

# Transforming care after treatment in Ayrshire and Arran



TRANSFORMING  
YOUR  
CANCER CARE

WE ARE  
MACMILLAN.  
CANCER SUPPORT

NHS  
Ayrshire  
& Arran

## About the project

A new approach to supporting people after cancer treatment has led to a reduction in patient concerns.

The project, part of the Transforming Care After Treatment programme, offered a selected group of people who had finished cancer treatment more support to deal with their wider emotional, financial and practical needs.

The Ayrshire and Arran project resulted in patients reporting fewer concerns in many areas. It is now being rolled out within the health board.

The project's person-centred care approach exemplifies the vision for cancer care set out in the Scottish Government's cancer strategy, *Beating Cancer: Ambition and Action*, published in March 2016.

## How the project worked:

**276** people in Ayrshire and Arran received a new kind of support after they finished cancer treatment. This included:

- an assessment of all their needs (a Holistic Needs Assessment), carried out by a clinical nurse specialist. **641** Holistic Needs Assessments were carried out, with a number of people receiving multiple assessments across different time points
- an opportunity to attend a post-treatment Health and Well-being Clinic (HWBC) where they could receive another Holistic Needs Assessment (HNA) and also access the Healthy and Active Rehabilitation Programme. **59% (180)** of those invited to attend a Health & Wellbeing Clinic attended.

The project initially focused on breast cancer patients, but expanded to other cancers.

'The health and well-being clinic offered a good opportunity to talk about concerns, as I felt low at the end of treatment period after high level of contact with professionals.'

Quote from Service User



The project ran between September 2014 and June 2016



**86.2%**  
breast  
cancer



**12%**  
colorectal  
cancer



**1.4%**  
gynaecological  
cancer



**0.4%**  
head and neck  
cancer

## Meeting needs

Findings from **all** patients who received an HNA during a Health and Wellbeing Clinic found that on average, each needs assessment identified **5.4** concerns per patient.



**72%** of patients during a Health and Wellbeing Clinic found that found the Holistic Needs Assessment **helpful**



**89%** of patients rated the Health and Wellbeing Clinic **very or fairly helpful**

## What was the impact of the new approach?

Questionnaires were sent to 512 breast cancer patients who had received treatment before the new TCAT pathway. These women had received treatment up to three years before and were asked to recall the concerns they had in the three months after they had finished treatment. 274 responded. Questionnaires were also sent to 78 women who received the new form of aftercare as part of the TCAT project. 49 responded.

The questionnaires asked the women to report their concerns on a range of issues.

Concern	% of people on previous pathway who had concerns	% of people on new TCAT pathway who had concerns
Fear of recurrence	70% (192)	37% (18)
Physical	64% (175)	56% (27)
Practical	29% (79)	20% (10)
Lifestyle	29% (79)	27% (13)
Emotional	26% (71)	29% (14)
Spiritual	2% (5)	5% (2)
Family	24% (65)	15% (7)
Diagnosis & treatment	22% (60)	12% (6)
Body image	24% (65)	10% (5)
No concerns	7% (19)	27% (13)

The table above shows the new approach led to a drop in concerns in most areas. While the number of women involved in the new pathway is still small, the results are promising.

### About the TCAT programme

TCAT was set up to improve the way people with cancer are supported during and after treatment. It's a partnership between the Scottish Government, Macmillan Cancer Support, NHS Scotland and local authorities. It tests and spreads new models of care and support built around what people with cancer need.

## What next?

The findings from this project are helping to change the way people with cancer are supported.

As a result of this project, the new approach is being rolled out across the health board, and the hope is that it will become embedded in everyday practice.

The results of this project will also be looked at as part of the wider Transforming Care After Treatment (TCAT) programme which is testing new approaches to cancer support across Scotland.

This project provides insight into how the vision for cancer care set out in the Scottish Government's cancer strategy and the House of Care Work can be translated into practical changes on the ground that benefit people with cancer.

Lessons from this project, and the TCAT programme as a whole, will be used to improve cancer support across Scotland.