Living With & Beyond Cancer

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27th April 2017
Aims of Presentation

• Living well with & beyond cancer background and context
• LWWBC Bristol achievements to date
• Commissioning of LWWBC
• Treatment Summaries
• Cancer Care Review
https://www.youtube.com/watch?v=mNUvvkUfVkQ
Recovery package

- Assessment and care planning
- Information, financial and work support
- Physical activity and healthy lifestyle
- Treatment summary and cancer care review
- Health and wellbeing event
- Managing consequences of treatment

Supporting self management
Bristol Achievements....

- HNA offered at end of treatment for many cancer sites
- Treatment summaries offered at end of each primary treatment
- Living Well (NBT) & Next Steps (UH Bristol) clinics at end of treatment
- Prehabilitation pilots at both Trusts
- Bristol CCG Living Well With & Beyond Cancer commissioning strategy
- Bristol Macmillan Community Rehab & Support Team
Bristol Achievements....

• Community physical activity programmes – Energise
• Macmillan UHB AHP pilots: fatigue management course; therapy treatment support clinic
• Macmillan Prevention & Re-enablement Project (LinkAge)
• Macmillan Buddies scheme
• Range of self-management courses (NBT, Penny Brohn, Macmillan HOPE)
• Practice nurse cancer training (Macmillan & UWE)
The National Cancer Strategy Goal is to radically improve the outcomes for people with cancer in England

"I can live as well as possible with and beyond my cancer"

I am ready for my treatment: Everyone undergoing cancer treatment in Bristol feels supported to and gets the best outcomes from their treatment

I am as well as possible: Everyone affected by cancer in Bristol is supported as a 'whole person' (body, mind, emotions, spirit, environment, practical issues, personal and community relationships)

I can support people to live well with and beyond cancer: Carers, staff and volunteers supporting people affected by cancer in Bristol are themselves given the right skills and support to do so

I feel in control: Everyone with a cancer diagnosis in Bristol, feels supported to play an active role in managing their condition

Outputs

An evaluation of LWWBC services to inform next phase of work

Anbitious, patient centred and sustainably commissioned LWWBC services within an understood wider LWWBC context

A LWWBC Macmillan toolkit to share nationally

PPI activities to ensure lay people and clinicians are part of the team
Treatment Summary

- Increase in uptake in use of TS across BNSSG
- Quality audit carried out with Macmillan GP
- Development of best practice examples – breast completed
- Aim to roll this out across all cancer sites across SWAG Cancer Alliance
Cancer Care Review

Cancer care review done
- Cancer care review done
- Cancer care review not found

Cancer care review next due
- Cancer care review
- Cancer care review not found

Medication review done
- Medication review done
- Medication review done not found

Cancer information offered
- Cancer information offered
- Cancer information offered not found

Benefits counselling
- Benefits counselling
- Benefits counselling not found

Cancer therapy
- Radiotherapy NEC
- Cancer chemotherapy
- Last entry: O/E - height, 162.56 cm, 30/04/2007

Carer’s details noted
- Carer’s details
- Comments:

OK
Cancel
- Start with open questions and invite the patient to list concerns and questions.

- Check the patient’s understanding of aims of treatment.

- Ask about current physical health and symptoms or side effects.

- Assess emotional and psychological state and prompt for concerns about mood, body image and sexuality.

- Ask how their family, friends and employers have reacted to their illness.

- Give information about benefits, prescription exemption, etc.

- Consider whether disease or treatment puts the patient at risk of other problems and whether extra surveillance is needed.

- Discuss access to help out of usual surgery hours.

- Assess the patient’s and others’ wishes for more information, now or later. Signpost to reliable sources.

- Check medication needs and the patient’s understanding of indications, schedules and side effects.

- Offer your continuing support and clarify ways to contact you.
Can we lessen the impact?

Physical Activity
Keeping to a good Body Weight

Dealing with stress /mindfulness

Regaining a sense of control

Advice and support

Healthy Eating

Appropriate follow-up and monitoring

Pastoral support

Good symptom control

Time to reflect and make sense of things

Keeping to a good Body Weight

Finding a new intimacy psychosexual medicine

Being understood Relationship counselling

Smoking and Alcohol advice

Focusing on the important things in life

Emotions

Acknowledging emotions – it’s normal to feel angry and sad!
... and there are things you can do that make a difference

Purpose and meaning Spiritual/

Advice and support

Relationships

Finding a new intimacy psychosexual medicine

Pastoral support

Finances/welfare

Focusing on the important things in life

Counselling/CBT/medication

Psychological

Can we lessen the impact?
Cancer Care Review
CANCER IN PRIMARY CARE

Suitable for: Professionals
Format: Toolkit

Diagnosis and support of patients with cancer for general practitioners (GPs).

A range of scenarios showing good and bad experiences of patients when they present to their GP and how, on reflection, their experience could have been improved. It aims to build on, and ensure consistency in, existing communications skills of primary care professionals.

The Toolkit consists of:
- Downloadable workbook with training outcomes
- Case studies presenting typical GP consultations, relating to four cancer areas
- The patient's voice video clips of around 10 minutes each
# Resources for GPs

A collection of useful tools for GPs. Everything you need to help you in your role.

<table>
<thead>
<tr>
<th>Resources</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Out of hours toolkit</strong></td>
<td>Guidance and tools for sharing good practice in out-of-hours (OOH) care for cancer and palliative care patients.</td>
</tr>
<tr>
<td><strong>Out of hours palliative care</strong></td>
<td>For professionals involved in the delivery and coordination of out-of-hours (OOH) care.</td>
</tr>
<tr>
<td><strong>Cancer in primary care</strong></td>
<td>Diagnosis and support of patients with cancer for general practitioners (GPs).</td>
</tr>
<tr>
<td><strong>Family matters</strong></td>
<td>Gain awareness of the legal issues that may arise in a family affected by cancer.</td>
</tr>
<tr>
<td><strong>Benefits awareness</strong></td>
<td>Learn to identify people who may be experiencing financial problems and signpost towards help and advice.</td>
</tr>
<tr>
<td><strong>Advance Care Planning</strong></td>
<td>Explore when and how to start conversations; how you can help someone discuss what's important to them and help them plan ahead for their future care.</td>
</tr>
</tbody>
</table>
Resources for you

BMJ Learning

Home  Welcome Catherine Zollman  Help us recommend the modules most relevant to you: check your details

Resources for you

WE ARE MACMILLAN CANCER SUPPORT

Supporting people with cancer in primary care: in association with Macmillan Cancer Support

Post test score: 100%

Retake module  Claim certificate
Resources


• http://be.macmillan.org.uk – free source of information for patients, carers and professionals
THANK YOU