

*Concept of Breast Clinics
Services available in Sri Lanka
& Referral pathways*

National Cancer Control Programme



Two days residential workshop on “Comprehensive breast cancer care”

Day 1

- Epidemiology of breast and other cancers in Sri Lanka
- **Concept of breast clinics & Services available in Sri Lanka and referral pathways**
- Understanding Normal and Cancerous Breast Changes: Essential Insights for Clinical Breast Examination
- Addressing the Psychological Aspects of Breast Cancer Care
- Surgical Treatment Options for Breast Cancer available for each stage
- Self, Clinical breast examination & Hands on Training

Day 2

- Enhancing Breast Health Awareness, What you need to look for in Self-breast examination
- Self, Clinical breast examination & Hands on Training
- Comprehensive Oncology Management of Breast Cancer: Strategies to overcome Chemotherapy Side Effects
- Palliative care aspects of breast cancer
- Experience sharing and Discussion

Objectives of the programme – “Comprehensive Breast Cancer Care”

- To provide **hands-on skills** for the health care staff to **detect breast cancer at an early stage**, leading to early diagnosis, timely treatment and improved outcomes
- To improve **the quality of care provided** for the patient
- To improve **the quality of life** of the patient
- To improve **the survival rate** of the patients
- To improve **the awareness** on “**Breast Clinics**”
-

Establishment of Breast Clinic facilities at island wide Secondary and Tertiary care hospitals

The National Advisory Committee on Prevention and Control of Cancers which was held on 19th June 2020 chaired by the Secretary of Health has unanimously decided to establish “Breast Clinics” at all National hospitals, Teaching hospitals, Provincial General Hospitals and District General Hospitals in Sri Lanka.

Breast cancer was the commonest cancer among females in 2018 consisting 24% of all female cancers. The imPACT review held in November 2019 highlighted that the time taken to diagnose and treat from the onset of symptoms is high within the existing health system. Therefore, take necessary steps to initiate breast clinics in your respective hospitals with the participation of relevant consultants, medical officers and nursing officers before 15th November 2020 and inform the National Cancer control Programme. Breast clinics must be established according to the annexed basic requirements.

Contact Director – National Cancer Control Programme (011-2368627) for further information and clarifications.
Your fullest cooperation for this activity is expected.

Thank you.



Dr. S.H. Munasinghe

Secretary



Breast Clinics

Separate clinic for breast diseases

Consultant Surgeon or Onco-Surgeon

Once a week or more

Medical Officer from onco-surgery or surgical

2 Nursing Officers

2 Health Attendants



Other Specialties

Consultant Radiologist

Consultant Histopathologist



Priority Services

Mammography

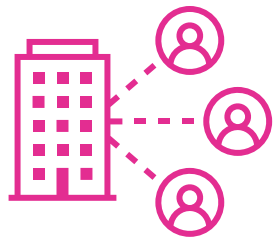
USS

FNAC and/or Cone Biopsy

Appropriate treatment and follow up



Protocol for assessment & referral



Women presenting with signs & symptoms of breast cancer



History, intensity, duration, progression
(identify relevant breast cancer risk factors)



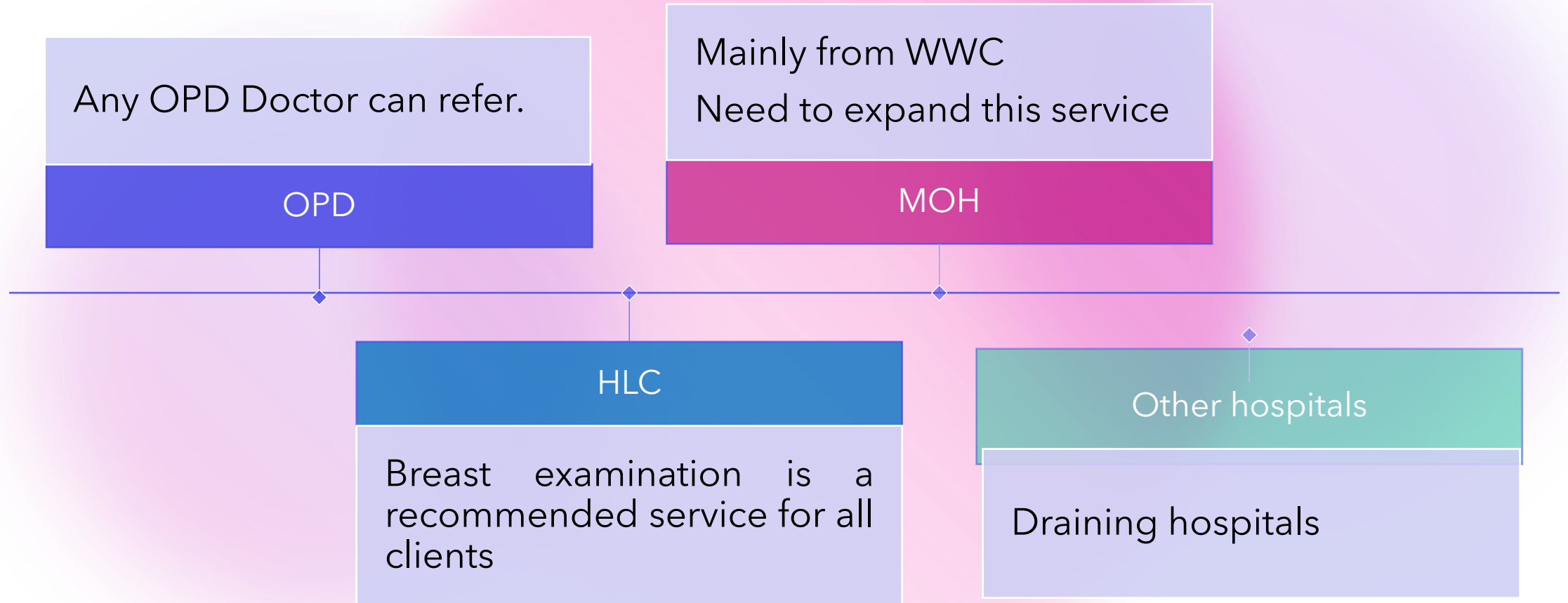
Clinical examination of both breasts,
axillae, neck



Refer immediately to a next level health facility for further investigations



Referrals to Breast Clinics





Community

WWC, HLC, OPD, Family Physicians



Normal CBE or Mammography

Symptoms, Abnormal findings CBE Symptoms,
Abnormal findings CBE +/- mammography

Referral pathway

SBE monthly
20-40 yrs: CBE 3yrly
>40yrs :CBE yearly

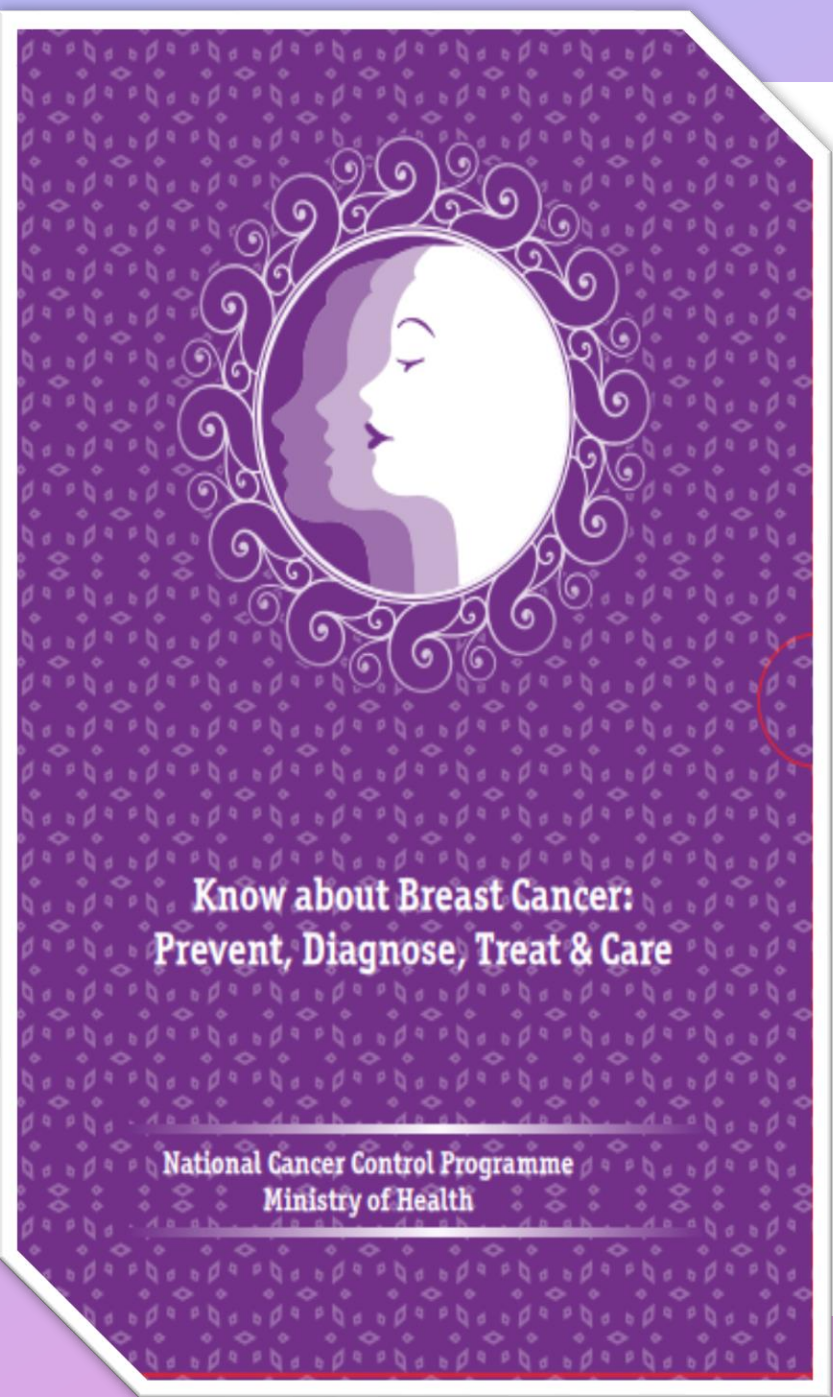
Surgical /Breast clinics
BH, GH, TH
PVT hospitals

Normal

Triple assessment
(clinical assessment,
Imaging,
Pathology)

Further management

Abnormal



Handbook on Comprehensive Breast Cancer Care for Healthcare Workers

Know about Breast Cancer:
Prevent, Diagnose, Treat & Care



Handbook on
Comprehensive Breast Cancer Care
for Health Care Workers
2021



National Cancer Control Programme
Ministry of Health



All About the Breast Cancer from Prevention to Palliative Care

Content

1. Introduction & Epidemiology of Breast Cancer

2. Anatomy and Physiology of the Breast Including Genetics

3. Breast Pathologies - Non-Cancerous and Cancerous Lesions

4. Screening and Early Detection of Breast Cancer

5. Diagnosis of Breast Cancer - Triple Assessment

6. Modern Diagnostics of Breast Cancer

7. Treatment Modalities for Breast Diseases - Medical & Surgical

8. Breast Diseases in Special Situations Including Breast Feeding

9. Introduction to Counseling for Breast Cancer

10. Palliative Care Aspects of Breast Cancer

11. Psychosocial Aspects in Breast Cancer

12. Services Available in Sri Lanka for Management of Breast Cancer

Know about Breast Cancer:
Prevent, Diagnose, Treat & Care

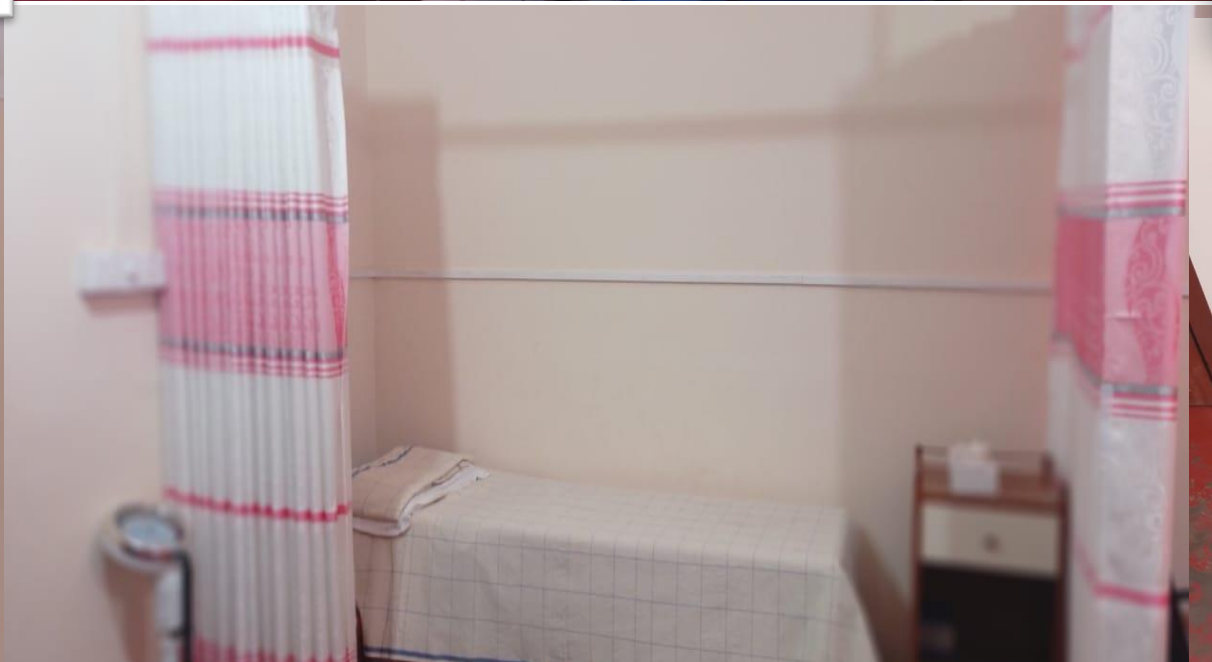


Handbook on
Comprehensive Breast Cancer Care
for Health Care Workers
2021



National Cancer Control Programme
Ministry of Health







Breast clinic monthly return

Activity		1	2	3	4	5
Visit	1st visits					
	Subsequent visits					
Age	<19					
	20-34					
	35-49					
	50-64					
	>65					
Risk factors	Family Hx of breast Cancer					
	Exposure to Hormones					
	Expose to radiation					
	Nulliparity					
	E.Menarche & L.Menopause					
BMI	<18.5					
Kg/m2	18.5-24.9					
	25-29.9					
	>30					
Blood Pressure	<120/80					
mmhg	120-139/80-89					
	>140/90					
RBS	<140					
mg/dl	>140					
Clinical	Breast lump					
Breast Ex	Breast pain					
	skin changes					
	Nipple discharge/changes					
	Lymph node					
	Other					
Radiology	USS					
referral	Mammography					
Pathology	FNAC					
referral	Biopsy					
Tentative	Benign Breast Disease					
Diagnosis	Malignant Breast Disease					
	others					
Mx Plan	Surgery planned					
	other medication					
	Follow-up given					
	Discharge					

Activity		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total Month	
Visit	1st visits																																0	
	Subsequent visits																																0	
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	20-34																																0	
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	Follow-up given																																	0
	Discharge																																	0

MO/NO Incharge

MO/NO Incharge

Breast Clinic Annual Summary Sheet

National Cancer Control Programme - Ministry of Health

Hospital:

Activity		Jan	Feb	Mar	1 st qua	Apr	May	June	2 nd qua	July	Aug	Sep	3 rd qua.	Oct.	Nov	Dec	4 th qua	Total (year)
					(Total)				(Total)				(Total)				(Total)	
Clinical	Breast lump	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Breast Ex	Breast pain	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	skin changes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Nipple discharge/changes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Lymph node	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Other	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Radiology referral	USS	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Mammography	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pathology referral	FNAC	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Biopsy	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tentative Diagnosis	Benign Breast Disease	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Malignant Breast Disease	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	others	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mx Plan	Surgery planned	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	other medication	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Follow-up given	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Discharge	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

.....
MO/NO Incharge

.....
Consultant Incharge

.....
Director of the hospital

Please return duly filled soft copy monthly to National cancer control program via email: nccpmohsl@gmail.com

Quarterly a signed copy should be sent via email (scanned copy) or post or by fax (0112368627)

Facilities available for Breast Cancer Early Detection in Sri Lanka

- Cancer Early Detection Centres
- Breast Clinics
- Well Women Clinics
- Healthy Lifestyle Centres

CANCER EARLY DETECTION CENTRES

- Cancer Early Detection Center is a dedicated clinic for cancer early detection
- Clients can visit with or without referral
- Facilities available
 - Clinical examination
 - Clinical breast examination
 - Oral examination
 - Mammography
 - Pap smear / HPV DNA test
 - NCD Screening
 - Counseling and health education
 - Early referral

Currently functioning centers

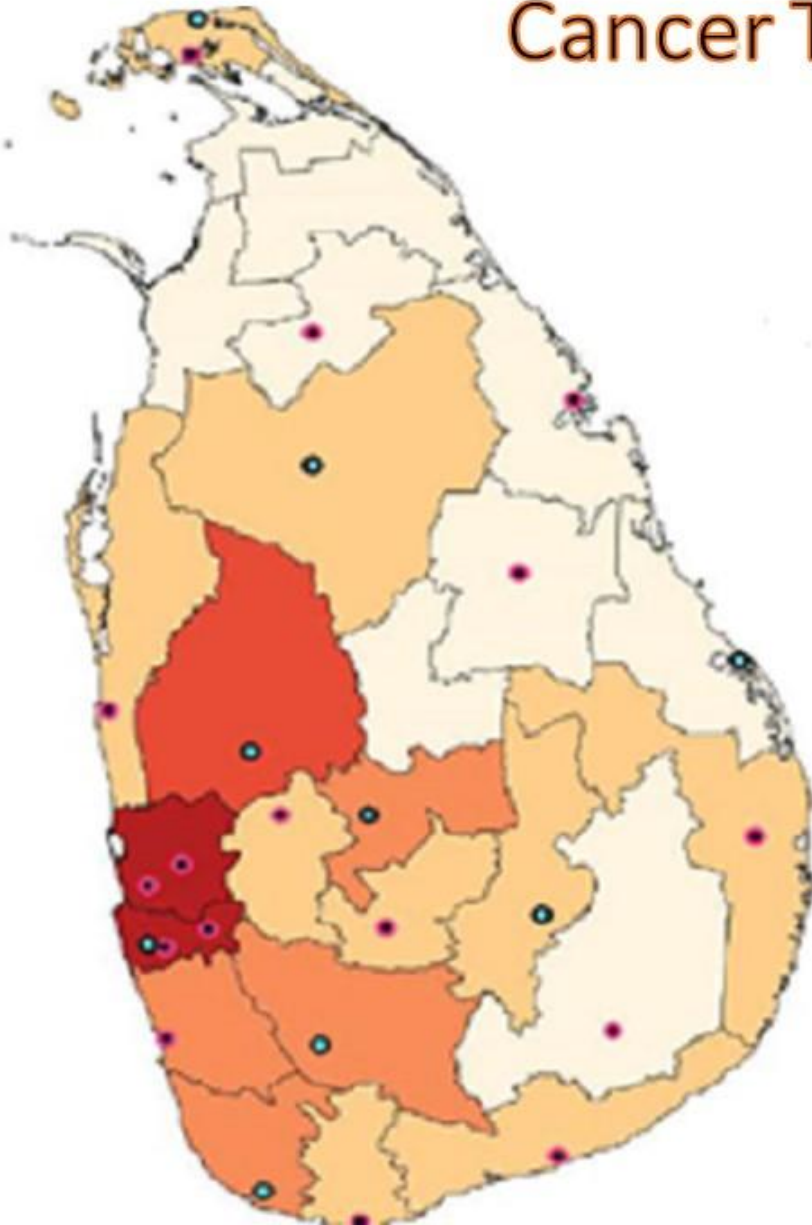
- **Narahenpita**
- **Jaffna**
- **Matara**
- **Rathnapura**
- **Batticaloa**

Upcoming centers

- **Kurunegala**
- **Polonnaruwa**
- **Badulla**



Cancer Treatment Centers in Sri Lanka



Western Province

- Apeksha Hospital Maharagama
- Colombo North Teaching Hospital
- District General Hospital Gampaha
- District General Hospital Kalutara
- Sri John Kotelawala Defence University Hospital
- Base Hospital Awissawella

Southern Province

- Teaching Hospital Karapitiya
- District general Hospital Hambantota
- District General Hospital Matara

Eastern Province

- Teaching Hospital Baticaloa
- District General Hospital Ampara
- District General Hospital Trincomalee

Northern Province

- Base Hospital Tellipallei
- District General Hospital Vavuniya

North western Province

- Teaching Hospital Kurunegala
- District General Hospital Chillaw

North Central Province

- Teaching Hospital Anuradhapura
- District General Hospital Polonnaruwa

Central Province

- National Hospital Kandy
- District General Hospital Nuwaraeliya

Sabaragamuwa Province

- Teaching Hospital Rathnapura
- District General Hospital Kegalle

Uva Province

- Provincial General Hospital Badulla
- District General Hospital Moneragala

Breast Clinics in the Government sector, Sri Lanka

1. **NHSL, Colombo**
2. **CSTH**
3. **CNTH**
4. **NH, Kandy**
5. **TH Karapitiya**
6. **TH Kurunegala**
7. **TH Ratnapura**
8. **TH Batticaloa**
9. **BH Kalmunai**
10. **DGH Polonnaruwa**
11. **TH Anuradhapura**
12. **DGH Trincomalee**
13. **DGH Gampaha**
14. **DGH Matale**
15. **DGH Nuwara Eliya**
16. **PGH Badulla**
17. **DGH Vavuniya**
18. **TH Jaffna**
19. **DGH Hambantota**
20. **BH Dambulla**
21. **DGH Chilaw**
22. **BH Horana**
23. **TH Kalutara**
24. **TH Kuliyaipitiya**
25. **DGH Negombo**
26. **BH Dambadeniya**



Mammogram Facilities

1. NHSL, Colombo
2. NCIM
3. NH, Kandy
4. TH Karapitiya
5. TH Kurunegala
6. TH Rathnapura
7. TH Peradeniya
8. CNTH
9. CSTH
10. TH Anuradhapura
11. TH Batticaloa
12. SJGH
13. PGH Badulla
14. DGH Polonnaruwa
15. BH Kamburupitiya
16. BH Kalmunai North
17. TH Jaffna
18. CEDC Narahenpita
19. TH Kalutara



Prevention & early detection of breast cancer



Prevention
??????????

Early Detection
Screening
Early diagnosis



Early detection of breast cancer



The way to get started is to quit talking and begin doing.

Thank you

