



TRANSFORMING
YOUR
CANCER CARE

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MACMILLAN.
CANCER SUPPORT

NHS
SCOTLAND



Improving the Lives of People Affected by Cancer Through Sustainable Models of Care

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TCAT

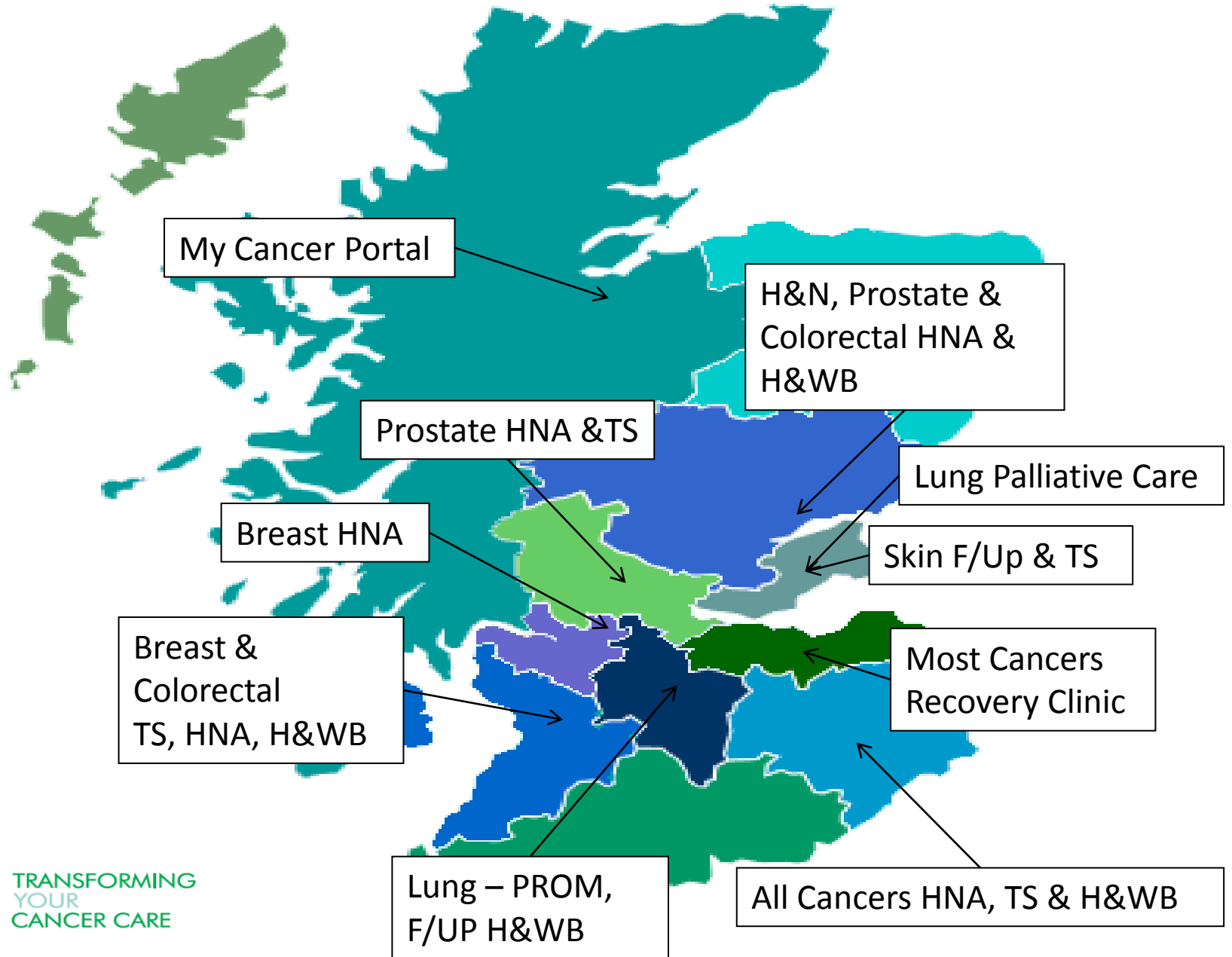
To ensure that people affected by cancer in Scotland, are prepared and supported to live with the consequences of the diagnosis and its treatment.



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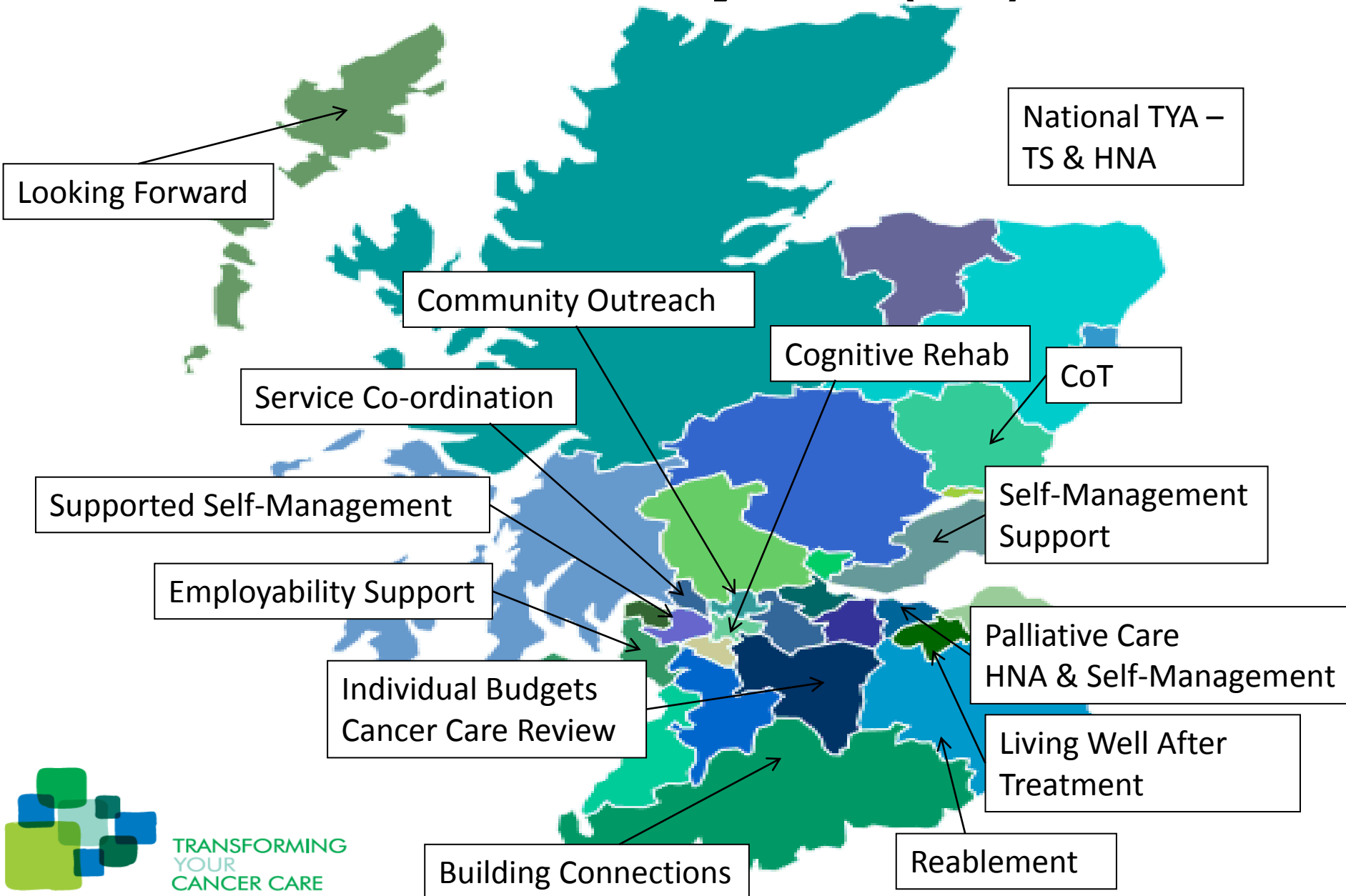


Phase 1 Projects (10)



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Phase 2 Projects (15)



The Recovery Package

National Cancer Survivorship Initiative – Concerns checklist

Holistic needs assessment

National Cancer Survivorship Initiative – Concerns checklist

Identifying your concerns

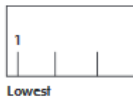
Discussed by: _____
 Date: _____
 Designation: _____
 Contact details: _____

This self assessment is optional, however it will help us to identify any information and support you need. If any of the problems below have caused you concern in with a health care professional, please tick the box. Leave don't want to discuss it now.

I have questions about my diagnosis/treatment that I want to discuss

- | | |
|--|---|
| <p>Physical concerns</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breathing difficulties <input type="checkbox"/> Passing urine <input type="checkbox"/> Constipation <input type="checkbox"/> Diarrhoea <input type="checkbox"/> Eating or appetite <input type="checkbox"/> Indigestion <input type="checkbox"/> Sore or dry mouth <input type="checkbox"/> Nausea or vomiting <input type="checkbox"/> Sleep problems/nightmares <input type="checkbox"/> Tired/exhausted or fatigued <input type="checkbox"/> Swollen tummy or limb <input type="checkbox"/> High temperature or fever <input type="checkbox"/> Getting around (walking) <input type="checkbox"/> Tingling in hands/feet <input type="checkbox"/> Pain <input type="checkbox"/> Hot flushes/sweating <input type="checkbox"/> Dry, itchy or sore skin <input type="checkbox"/> Wound care after surgery <input type="checkbox"/> Changes in weight <input type="checkbox"/> Memory or concentration <input type="checkbox"/> Taste/sight/hearing <input type="checkbox"/> Speech problems <input type="checkbox"/> My appearance <input type="checkbox"/> Sex/intimacy/fertility | <p>Practical concerns</p> <ul style="list-style-type: none"> <input type="checkbox"/> Caring responsibilities <input type="checkbox"/> Work and education <input type="checkbox"/> Money or housing <input type="checkbox"/> Insurance and travel <input type="checkbox"/> Transport or parking <input type="checkbox"/> Contact/communication with NHS staff <input type="checkbox"/> Laundry/housework <input type="checkbox"/> Washing and dressing <input type="checkbox"/> Preparing meals/drink <input type="checkbox"/> Grocery shopping <p>Family/relationship concerns</p> <ul style="list-style-type: none"> <input type="checkbox"/> Partner <input type="checkbox"/> Children <input type="checkbox"/> Other relatives/friends <p>Emotional concerns</p> <ul style="list-style-type: none"> <input type="checkbox"/> Difficulty making plans <input type="checkbox"/> Loss of interest/activities <input type="checkbox"/> Unable to express feelings <input type="checkbox"/> Anger or frustration <input type="checkbox"/> Guilt <input type="checkbox"/> Hopelessness <input type="checkbox"/> Loneliness or isolation <input type="checkbox"/> Sadness or depression <input type="checkbox"/> Worry, fear or anxiety |
|--|---|

Please mark the scale to show the overall level of concern you've felt over the past week. You may also wish to score the concerns you have ticked from 1 to 10.



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End of Treatment Summary Insert GP Contact Details

Dear Dr _____

Re: _____

Your patient has now completed their initial treatment for cancer and a summary of their diagnosis, treatment and ongoing management plan are outlined below. The patient has a copy of this summary.

Diagnosis:	Date of Diagnosis:	Organ/Stage: Local/Distant:
Summary of Treatment and relevant dates:		Treatment Aim:
Possible treatment toxicities and / or late effects:		Advise entry onto primary care palliative or supportive care register Yes / No DB 1500 application completed Yes/No
Alert symptoms that require referral back to specialist team:		Contacts for re referrals or queries: In Hours: Out of hours: Other service referrals made: (delete as neo) District Nurse A&P Social Worker Dietitian Clinical Nurse Specialist Psychologist Benefits/Advice Service Other:
Secondary Care Ongoing Management Plan: (tests, appointments etc)		
Required GP actions in addition to GP Cancer Care Review (e.g. ongoing medication, osteoporosis and cardiac screening)		
Summary of information given to the patient about their cancer and future progress:		
Additional information including issues relating to lifestyle and support needs:		

Completing Clinician: _____

Signature: _____

Date: _____

Patient's name or label

to information, contact details and monitor.

Discuss with a colleague if necessary and tool if appropriate e.g. HADs.

assessment tool if appropriate e.g. HADs and

concern	Plan of action

Next review due: _____

Department of Health



NHS Improvement



Improving the Lives of People Affected by Cancer?



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BREAST	HEAD AND NECK	PROSTATE	MELANOMA	COLORECTAL
Tired, exhausted or fatigue	Eating or appetite	Getting around (walking)	Worry, fear or anxiety	Tired, exhausted or fatigue
Hot flushes	Dry mouth	Passing urine	Exercise and activity	Diarrhoea
Sleep problems/ nightmares	Tired, exhausted or fatigue	Hot flushes	Sleep problems/ nightmares	Dry, itchy or sore skin
Memory or concentration	Taste/sight/ hearing	Tired, exhausted or fatigue	Tired, exhausted or fatigue	Passing urine
Pain	Tingling in hands and feet	Sleep problems/ nightmares	Sun protection	Getting around (walking)
Worry, fear or anxiety	Constipation	Dry, itchy or sore skin	Eating or appetite	Pain
Tingling in hands and feet	Worry, fear or anxiety	Memory or concentration	Hot flushes	Constipation
Sore or dry mouth	Pain	Constipation	Dry, itchy or sore skin	Eating or appetite
Getting around (walking)	Memory or concentration	Worry, fear or anxiety	Memory or concentration	Sleep problems/ nightmares
Eating or appetite	Anger or frustration	Taste/sight/ hearing and Pain	Complementary therapies	Tingling in hands and feet



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Implications for Practice

The benefits and value of implementing HNA:

- an opportunity to develop local solutions to local issues
- the delivery of a more consistent and standard service to people affected by cancer across Scotland, grounded in patient led recovery based principles
- providing evidence of patient acceptability and satisfaction with the HNA delivery model chosen
- taking steps to stretch and strengthen the patient pathway outwards, away from acute settings

The key to implementation success is local understanding that HNA is not an 'off the shelf intervention', but rather a considered local approach.

Implications for Practice

The local 'priority' reason for implementing HNAs will impact on its delivery. 'Why' an HNA is to be conducted must be understood fully by all stakeholders.

- Informing Risk
 - A way to inform future risk stratification
 - Information to discharge from follow up
- Enhancing Reviews
 - Identifying needs at key transition point(s)
 - Standardising post-treatment care
- Supporting Self-management
 - Prioritising a recovery approach
 - Patient rather than professional led approach



Implications for Practice

Before implementing HNA it is important to consider:

- why the HNA is being carried out
- when it is to be done and where
- who will conduct the assessment
- what will happen after the assessment
- provision of internal and external infrastructure for assessors
- awareness and access to external sources of support and information

Implications for Practice

The HNA should be considered and implemented in the context of the whole cancer journey, the whole recovery package and the whole person.

When implementing HNA it is important to acknowledge:

- The assessor is only one of many 'partners' in a supported self-management approach
- The assessor cannot alone address all of a patient's concerns – but needs trusted colleagues and agencies to direct them to for post assessment support
- Work is required to better integrate and coordinate access routes and pathways to support out with the hospital

Sustainable Models of Care?



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Think Different.
But not different from me.



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Employability

Statistics:

- **4 in 10 people in the UK will be affected by cancer at some stage of their life**
- **113,000 people of working age are diagnosed with cancer in the UK each year (288 people in NA)**
- **An estimated 1.1 million people are caring for someone with cancer in the UK today; 48% are in employment**

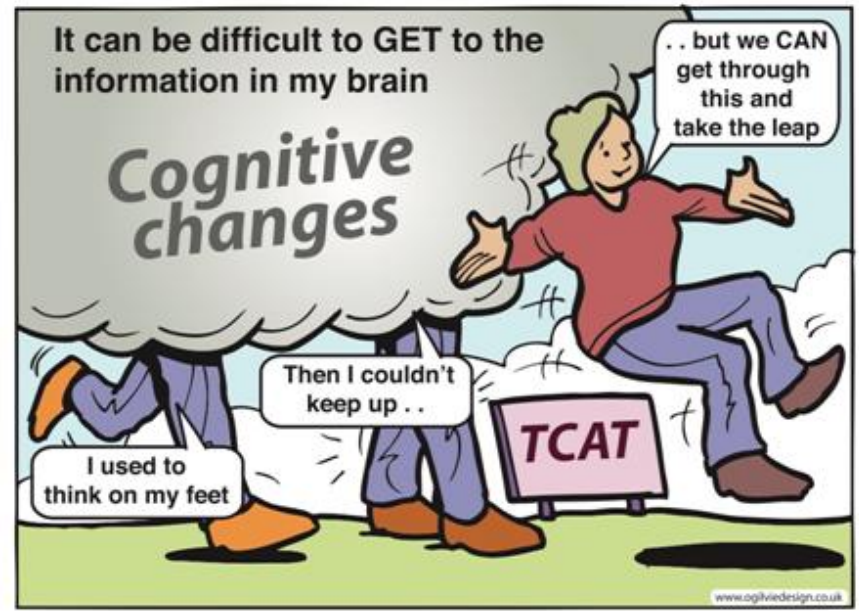
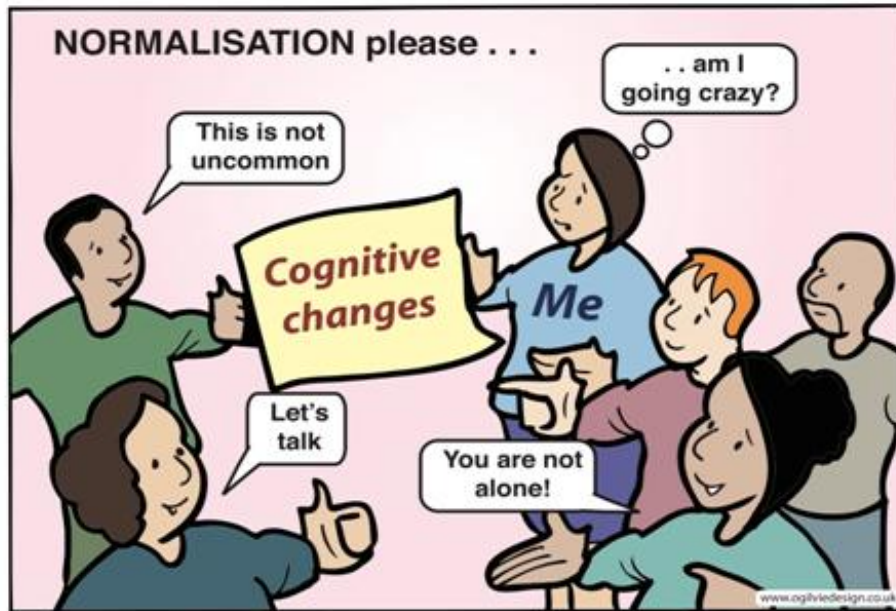
Economics:

- There are significant resource implications for Health and Social Care organisations if high numbers of people recovering from cancer continue to experience poor physical and mental health
- Employment is identified as a key activity for improved wellbeing beyond cancer. There is also the cost of paying benefits to those of working age who could be supported back into employment that needs to be considered

Research:

- **Less than 50% of cancer patients are advised by clinicians about impact of treatment on their work**
- **Health professionals are not routinely talking to patients about work issues**

Cognitive Impairment



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West of Scotland Cancer Network

Breast Cancer
Managed Clinical Network



West of Scotland Cancer Network

Haemato-oncology
Managed Clinical Network



Breast Cancer Regional Follow-up Guidelines

Lymphoma Regional Follow-up Guideline

Prepared by	J McIlhenny/ I Reid
Approved by	Breast Cancer MCN Advisory Board/ RCCLG
Issue date	July 2017
Review date	July 2020
Version	2.0

Prepared by:	<i>Dr P McKay, Dr M Leach</i>
Approved by:	Haemato-oncology MCN & Regional Cancer Clinical Leads Group
Issue date:	
Review date:	
Version:	3.0
Replaces	Version 2.0 (November 2014)

West of Scotland Cancer Network
Final Published - Breast Cancer Regional Follow-up Guidelines v2.0 July 2017



Psychological Therapies and Support Framework for People Affected by Cancer

Published: November 2015
Revised: August 2017

Appendix 1A: Psychological Therapies and Support Framework

Education and Training Matrix

The matrix below details the knowledge and competencies required across each staff level, alongside likely interventions utilised by each group. The matrix details the core training tools recommended at each level by the Psychological Therapies and Support Framework Implementation Steering Group. A detailed overview of training tools is provided in appendix 1. The matrix provides examples of training which is available, and does not represent an exhaustive list.

The core training tools included within the matrix have been mapped against the core competencies outlined within 'A Competence Framework for Psychological Interventions with People with Persistent Physical Health Problems' which was launched in Scotland in March 2016. This competence framework was commissioned by NHS Education for Scotland and the Improving Access to Psychological Therapies (IAPT) programme in England (https://www.ucl.ac.uk/pais/research/cehp/research-groups/core/pdfs/Physical_Health_Problems/Physical_Background_Doc.pdf).

Please note: lower intensity training tools / interventions are still relevant across higher levels.

CORE COMPETENCIES	INTERVENTIONS	TRAINING TOOLS
LEVEL 1A – All those working in cancer care		
<ul style="list-style-type: none"> Understand concept of distress and the importance of recognising psychological needs. Basic awareness of the range of specific psychological problems (e.g. anxiety and depression). Basic listening and communication skills. Ability to recognise psychological needs. Ability to offer general support and to communicate honestly and compassionately. Treat patients and carers with kindness, dignity and respect. Knowledge of when and how to refer on to senior colleagues or appropriate agencies. Knowledge of the range of emotional and support services available. 	<ul style="list-style-type: none"> Effective information giving Supportive relationships Compassionate communication Avoid causing psychological harm 	Emotion Matters
		ADDITIONAL TRAINING TOOLS (where specific requirement of role)
		Suicide prevention (ASIST)
		Foundation level communication skills (Rapport, SAGE & THYME)
		Bereavement training

Psychological Therapies and Support Framework – Education & Training Matrix v1.0 280917

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Appendix 2: Psychological Therapies and Support Framework

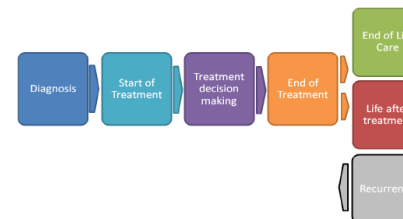
Referral Guidance

A diagnosis of cancer understandably causes distress. People can get support from many sources including family, friends, Clinical Nurse Specialists, GPs and other cancer professionals. However, distress extends along a continuum and some people will require additional help from a psychologist or counsellor to help them cope.

This document is to provide guidance for staff working in cancer care about how to access psychological support for people affected by cancer.

All psychological care should be provided within the framework of the model of psychological and supportive care for people with cancer developed by NICE (2004). This model outlines different levels of support which may be required by people affected by cancer and specifies which staff working in cancer care would have the competencies to provide support at each level.

There are particular points in the patient pathway at which we might expect people to be more vulnerable and when we should be assessing the need for help:



When bereavement occurs, support for carers and families is available from a number of services.

The table below details the referral criteria, method of assessment and possible interventions at each level of support. The criteria at each level are not exhaustive rather they are designed to provide an indication of support needs. Case study examples of clinical cases at each of the four levels are provided in appendix 1 to help health and social care professionals assess and refer patients appropriately given presenting criteria.



NHS inform

Health information you can trust

Scotland's health information service

Popular searches: back pain , chest pain , chickenpox , norovirus , cervical screening

- Illnesses and conditions
- Injuries
- Tests and treatments
- Healthy living
- Care, support and rights



Self-help guide

Assess your own symptoms.

Self-help guides >

Services directory

Find a local service or group.

Accident and Minor Injuries Units

What's Next?

- Rehabilitation Pathways?
- Health and Wellbeing Clinics?
- Community Connectors/Link Workers?
- Cancer Care Review?
- Volunteers?
- National Service Directory?
- Treatment Summary?



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Thank you

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