Everything you always wanted to know about mammograms: Feedback on educational seminar for employees

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Introduction: We are dedicating resources to provide on-site mammography to eligible women employees. To endorse screening mammography as prevention and to communicate about these enhanced resources, we created an educational seminar about mammography.

Methods: All employees at our urban cancer center were invited to our mammography seminar; 75 attended. The 1-hour seminar included: opportunity to submit questions in advance; lecture by radiologist expert in screening mammography; and question period. Post-seminar anonymous electronic survey was sent to participants. Adherence to screening guidelines (first mammogram age 40, annually thereafter) was assessed.

Results: 60/75 (80%) participants responded. 56/59 (95%) respondents were female. Age was:≤40, 26/58 (45%); 41-49, 15/58 (26%); 50-59, 14/58 (24%); and ≥60, 3/58 (5%). Among 29 women respondents ≥41, age at first mammogram was: ≤40, 17 (59%); 41-49, 8 (27%); 50-59, 2 (7%); and never, 2 (7%). Among 29 women age ≥41, years passed since last mammogram were: <1, 20 (69%); 1-2, 4 (14%); and >3, 3 (10%). 12/29 (41%) women age ≥41 did not adhere to screening mammography guidelines. Among 9 women ≥41 who did not have mammography in past year, reasons included: too busy, 3 (33%); no doctor referral, 2 (22%); and other/none, 4 (44%). Interventions/factors that respondents reported would encourage annual mammography included: the seminar, 25/40 (63%); ease of scheduling, 24 (60%); and accessibility, 23 (58%).

Conclusion: Among women cancer center employees, 41% did not adhere to mammography screening guidelines. Our data suggest that having accessible, easy-to-schedule mammography and a seminar promoting its value may encourage employees to have annual mammograms.

Biography

Dr. Rebecca Guest completed her MD at Weill Cornell Medical College and her MPH at the Johns Hopkins School of Public Health. She is Assistant Attending of Internal Medicine at Memorial Sloan-Kettering Cancer Center, Employee Health & Wellness Service. Dr. Guest develops and implements programs meant to prevent illness and foster high quality of life among hospital employees. Her original research in the field of occupational health has been published in reputed journals. Dr. Laura Liberman is Director of the Program for Women Faculty Affairs at Memorial Sloan-Kettering Cancer Center, and she serves as Attending Radiologist on the Breast Imaging Service. She is also Professor of Radiology at Weill Cornell Medical College. Dr. Liberman has authored or co-authored more than 100 publications in the field of breast imaging. Miss. Elizabeth Green is an undergraduate at New York University, majoring in Anthropology with a minor in Public Health and Policy. She has previously completed the Breast Cancer Immersion Program at Memorial Sloan-Kettering Cancer (MSKCC) in New York City, is currently serving as MSKCC’s Women Faculty Wellness Research Fellow.

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