

The Lived Experience of Breast
Cancer in the Surveillance Phase of
Recovery: A Liminal Process

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Learner Objectives

- Differentiate how the phenomenon of breast cancer and transition can be viewed from various paradigms: for education, practice, and research
- Understand the phenomenon of surveillance
- Provide all practitioners an innovative method to address long term survivor needs
- To introduce the concept of a liminal pathway which will contribute to the development and the body of knowledge in nursing

Illness is the night- side of life, a more onerous citizenship. Everyone who is born holds dual citizenship, in the kingdom of the well and in the kingdom of the sick. Although we all prefer to use the good passport, sooner or later each of us is obliged, at least for a spell, to identify ourselves as citizens of that other place.

Susan Sontag

Philosophical Underpinnings

- Phenomenology is a complimentary qualitative method to studying the lived experience
- Hermeneutics creates understanding life within the context of the narrative (description)
- Combined both allow for exploration of intentional relationships through their language
- Allows to identify themes in the phrases that are directly related to experiences
(Creswell,2007)

Statement of the Problem

- The problem lies in understanding the meaning of being under constant surveillance while in the healing/recovery phase of the illness
- This understanding may impact the ability of the professional nurse and advanced practitioners to develop plans of care in surveillance and long term survivorship

Significance to Nursing

- This study revealed pathways in the surveillance phase of recovery specifically designed to facilitate survivorship, thus improving overall health outcomes in breast cancer survivorship
- May inspire further inquiry into the phenomenon of survivorship while in the surveillance phase of recovery
- Stimulates thought provoking dialogue in nursing circles about health and healing regarding liminal pathways
- Gather vital information through examination of the lived experienced within the context of illness

Significance to Nursing Education

- Incorporate new cancer care models in medical surgical rotation and community clinical rotations in undergraduate programs
- Provide a collaborative approach in understanding post treatment needs and create clear pathways of care for this population
- Understanding the concept of liminality in nursing science will allow for nursing education to garner important knowledge about cancer care

Significance to Practice

- Greater understanding on how to treat latent effects in the cancer care trajectory from a patient's perspectives
- Create nursing narratives as a venue to garner and incorporate holistic healing into plan of care in post treatment
- Allow practitioners to assist in navigating cancer needs to improve quality of life post acute phase

Significance to Research

- Further research as a concept analysis of liminality may allow exploration and development associated with liminal pathways in chronic illness and facilitate translation of the concept across all disciplines

Significance to Policy

- Improve quality of care and reduce costs related to latent effects of the disease
- Creating survivorship programs in the community will ward of costs and improve care models across healthcare continuum post acute treatment
- Stronger management of the disease can provide programs in the community and clinics to minimize potential distress which accompanies cancer

A Liminal Process: Pathway to Healing

- This method is effective for this specific study to allow for interpretation of an individual's life story
- Through the use of *narrative* constructed through a *story* of the lived experience where meaning is created
- Coupled with phenomenology, hermeneutics is how people interpret their lives; language is the only way humans can express how they are bound to the world

The Gap in the Literature

- Literature focuses on *medical surveillance* while in treatment phase an active phase of recovery
- Surveillance is the time in the cancer trajectory after all treatment is finished and one is under watchful guise of oncologist dependent upon prognostic indicators
- The gap in the literature regarding women perspectives and the challenges they face while in the surveillance phase of living with breast cancer; a time of ambiguity ; months or years
- Inherent gap in the concept of liminality in illness to promote wellness and individualize breast cancer survivorship

Emergent Themes

- **Transilience:** Sudden Change in Life Timeline: Beginning of transformational change in the liminal place of surveillance
 - *Saying goodbye to the old self*
- **Transition:** The In Between Time; Facing Uncertainty; maintaining; A place of ambiguity and living in limbo
 - *Creating a new self within the lifeworld of cancer*
- **Acceptance and Moving Forward:** Creating balance in liminal pathway to healing and recovery
 - *New self emerges*
- **Liminality:** The essence of surveillance: The betwixt and between place of being

Exploration of the Meaning of the Study

- This study began as a personal quest to investigate the needs of women suffering with breast cancer after they are finished with all the acute treatment and are left to manage the uncertainty of the disease
- What is the lived experience of women with breast cancer after initial treatment ends and the surveillance phase of recovery begins?
- The researcher was able to discover deeper meaning and pure essences of this phenomenon by listening to the stories of the women

Liminal Pathway

Transilience emerged to facilitate transitioning as a sudden change in life's timeline; you have breast cancer; abrupt change in life's timeline: beginning of the liminal pathway
Leaving the old self and facing transformation

- Boehmke & Dickerson (2006) Heideggerian method to study precipitous change in breast cancer
- Jain (2007) Prognosis of cancer disrupts timeline
- Carr (2010) Accepting illness into lived experience
- Travado et al., (2013) Cognitive study which assessed breast cancer and meaning attached

Liminal Pathway

Transition emerged as a tool of managing cancer and forged a pathway of liminality out of a chronic illness

- Meleis (2010) Middle Range Theory: Understanding and recognizing transition; situational, educational, health and illness, or organizational
- Turner (1964;94) Liminal and transitional phenomena “Betwixt and Between” Wellness and illness
- Miller,(2012) Studied uncertainty linked with living with cancer; need to understand the experience of survivorship
- Adamson,Murgo,Boyle,Kerr & Crawford(2004) assessed for further inquisition of health status long term survivorship

Liminal Pathway

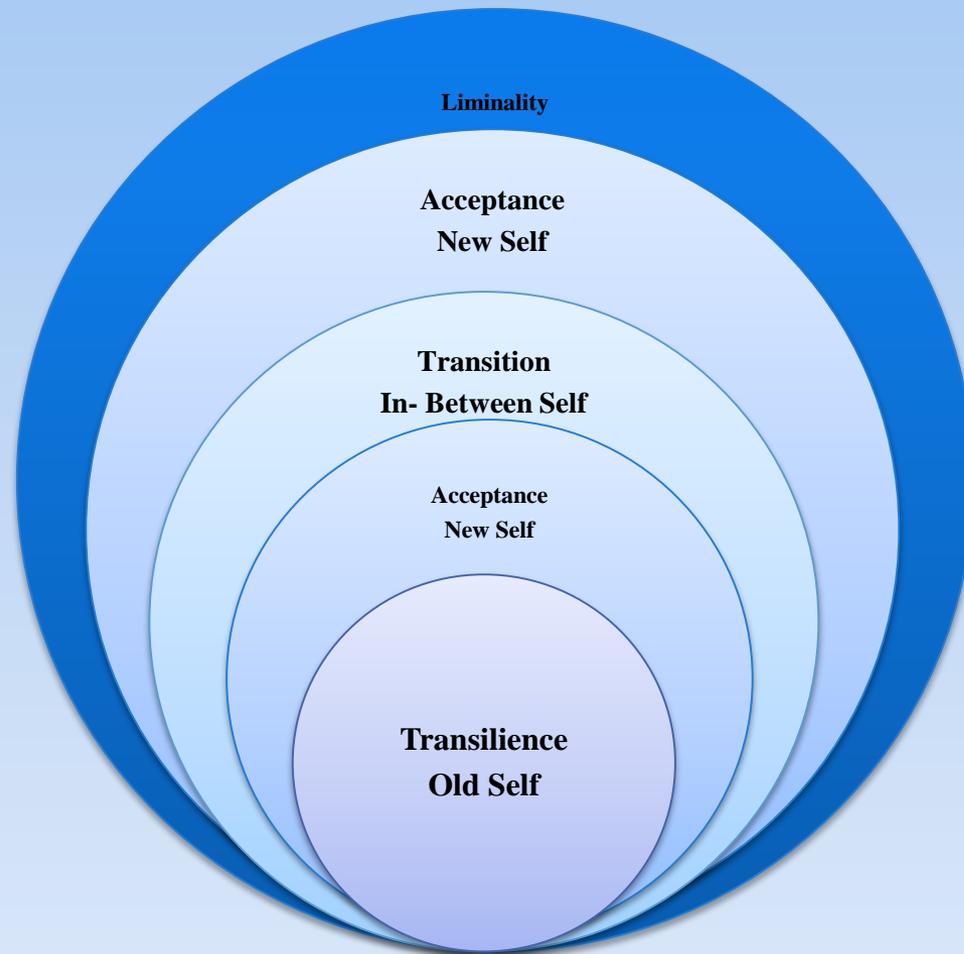
Acceptance emerged as moving forward in life and finding meaning from a cancer diagnosis

- Horgan, Holcombe & Salmon(2010) GT study analysis of changed priorities and positive change as result of BC
- Meleis (2010) Healthy transition between both worlds of healthy and ill; connectedness, confidence, subjective well-being, mastery,& successful coping
- Finnell & Jezewski (2007) Holistic Healing; concept analysis on spirituality lends meaning and connection to others
- Krok (2007) A coping tool measuring reduced stress in illness with recognition of spirituality and moving forward

The Essence of Surveillance: Liminality

- The liminal pathway in surveillance is a dynamic pathway of the themes transience, transition, and acceptance; a threshold to sudden change in a cancer diagnosis
- Adaptation for coping with cancer changes from diagnosis to recovery in recurrent themes
- The literature reveals a cognitive focus without much attention to the **individual** experience of the disease
- Inquiry into transition and how it manifests differently in the liminal place toward acceptance and coping

Interconnecting Themes : Liminality



Pathway to Understanding Liminality in Surveillance Phase of Recovery. Created by Patricia K. Amado (2015)

A liminal threshold requires us to stand on an unfamiliar threshold not knowing how to proceed the future remains completely veiled beyond the horizon of the future on the liminal frontiers of experience, we lose the person we once were while simultaneously accommodating the uncertainty of the person we must now become

(Algar,2014)

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