

Alfaisal Breast Cancer Team (ABCT)

Innovation is the key to change, improve and succeed; and innovation is what Alfaisal Breast Cancer Team (ABCT) holds as a motto. ABCT is a group of four students who originally were only assigned, at a regular community medicine class, to come up with a theoretical community-based research and submit it at the end of the year. But these students took it further, they went out and done their research, invited female participants and carried out workshops about breast cancer awareness. Along with a faculty member (Dr. Hasan Rajab), a staff member (Ms. Sondos Aljazairy) and a health educator (Ms. Abrar AlDahlawi), this team had the ultimate objective of actually driving a change in the community and helps prevent the alarming rise in breast cancer in Saudi females.

The project, which is a collaborative work between Alfaisal College of Medicine and Zahra Association for Breast Cancer, started at the months of April – May, 2010 witnessed very interactive and eye-opening events under the theme of “Help for Today ... Hope for Tomorrow” workshops to spread awareness about Breast Cancer. The workshop was one of a kind and has been conducted in two locations within the city of Riyadh, Saudi Arabia. The workshops included different techniques that were designed, based on neuro-linguistic programming (NLP), which targets three types of learners; visual, auditory, and kinesthetic.

The teams’ hard work ultimately paid off. The project won the 5th prize in the “5th Middle East Best of CRTC-AACR San Antonio Breast Cancer Symposium,” 2011. The abstract entitled **“Effectiveness of an Innovative Community-Based Breast Cancer Awareness Workshop”** submitted by the team to the symposium has been selected for poster presentation. The abstract was evaluated and awarded the fifth prize among all abstracts (oral & poster) and the 2nd best among more than 25 posters. Moreover, LIMSC recognized the abstract as one of the top 15 abstracts out of 750 abstracts submitted worldwide. Not only that, they were invited to orally present their abstract and were awarded a travel grant.

At the conference, results were in, and ABCT’s presentation was ranked one of the top 20 presentations over 120 presented. Their paper was published with 49 other papers in the Science Medical Educator Journal.

On the other hand, The project has received two grants from the organizing committee of (LIMSC) and from the National Guard Hospital who organized the “5th Middle East Best of CRTC-AACR San Antonio Breast Cancer Symposium.”

This story of innovation, hard-work and success doesn’t end here. The ABCT are planning to continue their work in raising breast-cancer awareness and holding workshops for female participants. More papers are expected to be published, pride and many rounds of applause to them are yet to come.