

January 2008

Breast Cancer Awareness Project Survey Results

KORI is working in partnership with the Canadian Breast Cancer Foundation (Ontario) to assess the existing breast health information needs for the First Nation women of the Keewatinook Okimakanak member communities. In addition, consult with First Nations women and others to determine a number of varied, realistic, appropriate and effective approaches to meet the needs for meaningful education and awareness activities, which will empower First Nations women to make intelligent and effective decisions regarding their own breast health. A partnership was also created with the Patient Education Project (PeP Talk) Inukshuk Research Group to identify the ways in which Nishnawbe Aski Nation peoples use the Internet to access health information.

KORI distributed a survey to a sample group of participants from the KO affiliated communities and the Sioux Lookout, Red Lake and Thunder Bay Health Zones. The survey was translated, as required, by local coordinators who guided participants through the survey. The survey includes questions regarding health information needs, Internet and computer skills and specific questions regarding the effectiveness of the Breast Cancer Awareness Website found at (<http://meeting.knet.ca>). In addition to paper surveys and an online survey and culturally appropriate sharing circles were conducted to gather future qualitative data.

The KO Breast Cancer Awareness website exists to raise awareness of breast cancer and empower women to make effective suggestions about their breast health by sharing information through online resources, links and videoconference workshops. The following survey results provide insight into the Breast Cancer Awareness content and effectiveness as well as the breast health needs of NAN First Nations peoples.

Figure 1.0 Image of Breast Cancer Awareness Website

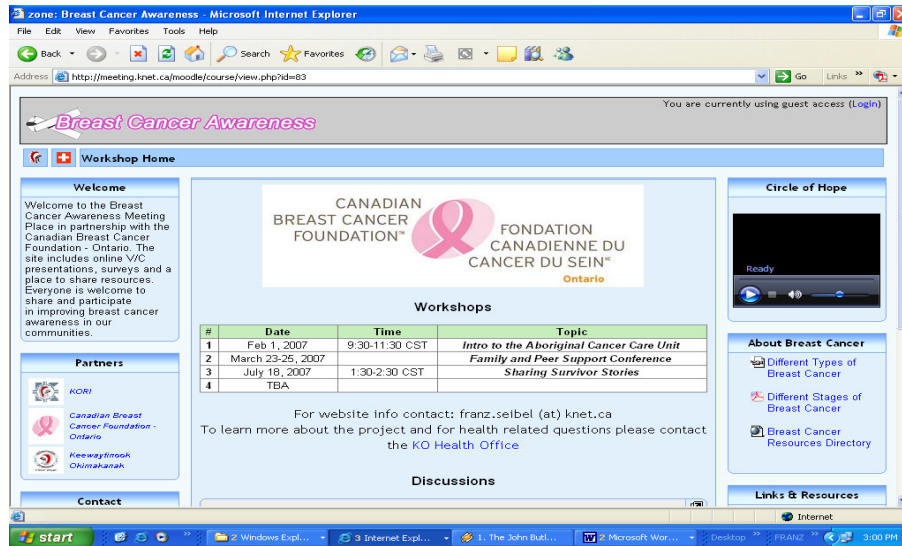


Figure 1.1 Survey Participants by Band Membership & Tribal Council

NAN Independent Bands	Independent First Nation Alliance	Matawa	Keewaytinook Okimakanak	Windigo First Nations Council	Other
Mishkeegogamang First Nation	Kitchenuhmaykoosib Inninuwoog First Nation	Eabametoong First Nation	Deer Lake First Nation	Bearskin Lake First Nation	Manitoulin Island
		Long Lake #58 First Nation	Fort Severn First Nation	North Caribou First Nation	Thunder Bay
		Marten Falls First Nation	Keewaywin First Nation		Lac La Croix First Nation
		Neskantaga First Nation	Poplar Hill First Nation		Balmertown
			North Spirit Lake First Nation		

Figure 1.2 Nishnawbe-Aski Nations Map by Tribal Council

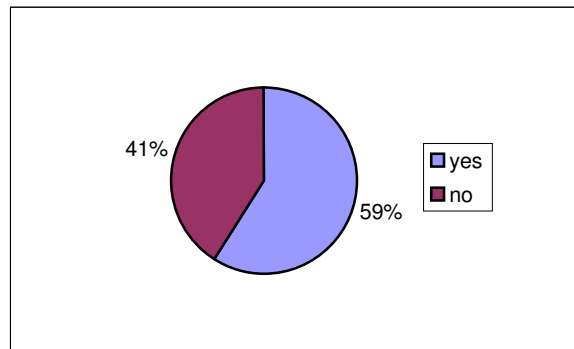


PART 1: KO Breast Cancer Project

Experience with health information and the Internet

1. Do you use the Internet regularly to find health information? Yes ☐ No ☐

Figure 1.3 Percentage of participants regularly accessing health information online



59% of participants indicated that they regularly use the Internet to find health information. Participants listed barriers to finding health information on the Internet including access to a computer/Internet and lack of computer/internet skills.

2. How would you rate your skills in using the Internet to find information?

58% indicated they were more than average Internet skills. 12% indicated that they were experts.

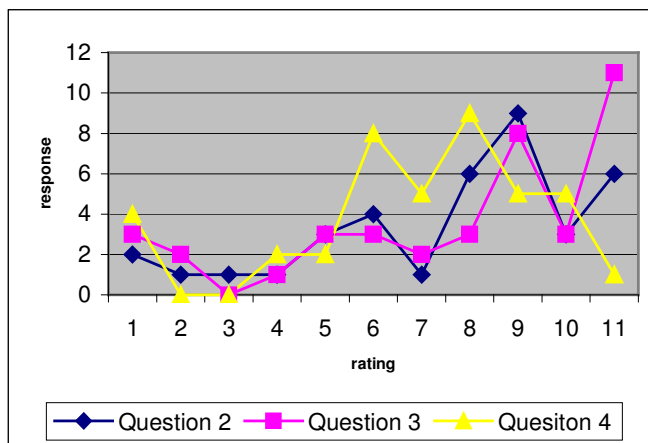
3. How would you rate your confidence in using the Internet to find information?

54% indicated that they had a more than average confidence level.

4. How confident are you in managing your health?

Responses were evenly distributed from not confident to very confident as seen by Figure 1.4.

Figure 1.4 Rate your Internet skills, confidence in using the Internet and health management confidence level



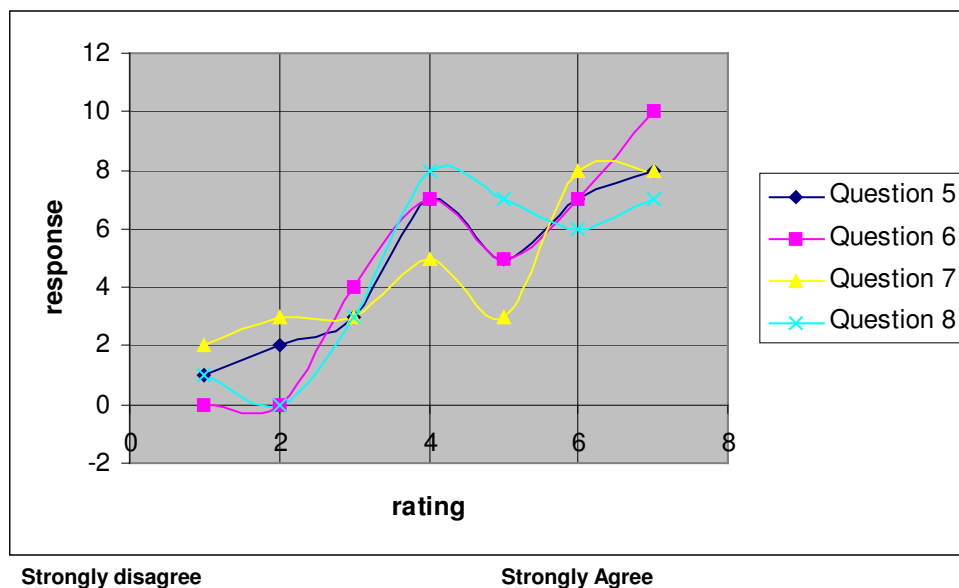
PART 2: KO Breast Cancer Project

Ease of use of online material

5. It is easy to find information on the KO health information website
6. It is easy to read the information provided
7. It is easy to use the video provided
8. Overall I found it easy to learn to use the KO health information website

Participants were asked to rate the above statements on a scale ranging from strongly disagree to strongly agree. The website scored moderately well regarding ease of use. The ease of use regarding the video scored the lowest average (due to limited access to bandwidth) and the ease of reading the information provided scored the highest average.

Figure 2.0 Ease of use in viewing, reading and navigating the information provided



Participants indicated that there were technical and design challenges with the site. Technical issues that prevented ease of use including limited access to bandwidth causing the website and videos load slowly, incompatible browser and required video plug-ins. Design challenges include the layout of workshop information is hidden and signup information is confusing. The site using a basic layout to allow community volunteers to maintain the website. A lower bandwidth requirement would allow the site and videos to load faster. Make the site easier to find, with a shorter URL or a link from the main www.meeting.knet.ca page.

PART 3: KO Breast Cancer Project

Breast health information & support needs

9. What breast health information would you like?

How to conduct a self exam, information about rates of occurrence in the first Nation population and treatment methods. Suggested breast health information formats included website resources & links, poster & pamphlets and education workshops in the language if possible.

10. What breast health support would you like?

Meeting other First Nation women who are survivors of breast cancer. Hearing about breast health prevention & treatment from experts. The suggested format was by video conference in the language. Access to resources and information should be combined with other local supports. A breast cancer support group has been created as a result of the survey and other feedback, to encourage local awareness and improving habits such as regular self-breast exams.

PART 4: KO Breast Cancer Project

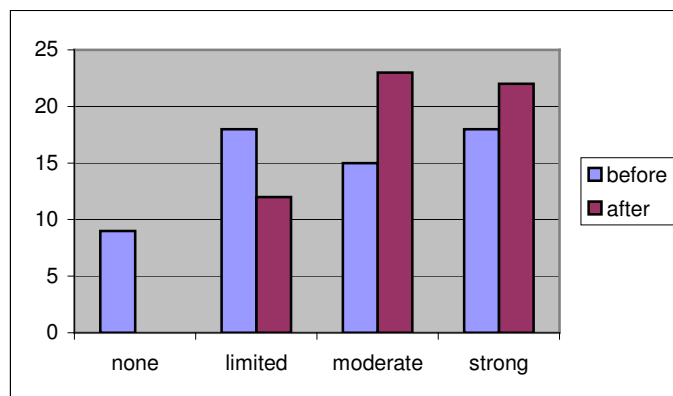
Application of breast health project

Follow up question at the end of the project.

11. Please rate your knowledge of breast health prevention and treatment.

It is evident that participant knowledge of breast health improved near project completion. We are excited to continue breast health workshops as the need and interest is growing.

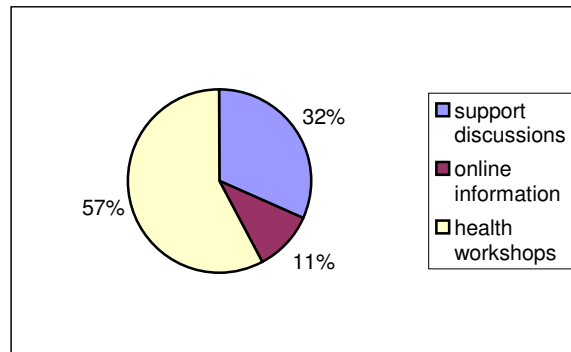
Figure 4.0 Participant knowledge of breast health prevention and treatment before and after the project.



12. What parts of the KO breast health project were most helpful to you?

The most common responses were regarding the support discussions, online information and health workshops. Other comments include applicable health information for Northern Areas, videos and links. Participants mentioned other complementary online resources accessed including KO Telemedicine (www.telemedicine.knet.ca), Diabetes Awareness (www.meeting.knet.ca), and K-News (www.media.knet.ca) regarding health topics.

Figure 4.1 Helpful components of the project



Project Outcomes

Some of the findings of the survey have already been implemented by KORl to improve not only the Breast Cancer Awareness website but the other health websites that are hosted by Keewaytinook Okimakanak. Survey participants recognized that the Breast Cancer Awareness website is an effective portal to access current information on prevention and treatment. Survey participants also indicated that they wanted to see Keewaytinook Okimakanak explore ways to make the Breast Cancer Awareness website and ICTs in general more interactive with community members. In response, KO is facilitating a series of peer to peer counseling online circles for breast cancer survivors and those living with cancer in remote and isolated First Nations communities in the northwestern Ontario. These peer to peer sessions will be hosted in Oji-Cree and Cree.