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Introduction: Breast cancer is a severe pathology that once detected completely changes the patient’s perception of life.

Objectives: Evaluating the relationship that is established between the level of stress, the type of surgery applied and, the instructive level of women.

Methods: We selected 67 patients which were divided into 2 groups: group I(31) women who benefited from immediate reconstruction and group II(36) subjects who benefited from a late reconstruction. We split each group into two subgroups: women with secondary education and women with higher education. A socio-demographic questionnaire and the DASS-21 scale were applied.

Results: Comparing the two groups we noticed that stress level was more present in group I(38,7%) than in group II(25%). The differences were not statistically significant($p>0,05$). In the subgroup of women with higher education in group I, high levels of stress were observed at 23,08% and, in the subgroup of patients with secondary education, 50% had high levels of stress. The differences were not statistically significant ($p>0,05$). We also analyzed the two subgroups of group II and we identified increased levels of stress in 20% of patients with higher education compared to those with secondary education where 26,93% had high levels of stress. Also, the differences were not statistically significant($p>0,05$). A statistically significant difference($p<0,05$) was found when we compared the level of stress between women with secondary education of group I and those of group II.

Conclusions: The study revealed that stress levels tend to be higher in women with immediate breast reconstruction and secondary education.

Keywords: BREAST-CANCER; surgery; stress; Education

EPP0886

Cancer-related cognitive impairment in cancer: Examining portuguese cancer survivors’ acceptability and expectations regarding cognitive telerehabilitation interventions

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Introduction: Cancer-related cognitive impairment (CRCI) is one of the most frequent and worrying side effects experienced by non-central nervous system (CNS) cancer survivors, generally related to cancer treatments. Considering its detrimental impact on quality of life, including work-related outcomes, it is necessary to identify effective intervention options. Cognitive rehabilitation is considered the first-line intervention to address CRCI, being effective at improving cognitive functioning. Internet-based interventions are emerging as important means of intervention in the field of cognitive rehabilitation (known as cognitive telerehabilitation), considering the potential to overcome accessibility issues and being cost-effective.

Objectives: To assess the acceptability and expectations regarding such interventions, considering the scarce literature.

Methods: A nationwide online survey was disseminated to Portuguese non-CNS cancer survivors, aged 18-65 years, who had finished active treatments, with no metastases/history of neurological or psychiatric disease/alcohol or drug abuse. Preexisting knowledge about CRCI, expectations for support to cognitive difficulties, Internet use for health and support purposes, and intervention needs and preferences in the context of cognitive telerehabilitation were examined; sociodemographic and clinical variables (e.g., age, education, employment status, cancer treatments), as well as cognitive complaints (Portuguese version of the Functional Assessment of Cancer Therapy-Cognitive, FACT-Cog), were also assessed.

Results: Findings from this study are important to help health professionals and researchers understand and identify cancer survivors’ needs regarding cognitive telerehabilitation interventions.

Conclusions: This information could be used as a support and guide for the development and delivery of these interventions for non-CNS cancer survivors.

Keywords: Cancer-related cognitive impairment; Portuguese cancer survivors; Acceptability and expectations; cognitive telerehabilitation interventions

Pain

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Current pharmacological treatment of fibromyalgia- a literature review

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Introduction: Fibromyalgia is a chronic condition, with a high degree of psychiatric comorbidity and an insufficiently explained pathogenesis. Therefore, its therapeutic management is challenging, with both pharmacological and non-pharmacological approaches being suggested as treatment options.