

IMPLEMENTATION GUIDE

Healthy Steps

*Using an Evidence-Based Program to develop
a process model for program delivery in the practice setting*

Note: Refer to “Using What Works: Adapting Evidence-Based Programs to Fit Your Needs.” Review the appropriate modules and handouts provided in each to modify and evaluate this program to meet the needs of your organization and audience.

“Using What Works” is available online at
http://cancercontrol.cancer.gov/use_what_works/start.htm.

I. Program Administration (Type of Staffing and Functions Needed)

Recruitment Leaders (two)

- Chosen by the cancer center leader
- Present the program to the surgeons, oncologists, and radiation oncologists
- Promote the program through brochures, newsletter announcements, and advertisement in local print media

Surgeons

- Sign and send letters to patients who have a diagnosis of breast cancer and have undergone a lumpectomy or more extensive breast surgery at least 1 month early; letter describes the program and invites participation

Session Leader (registered dance/movement therapist who is also a certified Lebed Method instructor)

- Leads the dance/movement sessions
- Strives to create a safe and accepting environment that encourages each participant to engage at her level of comfort, with a focus on positive expression, recovery, and celebration

II. Program Delivery

For additional information on modifying program materials, refer to the appropriate module(s) for program adaptation from “Using What Works.”

A. Program Materials (*All listed materials can be viewed and/or downloaded from the Products Page*):

- Lebed method training instructor Web site, <http://training.gohealthysteps.com>

B. Program Implementation

The steps used to implement this program are as follows:

Step 1: Secure a space to conduct the sessions. While the program was evaluated in a hospital setting, it has also been implemented in health centers, churches, and community centers.

Step 2: Cancer center leaders choose two recruitment leaders.

Step 3: Recruitment leaders convey the information about the program to surgeons, oncologists, and radiation oncologists.

Step 4: Surgeons send a letter with their signature to their patients who have had a diagnosis of breast cancer and a lumpectomy or more extensive breast surgery at least 1 month prior but within 5 years.

Step 5: If the session leader is not already certified in administering the Lebed Method, she or he takes the 3-day instructor training (see <http://training.gohealthysteps.com> for information).

Step 6: Sessions are conducted. The program is 12 weeks in duration, with 2 sessions per week for the initial 6 weeks and 1 session per week for an additional 6 weeks, for a total of 18 sessions.

Each session consists of a 10-15 minutes warm-up, 10 minutes core exercises, 25-30 minutes dance movements, 5-7 minutes water breaks, and a 10 minutes wrap-up. The warm-up exercises include deep breathing, head and neck stretches, shoulder rotations, torso contractions, side-to-side arm extensions, torso lengthening, and large arm circles. The warm-up is usually done sitting in a circle, to percussion music orchestrated to the movements. This is followed by stretching exercises in a standing position with a chair for support. The core exercises include upper and lower body movements to music and imagery to help increase range of motion.

The core movements are followed by 25–30 minutes of dance movement designed to address challenges that women report following the diagnosis and treatment of breast cancer, including body image, sexuality, sense of control, meaning in life, grief, and loss. The dance movements are simple and designed for women with no dance experience, or with poor balance or low self-confidence. The dances are drawn from a variety of musical traditions, including Celtic, American, Jazz, Afro-Cuban, Reggae, Middle-Eastern, and Cajun. Props such as a tubular cloth stretch band and long pieces of silk are used as props to help provide an external focus and decrease anxiety. The session leader strives to create a safe and accepting environment that encourages each participant to engage at her level of comfort, with a focus on positive expression, recovery, and celebration. Each session closes with a seated ritual using gentle stretching, meditative movements, and focused breathing to soothing music. When the music

ends, the session leader asks how participants are feeling and whether they have questions. Participants are then given time to share their thoughts and feelings.

III. Program Evaluation

For additional information on planning and adapting an evaluation, review the appropriate modules for program implementation and evaluation from “Using What Works.”

http://cancercontrol.cancer.gov/use_what_works/start.htm

For further assistance in designing and conducting an evaluation, consider communicating with members from NCI’s Research to Reality (R2R) community of practice, who may be able to help you with your research efforts. Following is a link to start an online discussion with the R2R community of practice, after completing registration on the R2R site:

<https://researchtoreality.cancer.gov/discussions>