

Factors that influenced health literacy in women diagnosed with breast cancer in Kenya: A qualitative exploration using a journey model

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Background

- Breast cancer(BC) is the third cause of death for many women in Kenya where approx. 40 % have low literacy (KNBS,2014).
- People with low literacy tend to have low HL.HL is important in management of BC yet it is an unexplored area in Kenya.
- Patients & families should be able to access, understand & use health information to make decisions(Shahid et al, 2022)

Aim: Guided by the Socio-Ecological Model (SEM) the study explored the factors that influenced health literacy (HL) for women with breast cancer across the cancer journey

Methods

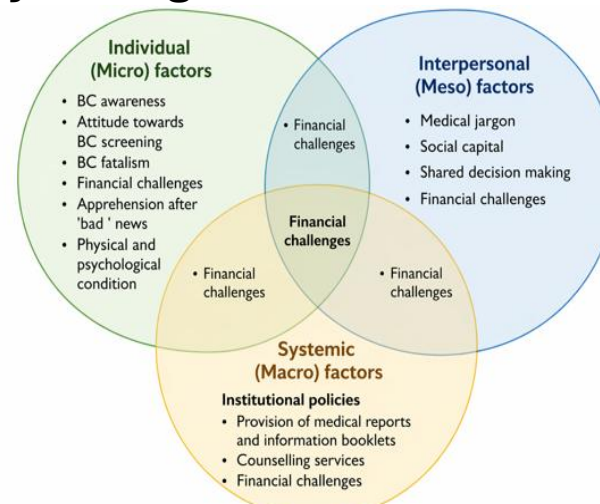
Design: Longitudinal qualitative research

Study sites: Aga Khan University Hospital, Nairobi (AKUH,N) and Kenyatta National Hospital (KNH);**Ethical approval:** AKU, University of Salford, NACOSTI, KNH

Sampling: Purposive sample- 11 breast cancer patients,**Data collection:** Audiotaped semi-structured face-face individual interviews, longitudinal (at 4 to 6 weeks intervals)

Data analysis: Thematic analysis (Colaizzi's strategy),manual coding, Nvivo for organisation

Key findings



Implications for health literacy practice

- Need to assess HL levels
- Health care professionals must do needs assessment
- Provide tailored information at every stage
- Avoid using medical jargon
- Introduce patient navigation programs
- Provide information about healthcare financing
- Develop educational resources for breast cancer patients
- Mass education on breast cancer causes, signs and symptoms

Reference

Shahid, R., Shoker, M., Chu, L. M., Frehlick, R., Ward, H., & Pahwa, P. (2022). Impact of low health literacy on patients' health outcomes: a multicenter cohort study. *BMC health services research*, 22(1), 1148.