

Introducing the Psychological Therapies and Support Framework for People Affected by Cancer

Volume 1, Issue 1

Newsletter Date: June 2019

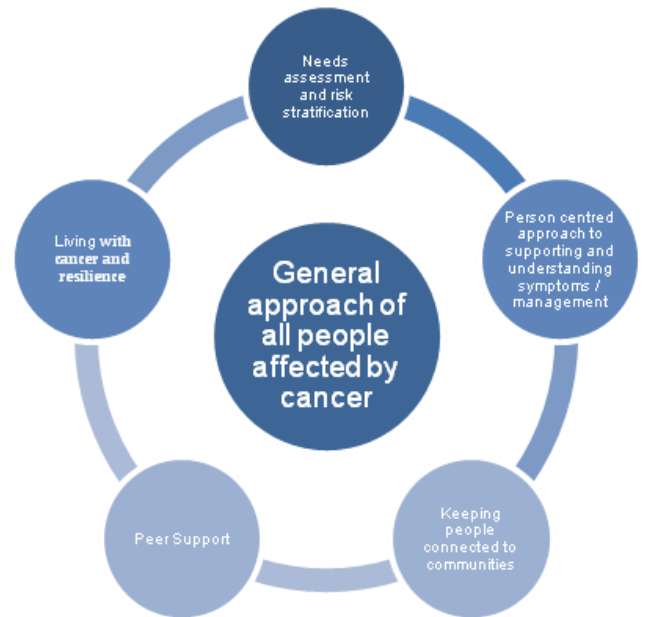
Introduction

For many cancer is increasingly becoming a long-term condition rather than a terminal illness – many people recover sufficiently to be able to pick up their old lives again, therefore a focus on health and wellbeing is crucial.

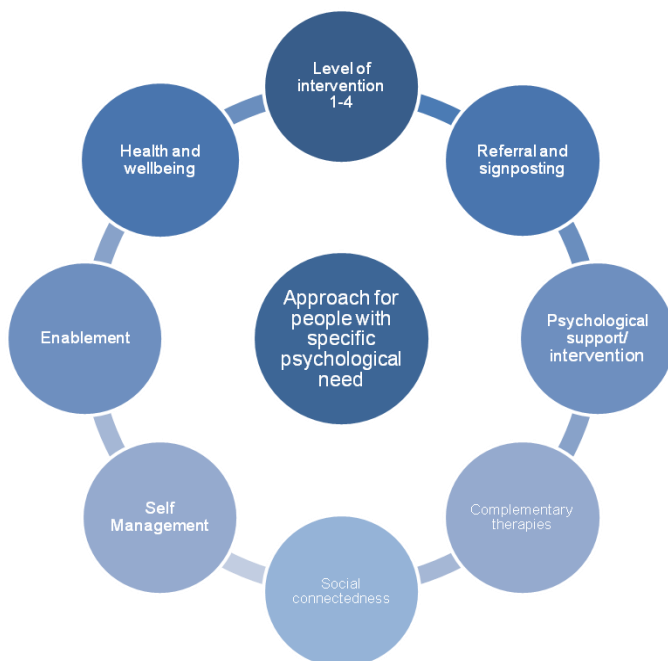
Emotional effects are a normal part of the cancer pathway and early identification and intervention can prevent problems from escalating. As such, people should be able to easily access appropriate supportive and psychological care, which forms a normal part of the overall care package.

To support early intervention and ensure appropriate care and support is available, partners from across the West of Scotland have developed the Psychological Therapies and Support Framework for People affected by Cancer.

[Click here to access the Framework](#)



Relevant to all patients with cancer – if concern identified further assessment and referral required

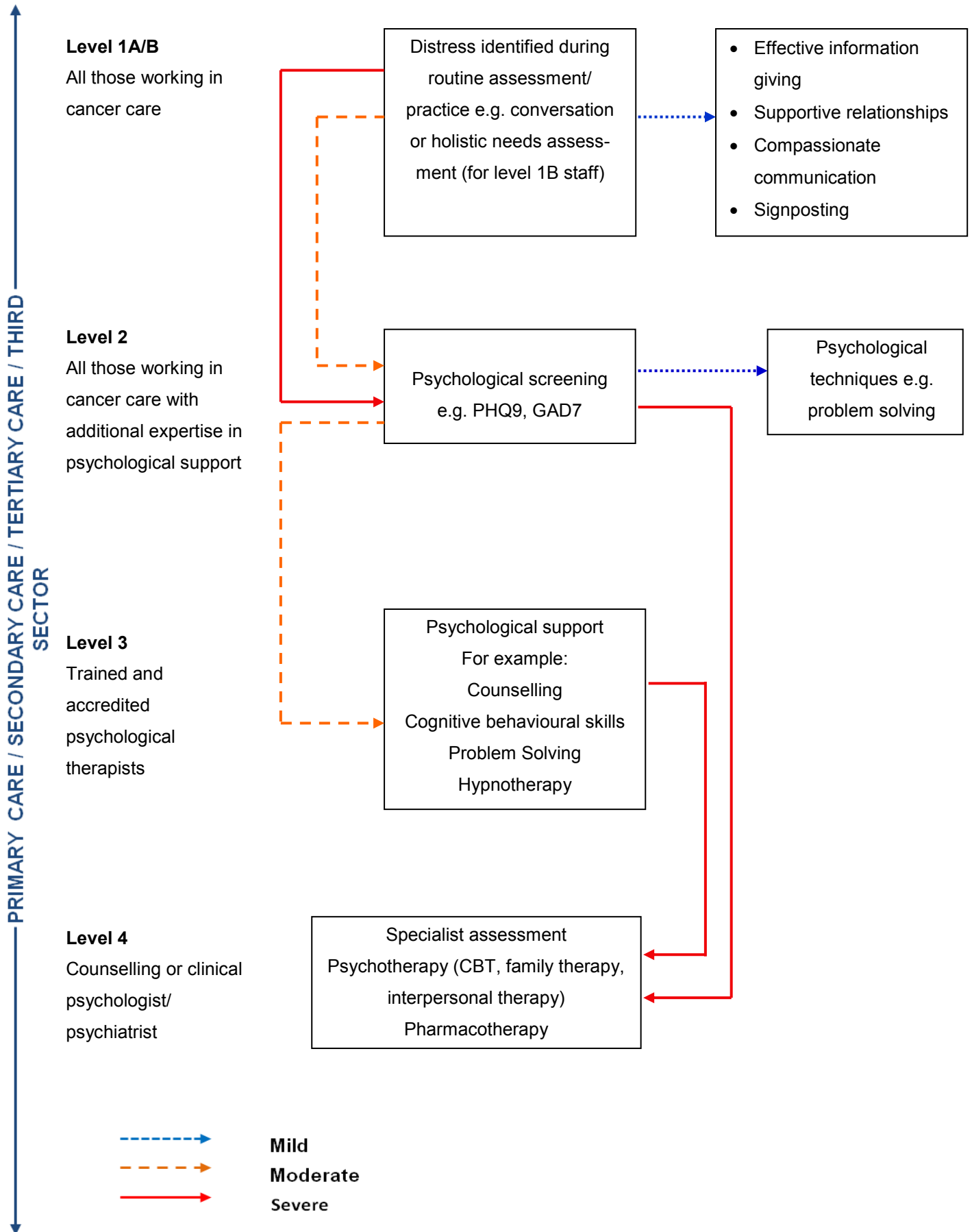


What is the Framework

The purpose of the Framework is to define the service which should be available to those affected by cancer and those identified to have specific psychological support needs. It is relevant to all services (i.e. health, social care and the third sector) that aim to support people who have had a diagnosis of cancer themselves, or who care for someone who has had a cancer diagnosis.

There are two stages to the Framework as detailed by the illustrations above and adjacent.

How can we meet the psychological support needs of people affected by cancer?



How Psychological Support Can Help

My Story by Alan Tattersfield

I was admitted to hospital on February 17th where an MRI was done on 20th to see the damage to my disc. This is when they discovered a 7cm tumour on my spine.... no slipped disc. I had C.T. scans that night and was told that I would be operated on at 08.00 the next morning. During the 10 days in hospital, tests showed that I had Non-Hodgkin's Lymphoma, this was when I drip fed the family that the cancer was malignant and that I would need further treatment. I started chemotherapy the following week... radiotherapy in September 2017... the support that I received was second to none, particularly from Ayrshire Cancer Support. Both my family and I were given access to complementary therapies and counselling if we needed it and we used it. Being able to drop in at any time for a coffee and a chat was fantastic. This is not just a drop-in centre, it is a second home and family to those that have been affected by cancer. The staff are amazing and very dedicated.



Supporting Tools

To support implementation of the Framework the following have been developed:

- [Education and Training Grid](#) which details the knowledge and competencies required at each staff level, the likely interventions utilised by each staff group and recommends core training across levels.
- [Referral Guidance](#) on accessing psychological support, including criteria at the different levels of support, methods for assessment and the range of interventions which could be offered.

[For more information about the Framework please contact:](#)

*Debbie Provan, Regional Lead for Living with and Beyond Cancer, WoSCAN -
Debbie.provan@ggc.scot.nhs.uk*

