

Joven & Fuerte-Metastatic Model

The program Joven & Fuerte Metastatic (*J&F + M*) is a novel, brief, semi-structured intervention model for early detection of psychosocial and medical needs to promote an enhanced quality of life in patients with advanced breast cancer. *J&F + M* aids patients and their caregivers cope with the educational, emotional and medical challenges associated with the disease.

The *J&F + M* model consists of three independent but complementary components:

1. Psychoeducational sessions

Patients with advanced breast cancer face numerous complicated decisions. They have a disease for which there is no unique treatment and recommendations change every time a progression takes place, so they are forced to undergo decision processes over and over again. To make an informed choice, these patients need to understand their disease, each treatment option and its hoped-for benefits. The objective of this component is to offer patients tools to face their cancer in a knowledgeable manner.

The contents that are reviewed with patients during these psychoeducational sessions are: breast cancer stage and its implications, sites of metastasis, types of cancer and their implications on treatment selection, and the types of treatments including palliative care services.

2. Psychological interventions

Symptoms of anxiety, depression and posttraumatic stress are common among individuals with metastatic breast cancer, with a direct impact on their quality of life. The availability of support groups with online options and individual therapy sessions are intended to address the specific issues that patients with advanced cancer confront.

3. Integrative oncology techniques

Patients that receive complementary and alternative therapies, which are not part of the supportive conventional care, such as yoga, acupuncture, meditation and art therapy can derive benefit by improving specific symptoms including fatigue, anxiety/depressive symptoms, and chemotherapy-induced peripheral neuropathy.

All patients are invited to participate in all three components, but they can participate only in one or two, according to their needs, desires and feasibility. The format and number of sessions of each intervention are adaptable to each patient's situation, keeping awareness of the existing access barriers in Mexico.

This model was designed to provide patients the possibility of fully understanding their disease while promoting physical and psychological well-being.