

Henry Morris Memorial Trust Project

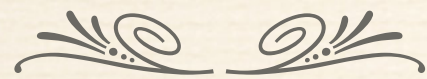


*Comparing treatment given to breast cancer survivors
in Spain and England*



Louis Michael Dinn Scarrowe

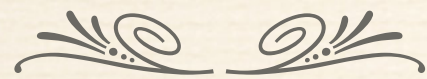
In my project I wanted
to see how therapies
helped patients
recuperate



*“The average 5-year survival rate for
people with breast cancer is 89%”*



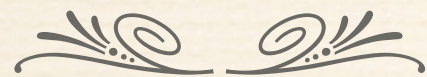
My plan was to compare the treatment given to breast cancer survivors in Spain and England



- *In Spain I was involved in the exercise classes that were promoted and taught by one of the University of Granada physiotherapists*
- *In England I had the chance to go to Addenbrooke's hospital*



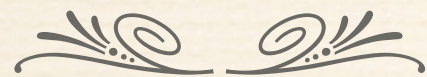
Travel



- *Going to Spain by myself was my first time independently travelling, it let me learn a lot about living by oneself*
- *I also learnt more about the experience of living in both of the countries*



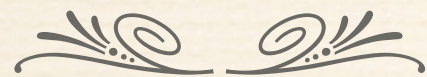
Travel



- *I learnt about time management having to walk down to work, or getting a bus*
- *On the last day I stressed out a bit but managed to control the situation getting everything in order before I came back to the UK*



Granada



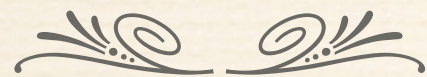
*Whilst in Granada I had the opportunity
to observe the treatment given to breast
cancer survivors*

I was in Granada from 3rd-5th of April



2015

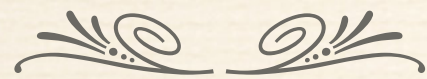
Spanish treatment



- *In Spain the patients were motivated to do lots of exercise*
- *The physiotherapist encouraged the patients to carry on with their daily lives*
- *I was shown a machine used for computer-generated imagery with which they monitored flexibility of patients*



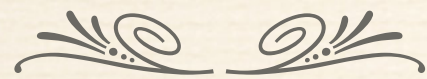
Spanish treatment



- *The exercise classes consisted of the women jogging for 15 minutes, then doing mobility activities which helped them stretch and relieve scarring from the radiotherapy*



Cambridge



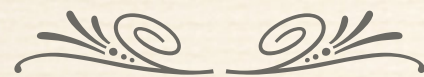
Whilst in Addenbrooke's I was also able to observe the breast cancer survivors as well as trauma and neurophysiology patients

I was in Cambridge the 10th-11th of July

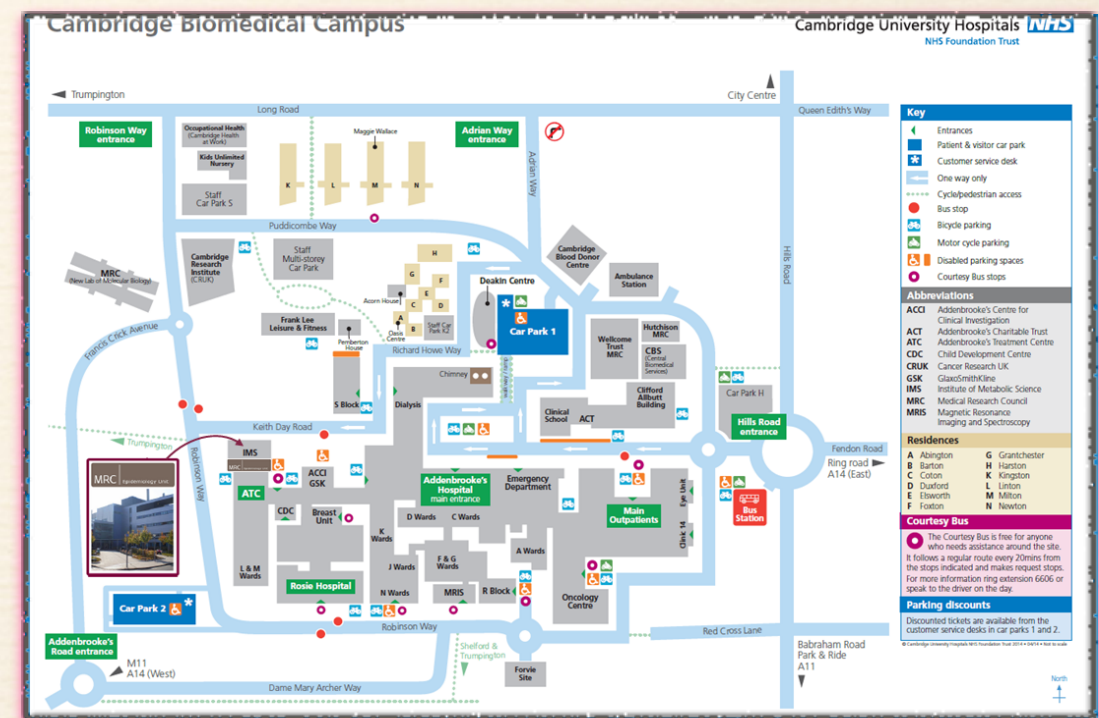


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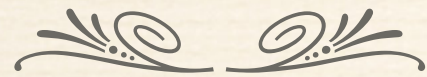
British treatment



- *In Cambridge treatment was 1 to 1*
- *The patients were simply treated and then they went home*



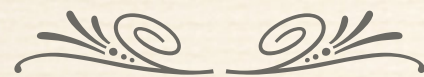
British treatment



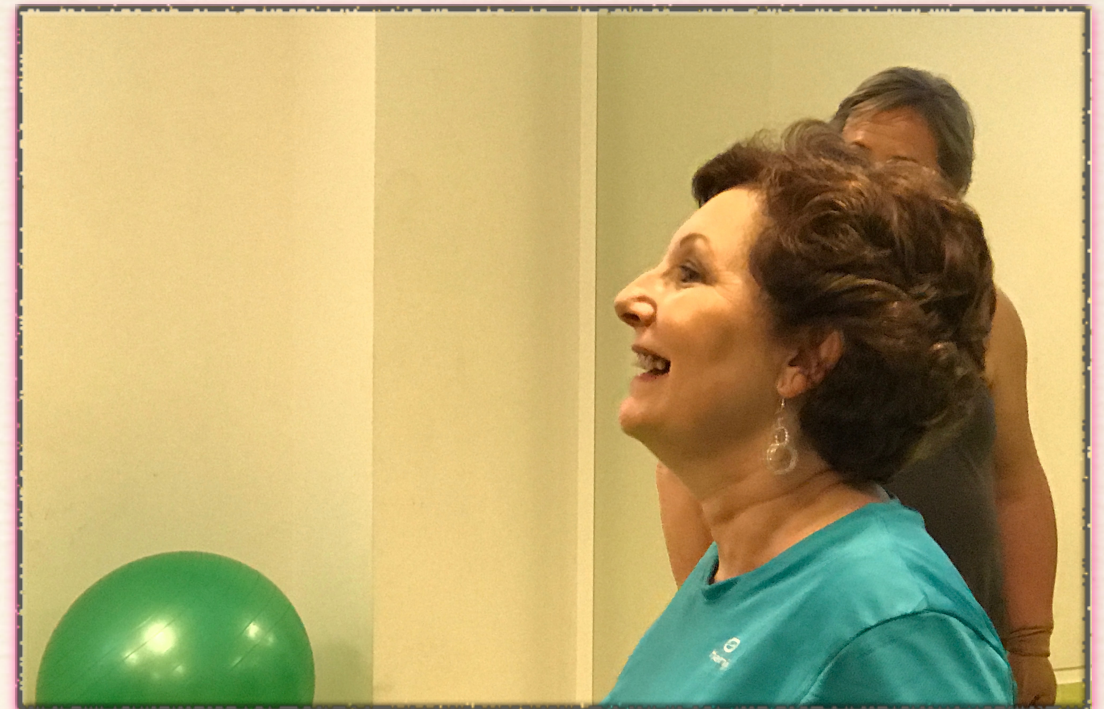
- *The treatment was done more formally but there was no personal connection between patient and the physiotherapy team*
- *The patients were given a piece of paper in which they had the necessary exercises for them to complete*
- *The patients were asked to go for weekly checks for two months*



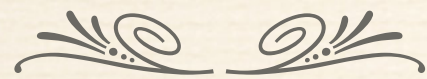
Conclusions



- *I feel Spain was better for the patients because there was more personal connection in the post-operative treatment*
- *In Spain the machinery used was also more advanced*
- *When I told my grandmother, a breast cancer survivor, about this trip and their treatment she said she would have liked to be in a group with other patients*



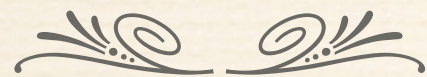
Conclusions



- *In Spain there was there was less of a worry about patient protection so I could take as many photos as wanted. In England they were worried about patient protection and I was not even allowed to ask patients permission to take photos for a project*



Conclusions



- *All in all I believe that I have a greater understanding of physiotherapy and this opportunity has helped me consolidate my idea of studying physiotherapy at university*
- *I am going to use this project as the basis for my sixth form Extended Project Qualification*
- *I am very grateful to the Henry Morris Memorial Trust for giving me the opportunity to complete this project*

