA n° 2019-1-CY01-KA204-058266



NEWSLETTER NO. 1

April 2020

PROLEPSIS PROJECT

The aim of Prolepsis project is to create a methodology and relevant contents extending informal carers' knowledge regarding the impact of their prevention avoidance behavior on breast cancer development and promoting their preparedness to engage in such behaviors.

The project aims to develop a mobile phone-based health intervention, through the creation of an Application (App) for tablet and smartphone, as a means to enhance preventive health care behavior among informal carers population with tailored individual messages, covering broad content areas while also overcoming restrictions to place and time of delivery.

In fact, caregiving of a person with a chronic disease can be a contributing factor to poor screening adherence. Women who assume the role of the informal carer face additional challenges in engaging in health promotion practices such as breast cancer screening. Explicitly, studies on carers' health behaviors stress the presence of impaired health behaviors, such as neglecting health care appointments, eating a poor-quality diet.

While the outcome of breast cancer treatment largely depends on the timing of its detection and the national health systems throughout Europe follow the EU's recommendations for the provision of mammography screening to detect breast cancer in an early stage (<https://ecibc.jrc.ec.europa.eu/recommendations>), womens' adherence to screenings programmes is relatively poor. The average attendance in the EU was below the standard acceptable level that is 70% (Perry et al. 2016).

The specific objectives of the Prolepsis project are:

- To create a methodology and relevant contents extending informal carers' knowledge regarding the impact of their prevention avoidance behavior on BC development.
- To educate and enhancing them to assume control over this disease through adopting and maintaining changes in their lifestyle and living practices. These include modifications of their lifestyle habits, self-monitoring, self-assessment and reinforcement of positive behaviors as well as encouragement of use of preventive BC services.
- To develop a personalized mobile application (i.e. personal characteristics, needs and preferences), which will support informal carers to better manage self-care and behaviour change in illness prevention.
- To produce a handbook for educators working with informal and formal education and healthcare professional working with women's health promotion, on how to use the app in health-literacy reinforcement programmes targeting not only informal carers but women's health in general. The handbook will be an e-book containing practical suggestions and guidelines for the two different target group which will be based on the lessons learnt through the previous project actions.

The Prolepsis is a 30 months Erasmus+ project, delivered in partnership with 5 European partners, namely:

- **CUT University of Technology**, coordinator of the project, from Cyprus, CUT is Cyprus' youngest one of only two state funded Universities and its Department of Nursing has quickly established itself as a major national Research hub in the Health Sciences
- **Anziani e non solo** social cooperative, from Italy, is a NGO working since 2004 in the field of social innovation, with a specific focus on management of project and realization of services and products in the field of welfare and social inclusion
- **Portincarers** – Associação Cuidadores de Portugal, is a non-profitable multidisciplinary and independent organisation. Its main objective is to give Portuguese informal carers visibility and voice, at national and international level and to promote their quality of life.
- **Singularlogic**, from Greece, invests a significant part of its turnover into the development of new, pioneering methodologies and state-of-the-art technological tools. The European Projects Department of Singular Logic works on the design and implementation of innovative applications and platforms targeting different business sectors as well as on the engineering and management of business services
- **Europa Donna - Cyprus Breast Cancer Forum**, from Cyprus, is an independent, nonprofit organisation whose members are affiliated groups from countries throughout Europe. It works to raise awareness of breast cancer and to mobilise the support of European women in pressing for improved breast cancer education, appropriate screening, optimal treatment and care and increased funding for research.

PROLEPSIS PROJECT WEBSITE

In January 2020, the partnership of Prolepsis project launched its new website.

The website includes the presentation of the project (a downloadable flyer is available) and of its outputs. Also, during all the 30 months of life of the project, the website will be populated with news from the partnership, official newsletters and press releases, information about meetings and events, materials and documents produced and other important contents.

The website is open access and it is the best way to keep in contact with the partnership and to keep updated on project activities.

To learn more about the project visit the website, click on the following link: <https://prolepsis.eu/>

KICK OFF MEETING IN CYPRUS

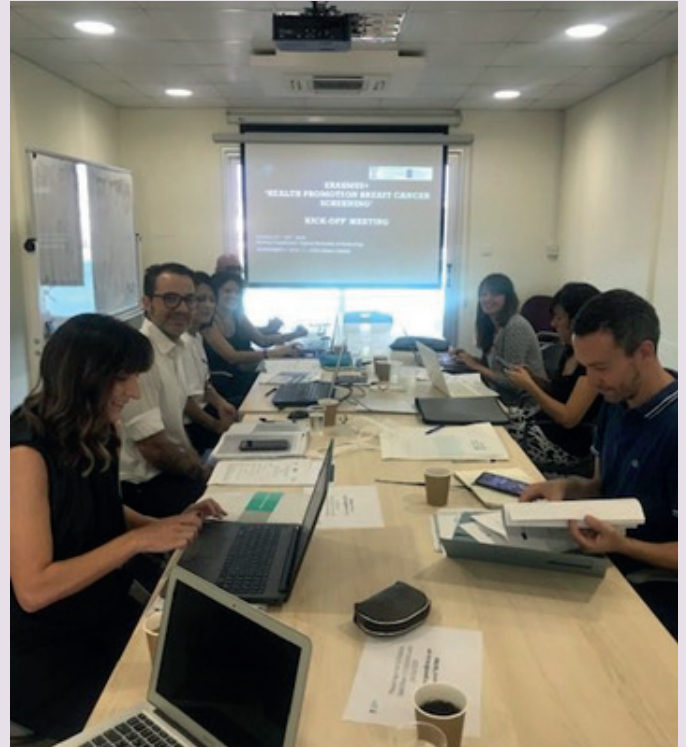
The 1st partnership meeting was held in Limassol (Cyprus), the 21th and 22th of October 2019, hosted by the Nursing Department of the Cyprus University of Technology.

The meeting was the opportunity for project partners to get to know each other, presenting their own organisations.

Also, project partners had the occasion to learn more about the respective national contexts in relation to the topic of breast cancer prevention.

During the two days of the meeting upcoming tasks and next steps have been agreed among participants, accordingly to the workplan of the project.

Next transnational partner meeting will be organised in July 2020 in Portugal.



OUTPUT 1 – FOCUS GROUPS WITH CAREGIVERS AND PROFESSIONALS

In this moment, the project has entered its first operational phase, that has the objective of producing a report aimed to set the scene for the development of educational programme and the App for women caregivers. It will provide new knowledge and attainable heights of insight on relevant stakeholders' (i.e. experts, end-users associations and end-users caregiver) perspectives on educational and training opportunities as well as identifying any barriers in promoting breast cancer prevention.

Stakeholders' perceptions have been retrieved in all partners' countries, with the help of the focus group tool. Each partner had the task to conduct focus groups both with informal women caregivers, and with selected professionals, such as: educators, advanced nurse practitioners, medical oncologists, health promotion professionals and representatives from all relevant professional associations and societies (e.g. NGOs active on breast cancer issues).

The aim of the focus groups with caregivers was to facilitate participants to discuss their knowledge of breast cancer and screening guidelines and recommended practices; individual, structural, and cultural barriers to screening; attitudes on mammogram screening, breast cancer experiences (personal or of a significant other), self-rated risk for breast cancer, current state of mobile phone usage habits, including text and picture messaging, needs for mobile based learning applications, readiness for mobile-based learning applications and ideas regarding the most effective content, type and frequency of messages the interventions to promote screening.

The aim of the focus groups with professionals was to gather health professional community's opinions and describe their views on the educational priorities about breast cancer and breast cancer prevention including screening (e.g. gaps in knowledge, concerns, and priorities).

The outcomes of each focus group will be summarized in a report in English that will be soon downloadable from the Prolepsis website.



THE PROJECT OUTPUTS MEETINGS AND EVENTS DOCUMENTS NEWSLETTERS AND PRESS RELEASES PARTNERSHIP NEWS



Health Promotion Breast Cancer Screening In Informal Carers

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