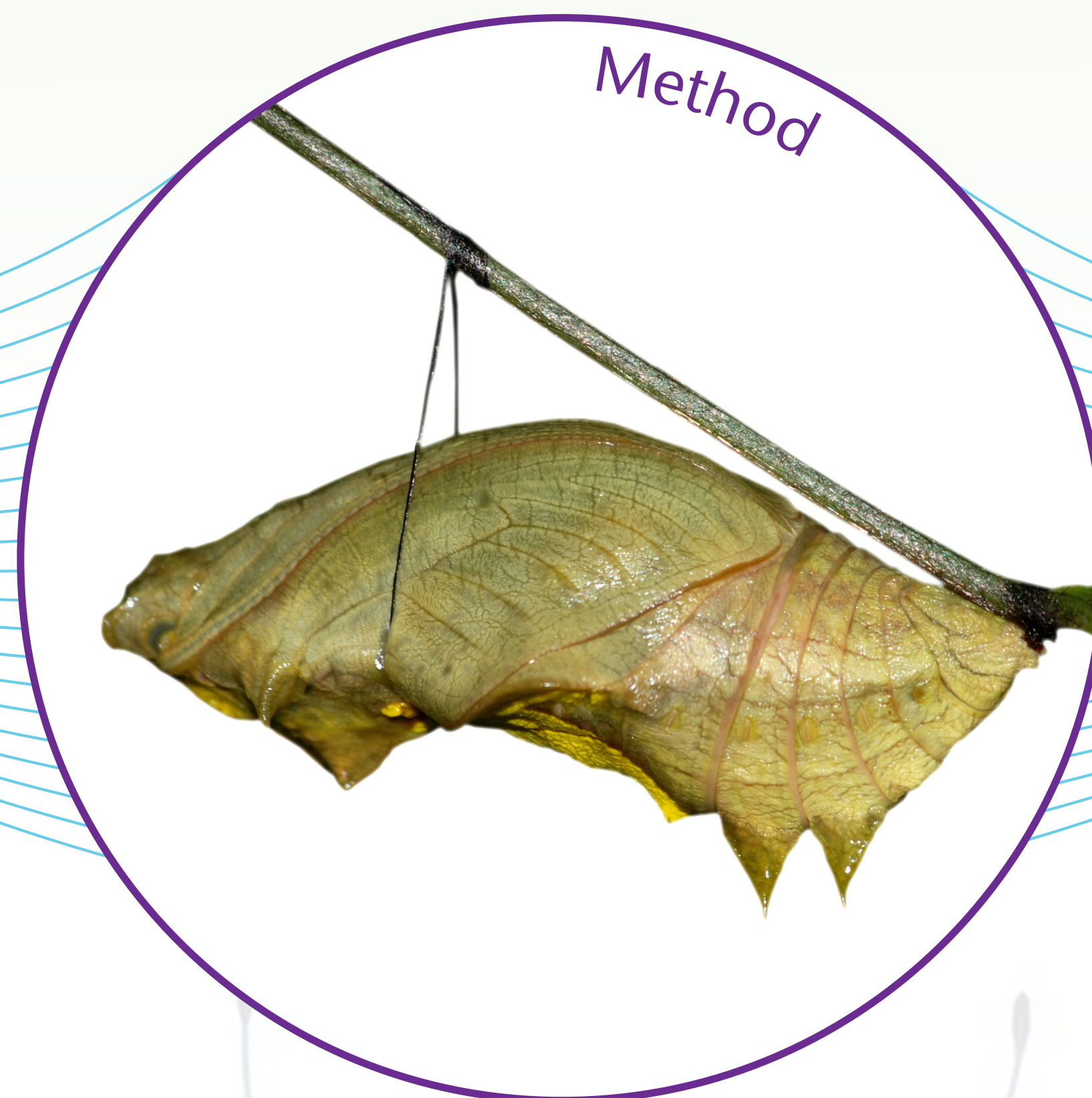
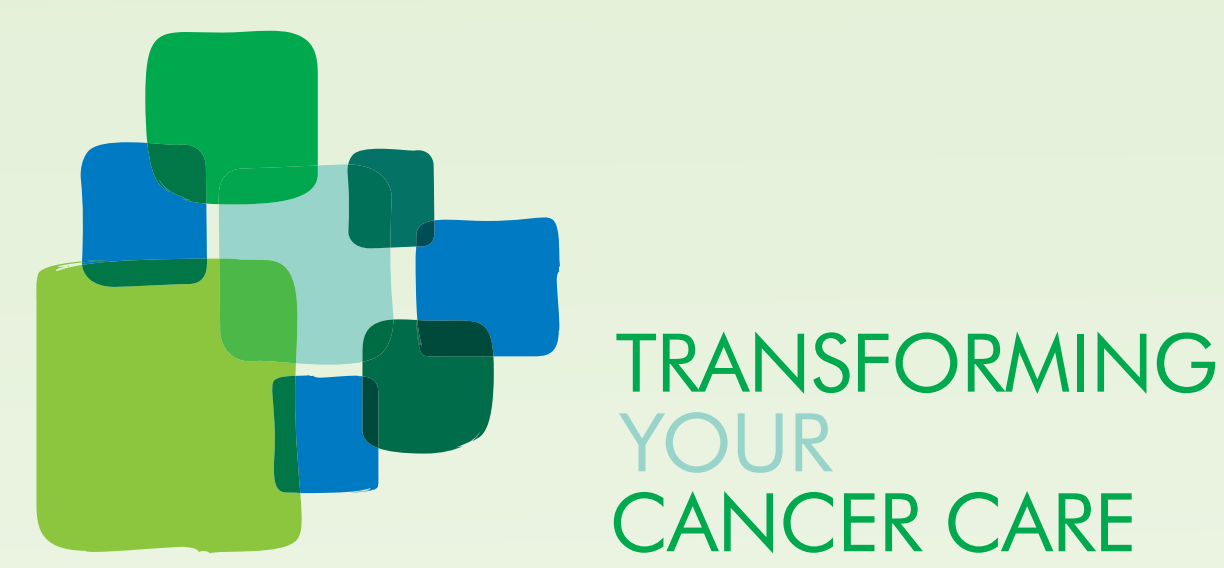


Transforming Care After Cancer in Ayrshire and Arran

D Provan and K Gillespie

Person-Centred



Aim:

Better support patients to self-manage, live well and reduce feelings of abandonment through service re-design.

Background:

Patients feel “abandoned” at the end of cancer treatment and experience a wide-range of short and long-term effects^{1,2}. This along-side the rising incidence of cancer and its burden on a financially-constrained healthcare system means we must re-design.

Method:

Under Transforming Care After Treatment³ Ayrshire and Arran’s multi-agency team are embedding Macmillan’s recovery package in Breast and Colorectal Cancer Services. This is achieved through the introduction of:

- Holistic Needs Assessment (HNA) and Care Planning,
- End of Treatment Summaries (EoTS),
- A 12 week programme of physical activity and dietary education (“Active Recovery”), and
- A community health and well-being clinic (HWBC) for those who have finished active treatment for cancer.

Outcomes:

The HWBC

109 attendees to date:

“The discussion allowed me to verbalise/realise concerns that I had had subconsciously”

“I was basically told that anything I was experiencing was ‘normal’... This was re-assuring.”

The EOTS

GP Feedback:

“A useful concise document from which it is easy to assimilate information.”

Patient Feedback:

“My GP and I have discussed various aspects of the end of treatment....”

“Found the summary very informative and helpful in my recovery.”

The HNA

547 Completed to date:

The top 3 concerns and information needs have been identified through the HNA. Fatigue is the top concern in both patient groups. Exercise and diet are two of the top three information needs. We thereby assume “Active Recovery” is warranted.

Conclusions

By putting patients at the heart of care, working holistically, and utilising a cross-sector whole team approach, it is possible to re-design services so they meet the needs of patients, families and carers whilst remaining sustainable and cost-effective.

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