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# RM Partners

## West London Cancer Alliance

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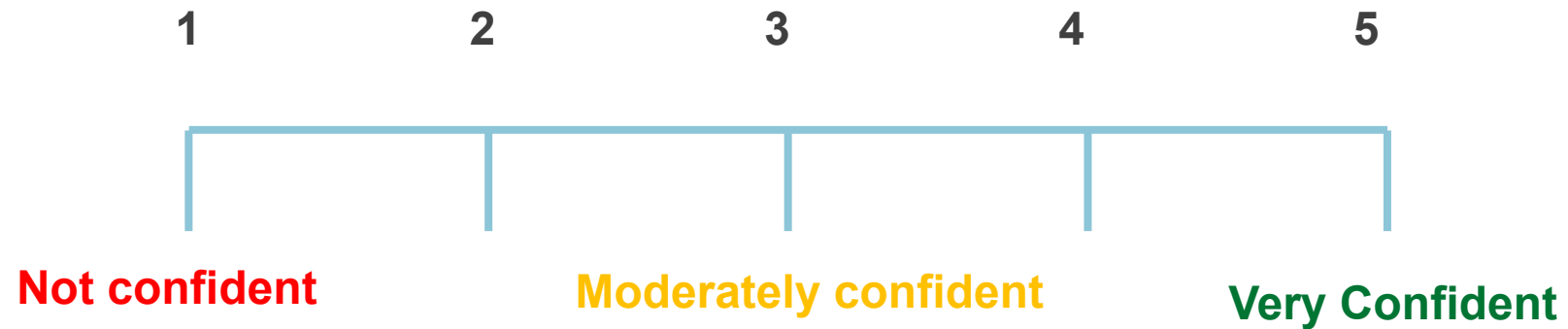
*Hosted by The Royal Marsden NHS Foundation Trust*

# Making Physical Activity Everybody's Business

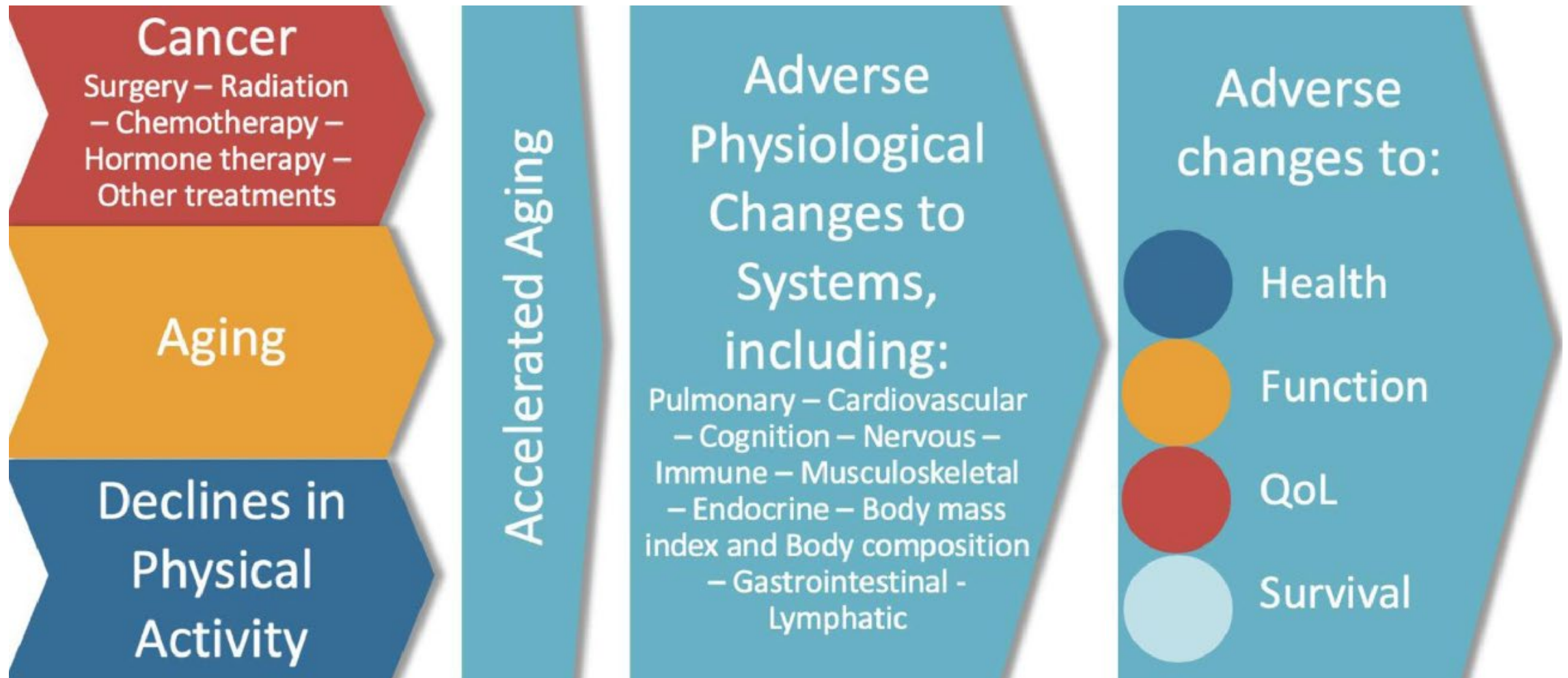
Kath Malhotra,  
*Personalised Care Clinical Lead, RM Partners*

*Working in partnership, we will achieve world class cancer  
outcomes for the population we serve*

## How confident are you with giving physical activity advice?



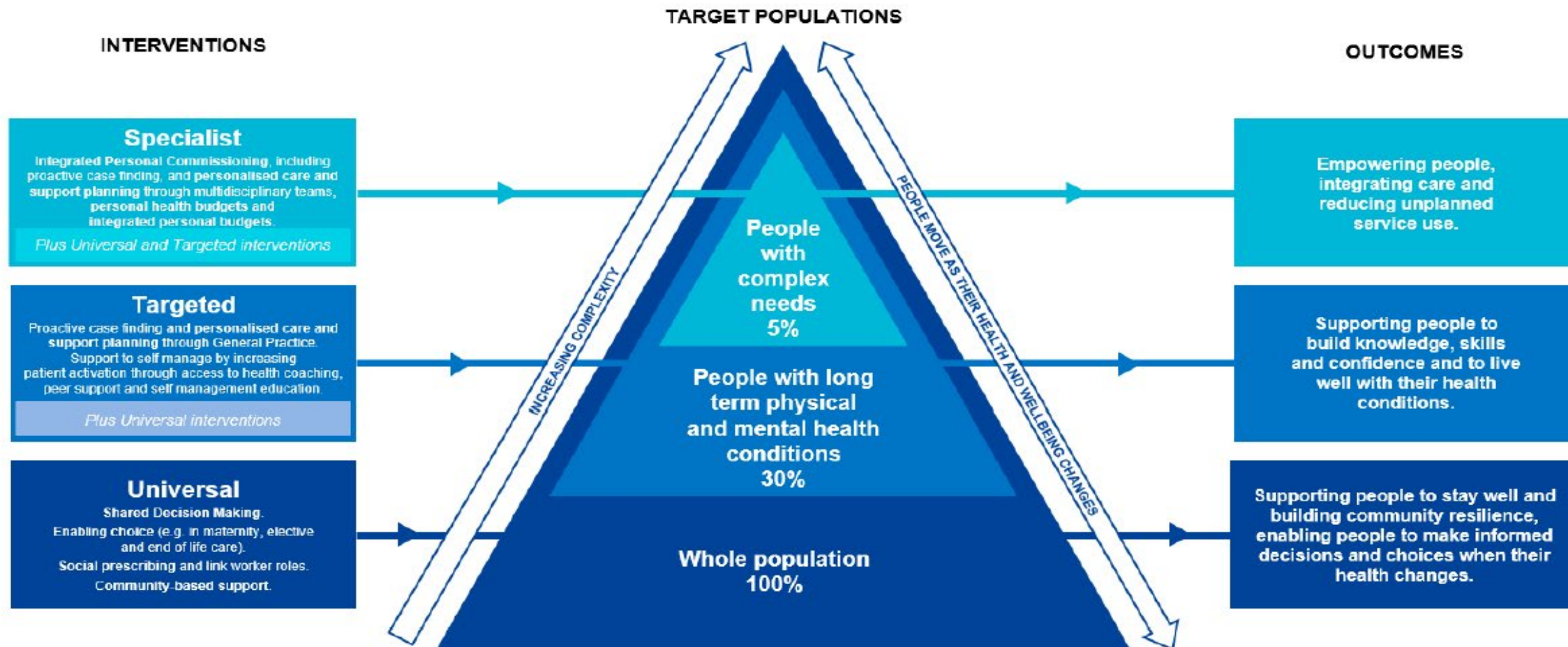
# Impact of a cancer diagnosis



Spence et al. (2020) Physical Activity and Exercise Guidelines for People With Cancer: Why Are They Needed, Who Should Use Them, and When? *Semin Oncol Nurs.* 36(5):151075. doi: 10.1016/j.soncn.2020.151075. Epub 2020 Sep 30. PMID: 33008685.

# Comprehensive Model for Personalised Care

All age, whole population approach to Personalised Care



# Gap in the knowledge, time & skills

Jan Sinclair 10 JAN 2019

Many nurses would argue  
discuss physical activity

Survey of 1,000 GPs found  
**80% not familiar with national guidelines**  
Survey of 552  
physiotherapists showed **only one in six (16%) knew all elements of guidelines**



GPs in England 'unconvinced'  
physical activity with patients - report

Less than two-thirds of doctors feel confident discussing activity levels and almost a third have never heard of national guidelines

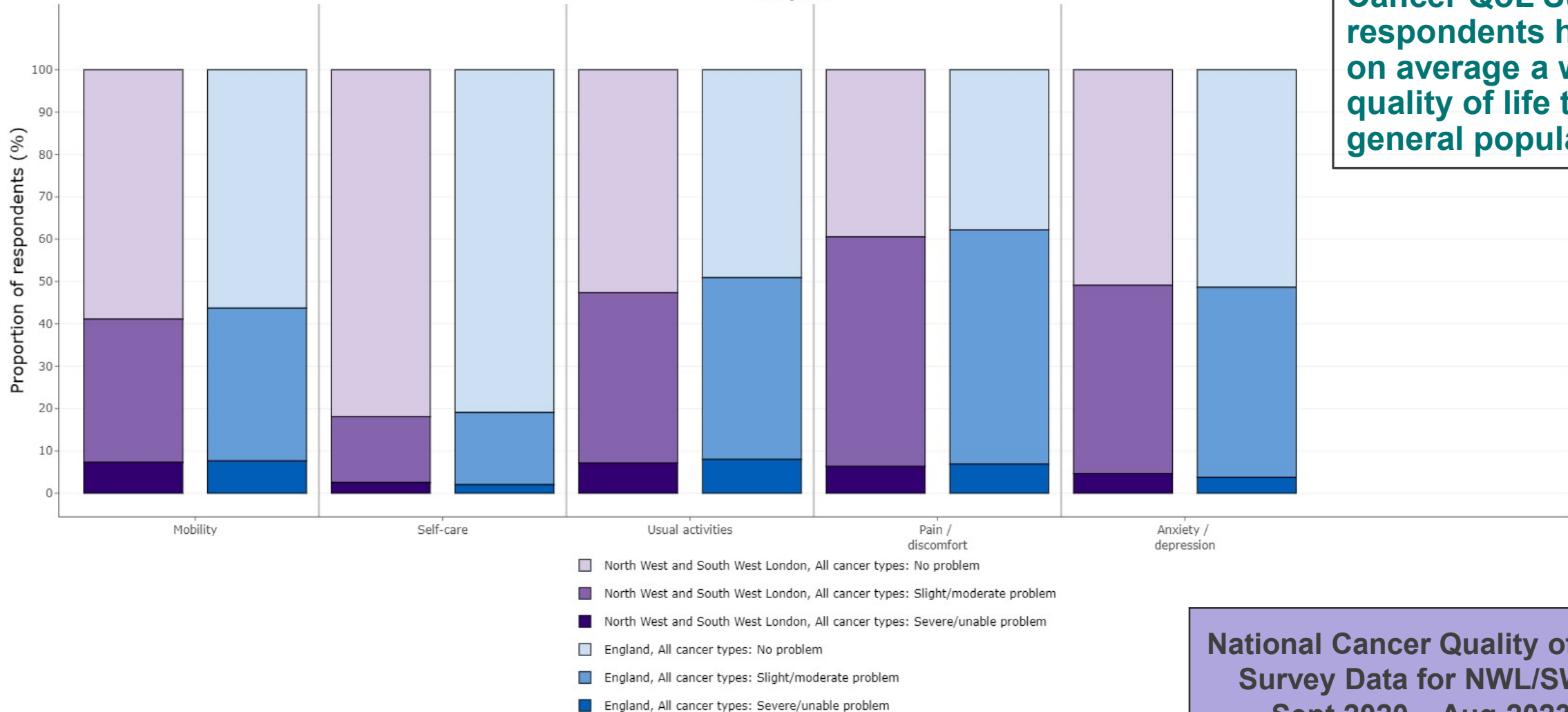
energy to

Original article

Physiotherapy and physical activity: a sectional survey exploring physical activity promotion, knowledge of physical activity guidelines and the physical activity habits of UK physiotherapists

# What are the issues for people with cancer?

Overall health (EQ-5D): Severity of problem reported  
Unadjusted



**Cancer QoL Survey respondents have on average a worse quality of life than general population**

**National Cancer Quality of Life Survey Data for NWL/SWL  
Sept 2020 – Aug 2023**

# Benefits of being physically active with a cancer diagnosis

- Risk reduction of diabetes, stroke and heart disease
- Improved sleep
- Reduces fatigue
- Improves mood and reduces anxiety
- Improves bone density
- Improves heart function
- Offers some control
- Peer support
- Improves self-esteem

- Cancer diagnosis offers the '*teachable moment*'
- Known risk reduction of disease recurrence in certain cancers
- Improves health outcomes especially of those at greatest risk of poor health thus reducing health inequalities (Centre for Disease Control)
- Supports stratified follow up as patients can participate in their care to treat side effects of cancer thus reducing health burden (Veal et al, 2019)

# Chief Medical Officers Recommendations for Physical Activity (CMOs, 2019)

Every minute counts  
Some is good,  
more is better!

## Physical activity for adults and older adults

Benefits health	Type II Diabetes	-40%
Improves sleep	Cardiovascular disease	-35%
Maintains healthy weight	Falls, depression etc.	-30%
Manages stress	Joint and back pain	-25%
Improves quality of life	Cancers (colon and breast)	-20%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

**Be active**

at least **150** minutes moderate intensity per week  
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week  
breathing fast difficulty talking

or a combination of both

**Build strength**  
to keep muscles, bones and joints strong  
on at least **2** days a week

**Minimise sedentary time**  
Break up periods of inactivity

**Improve balance**  
For older adults, to reduce the chance of frailty and falls  
2 days a week

Swim, Brisk walk, Cycle, Gym, Yoga, Carry heavy bags, Run, Stairs, Sport, Bows, Tai Chi, Dance

UK Chief Medical Officers' Physical Activity Guidelines 2019



Resource: CSP  
Stronger my way



# Core Personalised Care interventions in COSD

**Personalised Care and Support Plan (PCSP) based on Holistic Needs Assessment (HNA)**

Ensures people's physical, practical, emotional, social needs are met and that resources are targeted to those who need them most

**End of Treatment Summary (EOTS)**

Completed by secondary care and given to the patient & GP. Provides detailed summary of treatment, potential side effects, signs and symptoms of recurrence and contact details to address any concerns

**Physical Activity Assessment**

An assessment of the physical activity level currently being achieved by the individual.  
Part of Health & Wellbeing Information and Support.

# Physical Activity Assessment via COSD

## Physical Activity (Current)

This is to specify the current physical activity level of the patient.

National Code	National Code Definition
1	Achieves guidance level of physical activity
2	Does not achieve guidance level of physical activity
Z	Not Stated (PERSON asked but declined to provide a response)
9	Not Known (Not recorded)

- The activity assessment is based on the Physical Activity Vital Sign (PAVS) form, which has been recommended for its utility in clinical practice compared to other measures such as International Physical Activity Questionnaires (IPAQ) and the General Practice Physical Activity Questionnaire (GPPAQ).

## The Physical Activity Vital Sign

- On average, how many days per week do you engage in moderate to strenuous exercise (like a brisk walk)? \_\_\_\_\_ days
- On average, how many minutes do you engage in exercise at this level? \_\_\_\_\_ minutes

**Total minutes per week of physical activity (multiply #1 by #2)** \_\_\_\_\_ minutes per week

## Using the Physical Activity Vital Sign

- National guidelines recommend 150 minutes per week of moderate intensity physical activity. Moderate intensity activity is usually done where an individual can talk, but cannot "sing". Examples include: *brisk walking, slow biking, general gardening, and ballroom dancing.*
- In place of moderate intensity activity, an individual can also complete 75 minutes of vigorous intensity physical activity. Vigorous intensity activity is done at a pace where individuals can no longer talk and are somewhat out of breath. Examples include: *swimming laps, playing singles tennis, and fast bicycling.*
- Individuals can also achieve 150 "minutes" through a combination of moderate and vigorous intensity physical activity, with 1 minute of vigorous activity being equal to 2 minutes of moderate activity.
- If activity is done throughout the day, individuals are encouraged to perform activity in "bouts" that are at least 10 minutes in length.
- If your patient is NOT achieving 150 minutes a week of physical activity, advise them to gradually increase either their frequency or duration until they are capable of safely performing 10 minutes bouts of activity and achieve national recommendations.

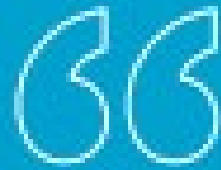
## The Physical Activity Vital Sign – Other Considerations

- A comprehensive assessment of physical activity should include promotion of active living throughout the day to reduce sedentary time, as well as muscle strengthening and flexibility exercises as recommended by the Physical Activity Guidelines for Americans.
- If you wish to add a question on muscle strengthening activities, we would recommend the following question:

How many days a week do you perform muscle strengthening exercises, such as bodyweight exercises or resistance training? \_\_\_\_\_ days

# Trust Approach

# Physical Activity Strategy 2023–2028



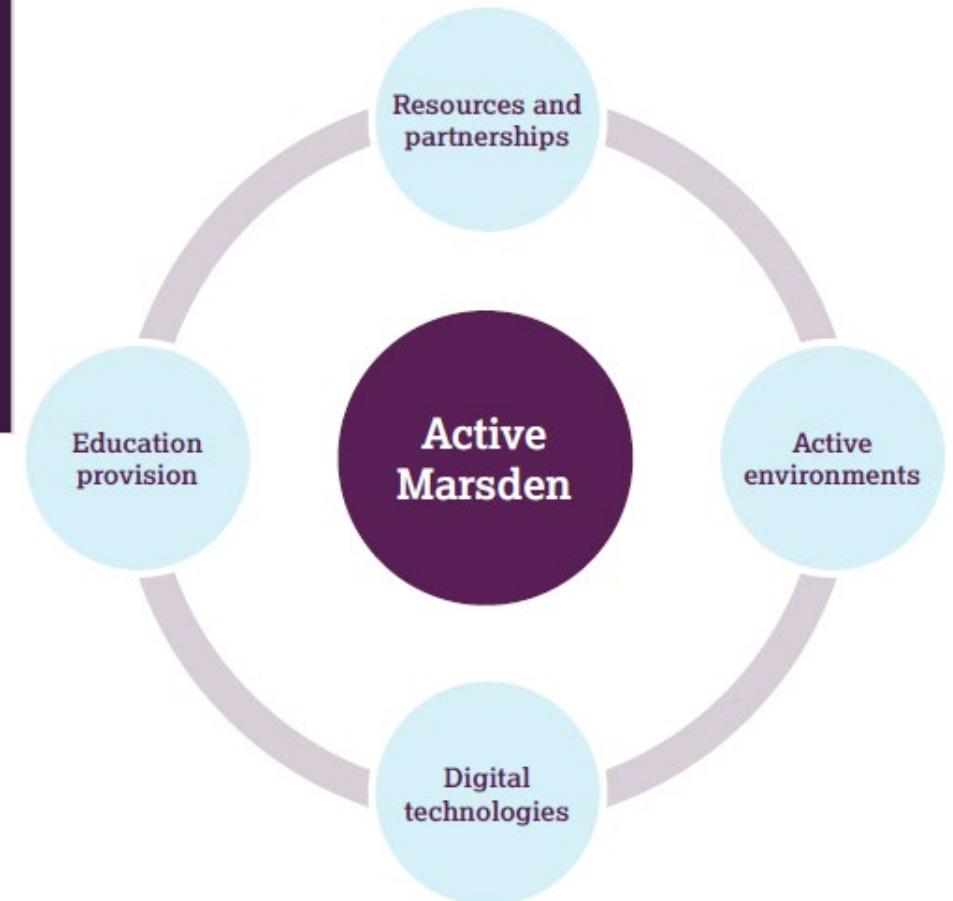
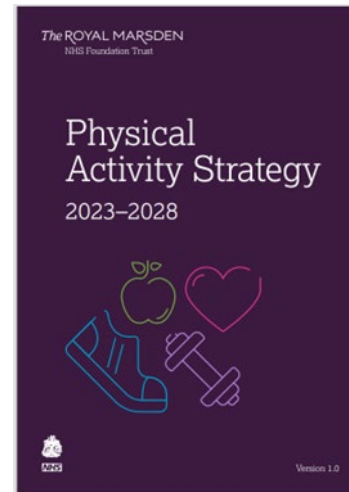
As a world-leading cancer centre, The Royal Marsden has a duty of care to its patients to implement the growing body of evidence which supports the role of physical activity promotion as a routine part of cancer care.”

# Royal Marsden Physical Activity Strategy



It's supporting a culture change:

- Where physical activity is everyone's business
- Where RMH is known as an active Trust
- Where no-one can be a patient without be asked and supported in their physical activity goals
- Where staff collaborate with partners to contribute to population health
- Where teams lay the groundwork for prehabilitation, exercise oncology services, improved facilities, opportunities to contribute to research etc



# Current Focus

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- Regular walking meetings for the implementation team
- Establishing the PPI group – Cancer Voices
- Physical activity screening on the digital health record
- Physical activity training for volunteers to lead guided walks and promote ‘eat, move, drink’ on wards
- Active travel group focusing on cycling initiatives
- Piloting physical activity education for clinical teams
- Inputting into the rebuild to influence an active environment
- Working with the satellite sites
- Intranet page to collate resources and blogs, tie in with Trust events
- Working with RM Charity to coordinate with physical activity events

# Walking routes established around hospital sites



## The Royal Marsden: Chelsea Walking Map



Inviting you to be part of an active Royal Marsden

Scan this QR code with your phone to take you to the Staying Active webpage.



## The Dovehouse Green Loop (18mins 1.2km)

Available in all seasons, on pavements and footpaths.

Leave St Luke's Gardens and cross Sydney Street towards Chelsea Farmer's Market, an eclectic mix of quality independent shops, garden centre and cafes. Wander through the area to explore spaces in Chelsea that often go unnoticed and enter the corner of Dovehouse Green.



Dovehouse Green was an old King's Road burial ground that was re-landscaped for the Queen's Silver Jubilee. The Green is now an attractive garden with a lovely display of Spring flowers and some original tombstones around the edge. It is laid out with crossing paths, an obelisk and seating to provide a quiet, shady spot to sit among the trees and shrubs away from the bustle of King's Road.

Return to the hospital along Manresa Road, considered to be the third most expensive street in Britain. Observe the historical features of the buildings and different styles of architecture. Finally, discover the rewilding of 'Serenity Forest' on the corner of Chelsea Square, near the hospital.



A tranquil and nourishing space for hospital patients and the local community - SUGI [sugiproject.com](http://sugiproject.com)

The ROYAL MARSDEN  
NHS Foundation Trust



This map was designed with the help of patients, staff and volunteers from The Royal Marsden NHS Foundation Trust.

*"I like to walk to the next bus stop before going home, so that I have time to reflect and go back to being a parent" - Outpatient*

There are three walking routes which offer a starting point to explore the local area. They are of differing lengths and can be done in part, as single or multiple loops, depending on your time and fitness level. Where possible, the routes take you away from roads with higher levels of traffic and use quiet ways that highlight Chelsea's local features and points of interest. All routes are suitable for wheelchair users.

## St Luke's Gardens Loop (15mins 1.0km)

Nearest park corner 3mins 0.2km

Available in all seasons, on pavements and footpaths.

Enjoy a quiet, peaceful place away from the hubbub and traffic just around the corner from the hospital. Walk along Cale Street and notice the seats in the courtyard of Imperial College, which are perfect to appreciate the warmth of the sun during Autumn. Compare different door styles and colours in Guthrie Street before crossing busy Sydney Street to enter St Luke's Gardens.

*"Sometimes you just need to breathe fresh air and focus on something different" - Outpatient*



St Luke's Church is Grade I with Grade II gardens - according to English Heritage. The first part of the gardens offer multi-use sports zones and a soft surface children's play area. Next to borders planted for all-year seasonal interest, there are many seats for spectators to watch the world go by. Another area of the gardens has been landscaped with formal flower beds including roses and trees, to provide shade, shelter and interest throughout the year.

St. Luke's is one of the first Neo-Gothic churches to be built in London in 1820. The 60ft high nave is the tallest of any parish church in London, and the tower reaches a height of 142 ft. It is worth exploring inside to see the stained-glass windows, cafe and where the author Charles Dickens was married.



## The Embankment and Albert Bridge (37mins 2.5km)

Each side of this route to the Embankment only takes 16 minutes.

Available in all seasons, on pavements and footpaths.

Chelsea began life as a Saxon village and is named after the chalk riverbank which runs alongside the River Thames. The area has adapted through the years to become a busy riverside town, a royal suburb and the artists' quarter of London. Many famous people of the past including Henry VIII and Sir Thomas More have lived here (see the map in Roper's Garden).

The King's Road has existed since King Charles travelled along it to Kew Gardens, but through the years has become known for its iconic fashion, culture, and music. It is worth exploring Chelsea Town Hall with its library, clock, registry office and range of unusual boutique shops along King's Road on a drizzly day!



Leave King's Road and head towards the River Thames, looking for the Blue Plaques and architectural details along Chelsea Manor Street and Cheyne Gardens. [www.english-heritage.org.uk](http://www.english-heritage.org.uk)

The Embankment Gardens contain spring and summer bedding, trees, shrubs and grass areas with several attractive sculptures. They are situated alongside the Chelsea Embankment with views across the River Thames to Battersea Park. [www.batterseapark.org](http://www.batterseapark.org) [www.goparks.london](http://www.goparks.london)



Take care crossing Oakley Street to continue along the Embankment, walking towards Chelsea Old Church and Roper's Gardens or cross Albert Bridge, a rare mix of 3 bridge designs, to Battersea Park. Roper's Gardens is a small, quiet sunken garden created from a WW2 bomb blast. It has sheltered seating, sculptures and shrub areas, including a beautiful cherry tree which marks the introduction of Judo to the UK. There is also an interesting map that shows where many famous historical characters lived.

Return towards the hospital via Old Church Street, which is the oldest street in Chelsea. It was home to The recording studios, *Sound Techniques*, known to many famous 1960s bands and still includes the designer shoe shop *Manolo Blahnik*, No. 56. The Rectory has the largest private garden in London next to Buckingham Palace. Cross the King's Road, turning right to walk briefly alongside Carlyle Square Gardens, before turning left into Manresa Road, Chelsea Square and back to the hospital entrance.

*"The dots have been joined to make it easier to find unusual places. I had no idea these places existed" - Volunteer*

# System approach in south east London





# Supporting patients with resources

## Being active when you're living with cancer

START



Welcome. If you're living with cancer, this resource will help you to understand more about:

- how physical activity can help you
- how to be physically active before, during and after your treatment
- the support you can get for your concerns and to help get started.

- SELCA website/what can I do to help myself/physical activity
- [Physical Activity & Exercise :: South East London Cancer Alliance \(selca.nhs.uk\)](https://selca.nhs.uk)

## CAN I EXERCISE WHEN I HAVE CANCER?

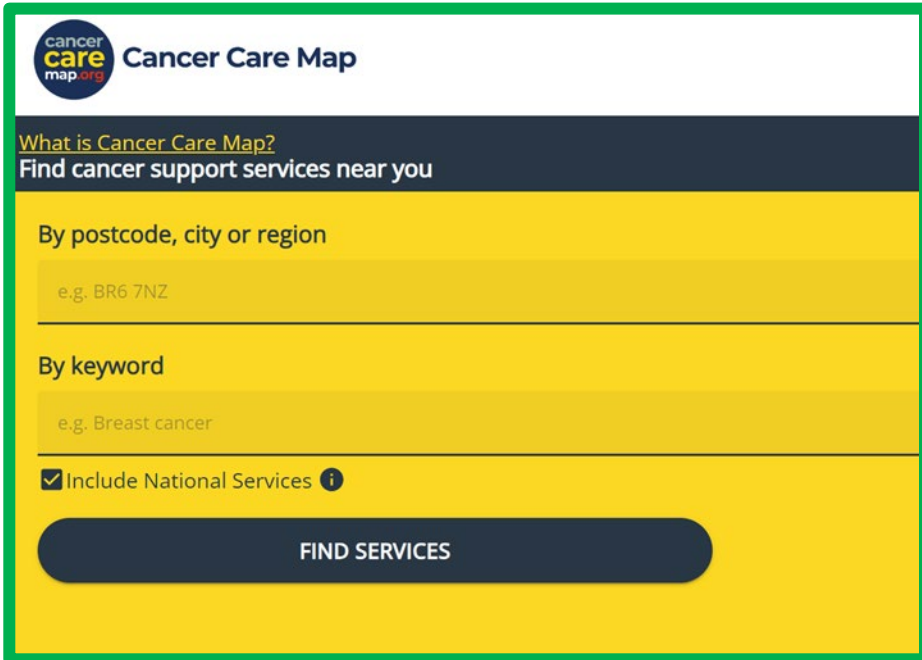
# Yes



## Find out more:



# Useful Resources



**cancer care map.org** Cancer Care Map

What is Cancer Care Map?  
Find cancer support services near you

By postcode, city or region

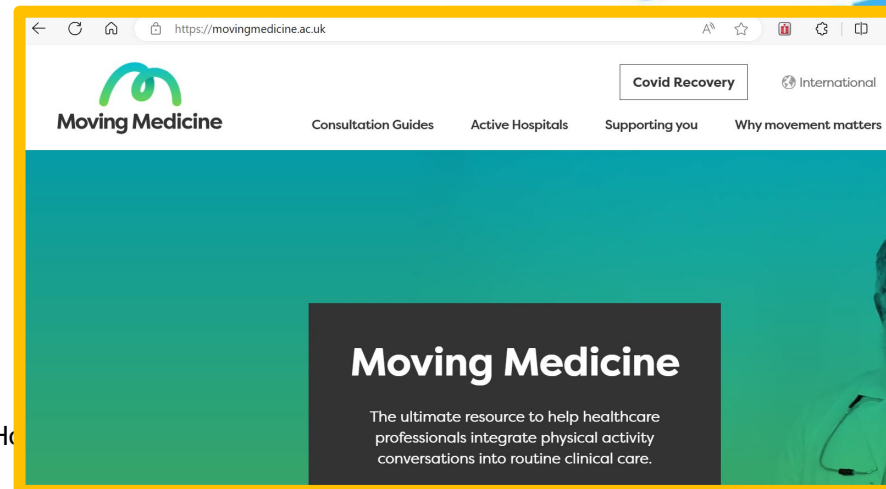
e.g. BR6 7NZ

By keyword

e.g. Breast cancer

Include National Services ⓘ

**FIND SERVICES**



https://movingmedicine.ac.uk

**Moving Medicine** Covid Recovery International

Consultation Guides Active Hospitals Supporting you Why movement matters

**Moving Medicine**

The ultimate resource to help healthcare professionals integrate physical activity conversations into routine clinical care.

# RM Partners Approach 24/25

## Aim

- People living with and beyond cancer will be aware of the benefits of physical activity, as well as the opportunities and support available to incorporate activity into their lifestyles.

## Approach

- Training, support and information to ensure staff can provide culturally meaningful brief behaviour change interventions focusing on physical activity and health promotion at all points across the cancer pathway.
- Awareness and promotion of physical activity opportunities across the alliance for people to utilise, with use of RM Partners website and [Cancer Wellbeing London](#)

## Next steps

- Mapping of physical activity opportunities / services available across north west and south west London
- Understanding data capture process within organisations
- Clinical staff survey to understand perspectives on physical activity in cancer care
- Training offer to be developed for clinical staff to access to increase knowledge and confidence

# What next?

- Survey is now live and open until midnight on 28<sup>th</sup> March 2024
- Please promote and share with colleagues

Clinical staff perspectives on physical activity in cancer care



## • What will you do?



# Thank you and any questions?

*“It’s about helping people to keep moving – how? Get talking about it...from the first conversation... making it an integral part of care.”*

**Emily, patient**



## Acknowledgments:

- **Sarah Dewhurst, Living with and beyond cancer Service Lead, The Royal Marsden NHS Foundation Trust**
- **Isla Veal, Highly Specialist Oncology Physiotherapist, Guy’s and St Thomas’ Hospital Foundation Trust**
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