



# Feasibility study of the HT&Me intervention

Thank you for taking part in this research study, your help and contribution was invaluable. This study tested a support package called **HT&Me**, designed to help women who have had breast cancer take their hormone therapy and manage any concerns or side effects.

We wanted to know if HT&Me would be helpful to women and practical to deliver within the NHS.

## WHAT DID WE DO?

We asked **51 women** with breast cancer to fill out a questionnaire before trying the **HT&Me support package for 8 weeks**.

The support package included:



A short animation explaining hormone therapy



Two consultations with a nurse or healthcare professional.



Access to an interactive web app with information and support



Email reminders to encourage engagement with the programme

We then asked participants for their views on the HT&Me programme **8 weeks later** using questionnaires.

We also interviewed some of the **participants** and **healthcare professionals** who delivered the programme using interviews to understand their thoughts.

FUNDED BY

**NIHR** | National Institute for Health and Care Research

**Newcastle University**

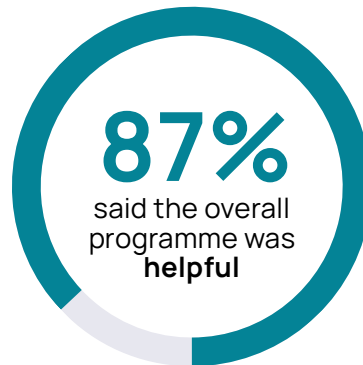
**OXFORD BROOKES UNIVERSITY**

**NHS**

The Newcastle upon Tyne Hospitals  
NHS Foundation Trust

## WHAT DID WE FIND?

**HT&Me is acceptable and helpful to women.**



Many felt that HT&Me increased their understanding of the treatment (91%) and the importance of staying on it (86%).

Women with **different levels of confidence** using digital technology were able to take part successfully.



More than **90% of women** valued the nurse consultations. Both online and face-to-face consultations were acceptable.



Amongst the **69% of women** who used the web-app, the 3 most popular sections were:

- My Hormone Therapy
- My Personal Support
- My Goals and Plans

Healthcare professionals who delivered the programme said that HT&Me helped **address an important gap in support** for women after breast cancer treatment.

## WHAT'S NEXT?

Because this study showed that the HT&Me support package is practical and helpful, the research team has now started a **larger clinical trial** to test whether **HT&Me improves long-term medication use and quality of life**.

You can find out more about the study at: [www.sweetstudy.co.uk](http://www.sweetstudy.co.uk)