

Breast Pain Update

Breast pain alone is **not** a symptom of breast cancer

The aim of the Breast Pain Clinics

The aim of the Derbyshire Breast Pain Clinic is to provide appropriate health care access to women who present with breast pain only. They have been seen by their GP (or a local practice nurse practitioner), and not found to have any clinical signs requiring referral for a 2ww appointment in secondary care.

In June 2021, Derby and Derbyshire ICS piloted a new Breast Pain Clinic, available to all GP practices within the footprint. Within that time the clinic has seen over 700 female patients. GPs can refer into either CRH or UHDB as there are two community clinics that can be accessed. The service provides a breast cancer risk assessment to enable early detection of any significant breast cancer family history in accordance with NICE guidelines, but also to reassure those women not at increased risk.

Unnecessary Imaging

Patients who are seen in the Breast Pain Clinics (BPCs) do not have imaging as this is not required to investigate breast pain only. If these patients had been seen in a 2ww clinic many would have had 'unnecessary' imaging. Below is an estimate of this, based on clinic visits prior to introducing the new BPCs (some pts have multiple diagnostic tests).

Category	No.
Under 40's Ultrasound scan (circa 90%)	203
Over 40's Ultrasound scan (cira 60%)	296
Over 40's Mammogram(cira 90%)	445

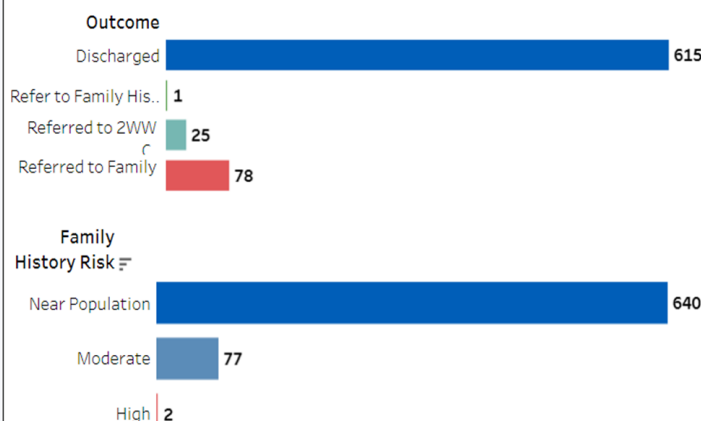
Increasing Capacity in 2ww Clinics

By taking 719 patients with breast pain only out of the 2ww system and seeing them in community BPCs, this has increased capacity in the 2ww Breast Clinics - 60 clinics over the year.

Patient Safety Netting

The redirection process within the Breast Pain pathway ensures patients always have a safety net.

Outcome & Family History Risk



Of the 719 patients 86% have been seen within 14 days of the referral, the remaining 14% being due to patient choice.

Only 1 patient who went through the Breast Pain pathway actually had cancer - <2%

Patient Experience

All 719 patients who went through the breast pain clinic completed the patient experience questionnaire. See below the PROMS summary:

- Did you find the pain advice you received helpful? **99% said yes**
- Did you feel reassured by the breast pain advice? **98% said yes**
- Did you find the personal risk assessment helpful? **93% said yes**
- How likely are you to recommend the service to friends and family if they had troublesome breast pain? **99% said likely or extremely likely**

Patients said they felt reassured, relieved, informed, happy and better.

BREAST CLINICAL LEADS

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