

# IMPLEMENTATION GUIDE

## Breast Health Education Among Hispanic Elderly Women

*Using an Evidence-Informed 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 the handouts provided in each, in order 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](http://cancercontrol.cancer.gov/use_what_works/start.htm).

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

**Health Educator** (Must be fluent in Spanish)

- Delivers three education sessions to elderly participants in Spanish
- Delivers a 1-day training to primary care health professionals
- Provides explanation during the second education session on how to conduct a breast self-examination

**External Support Service Provider** (Recommended: staff of local senior center)

- Provides coordination of and transportation to clinical breast examinations and mammography services for program participants
- Contacts participants with medical appointment reminders

### 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*):

- **Programa Educativo para la Detección del Cáncer de Mama en las Mujeres de Edad Mayor en Puerto Rico: Manual para las Facilitadoras:** This 98-page Spanish-language manual provides detailed intervention guidance to program facilitators. The

manual includes an overview of research results, learning processes in older women, implementation guidance for three breast health education sessions, teaching and evaluation methods, and two instructional booklets.

## **B. Program Implementation**

The steps used to implement this program are as follows:

**Step 1:** Health Educator delivers three breast health education sessions to program participants. During the second session, the Health Educator provides education to participants on conducting a breast self-examination.

**Step 2:** Program participants are referred by the Health Educator for external support services to facilitate access to clinical breast examinations and mammography services. Services provided by the External Support Service Provider include:

- Assistance in setting up appointments for clinical breast examinations and mammography services
- Phone reminders of appointment dates and times 2 days before appointments
- Transportation to and from appointments

## **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](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>.