

Living with and beyond cancer

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MACMILLAN.
CANCER SUPPORT**

Advances in cancer treatment mean that there are now around two million people in the UK living with or beyond cancer. Many of these individuals have unmet physical and psychological needs resulting from their treatment. Across the Cancer Vanguard, we are working with Macmillan Cancer Support and our partners to embed the Recovery Package and stratified follow-up pathways, to enable co-ordinated, personalised support and rehabilitation for individuals throughout their cancer journey.

Recovery Package

The Recovery Package combines several interventions:

- Holistic Needs Assessment (HNA)
- Treatment Summary, and
- Health and Wellbeing event
- Cancer Care Review (conducted by GPs/practice nurses)

Implementation of the Recovery Package is now underway within our London trusts, with 20 (out of 23 trusts) providing quarterly data on their progress.

Pan-London data from 1 April 2016 until 30 March 2017 shows that:

- 14,141 patients received an HNA
- 3,976 patients received a Treatment Summary
- 6,140 patients attended a Health and Wellbeing Event

Work is well under way to implement the Recovery Package across Greater Manchester.

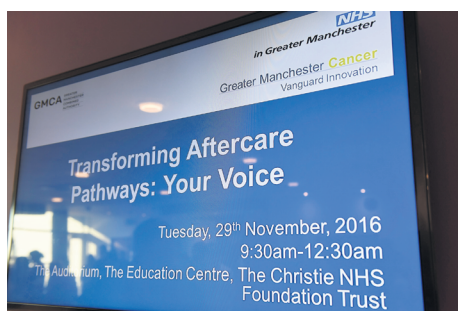


Stratified follow-up

Stratified follow-up is a model of aftercare that addresses the unique needs of the individual living after a cancer diagnosis and also empowers individuals to self-manage their health. Self-management focuses on improving quality and length of life by informing individuals about lifestyle changes that will reduce their risk of recurrence, and symptoms to report to their clinical team or GP if their wellbeing changes.

Across the Cancer Vanguard, we are supporting the breast, colorectal and urology pathway boards and partner trusts to develop and implement stratified model follow-up.

After cancer diagnosis
70%
of individuals have one or more long-term conditions, thus having complex needs (Macmillan, 2015)



Pan-London data from 1 April 2016 until 31 March 2017 shows that there is lots of work to do but that progress is being made:

- 2,745 breast, colorectal or prostate patients were directed onto a self-management pathway

In Greater Manchester, we are testing a new way of monitoring patients on stratified pathways by testing a 'track and trigger' system (Infoflex) to prevent patients becoming 'lost in the system'. By December 2017, we will have this implemented in two trusts in Greater Manchester for both colorectal and breast aftercare pathways, tracking nearly 150 patients in the first instance.

For Prostate Aftercare, Greater Manchester Cancer Vanguard Innovation is developing a whole-timed pathway approach. To support this work, we are testing new ways of supporting and tracking patients post-discharge into primary care, looking at cohorts of up to 100 patients in two trusts.

Enhanced patient decision-making

We aim to support patients to make informed decisions about their treatment. The Enhanced Patient Decision Making and Goals of Care Initiative (GOCI) is a pioneering project, unique to Greater

Manchester, that documents discussions between patients and clinicians about the patient's goals of care.

Discussions include clear aims and potential outcomes of treatment to ensure the patient is best informed about their options. The project improves communication by capturing what is important to the patient in a way that is shared between oncology teams, GPs and patients.

A pilot scheme completed in January with 50 patients, and a website – Cancer Goal Use in Decisions (CAN-Guide) – is due to be launched at The Christie in September 2017, focussing on 80 patients from a range of clinics, with further clinics and cohort to be identified with our London partners.

After cancer diagnosis
25%
of individuals have unmet physical and psychological needs at end of treatment



Key messages

People with cancer are living longer so cancer is now recognised as a long-term condition.

The Cancer Vanguard sites are working to integrate the Recovery Package and stratified follow-up into cancer pathways, extended across secondary and primary care, to provide co-ordinated and holistic care/support.

Significant need arising from consequences of treatment can be prevented or better managed by introducing the Recovery Package.

47%
of cancer survivors express a fear of their cancer returning

To find out more about our 'Living with and beyond cancer' work programme across Greater Manchester Cancer Vanguard Innovation, RM Partners and UCLH Cancer Collaborative, please email: cancervanguard.gm@nhs.net, rmpartners.cancervanguard@nhs.net and cancervanguard@uclh.nhs.uk

