

HOLISTIC MANAGEMENT OF CANCER PATIENTS

Supporting our Cancer patients with their physical, emotional and psychological needs from the point of diagnosis.

SETTING THE SCENE

In Wigan, cancer rehabilitation classes have been running for a number of years, supporting patients recovering from treatments and those living with and beyond their diagnosis. Recently, we have seen the introduction of the Greater Manchester Prehab for Cancer programme, supporting patients with a Colorectal, Lung or Upper GI cancer diagnosis, offering prescriptive and evidence based physical activity interventions. This provides support for patients and prepares them for medical intervention, with an emphasis on improved outcomes.

Wigan still has a large proportion of patients ineligible for this programme, but still require support, guidance and professional input to help them make informed health and wellbeing decisions. With this in mind, we created a working group made up of Wrightington, Wigan and Leigh Teaching Hospital NHS FT, Local Authority, CCG and Leisure Service provider representatives, tasked with redesigning the patient pathway and incorporating early referral to our specialist physical activity colleagues.

This new opt-out pathway began as a pilot within our Breast tumour site and was later rolled out to Haematology and Urology services. We aim to replicate this across all cancer sites, offering tailored, individualised support to all of our patients in the near future.

1.

RESULTS CLINIC

Patients are given their diagnosis at the results clinic appointment.

2.

NURSE LED CLINIC

The patient will attend a nurse led clinic which will involve a pre-op discussion prior to any treatment.

STATISTICS TO DATE

Prior to the start of the breast cancer pilot programme there were 8 referrals from all sources to the BeWell physical activity team during 2019.

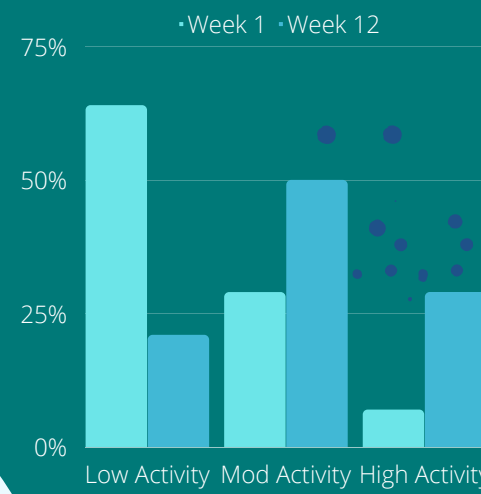
The programme began in September 2021, and to date, we have received 186 referrals in total from all cancer sites.

The total number of patients coming through the new pathway can be split further in to 171 Females and 15 Males with an average age of 60 years old.

Currently, 34 patients have completed a minimum of 12 weeks activity. Those that completed an initial questionnaire reported an increase in IPAQ scores. These can be seen in the chart to the left. This demonstrates an increase in patients' general physical activity levels which can influence and improve their quality of life whilst going through cancer treatments.

57% of patients moved up a physical category and 43% maintained their current activity levels. This is a positive indication, as maintaining PA levels can be difficult during treatments.

Using the WHO-5 index we saw psychological wellbeing scores increased from 52 to 63.



3.

HOLISTIC NEEDS ASSESSMENT

Patients will be given the opportunity to complete an holistic needs assessment with either their CNS or Support Worker. This will allow the patient to discuss any physical, emotional, practical, financial or spiritual concerns. This will also create the foundations of a personalised care package tailored to the patients specific needs. This will be offered as a face to face, telephone or virtual assessment.

4.

INTRODUCTION TO BEWELL SERVICE

As part of this new pathway, all patients will be opted in to receive a call from the BeWell leisure team.

5.

BEWELL MOTIVATIONAL CALL

Patients are contacted by the BeWell leisure team to introduce themselves and the service. They will have a patient led discussion using motivational interviewing and coaching led techniques to empower the patient and help them take ownership of their health and wellbeing choices.

6.

PATIENT STARTS ACTIVITY

The patient will agree a suitable activity plan with the specialist activity instructor which may begin before or after treatment commences. This will include pre activity questionnaires and functional testing where appropriate.

CASE STUDY

Teresa had always been active, walking the dog or going to dance classes. Unfortunately, her husband became extremely ill, and her focus was to care for him. Sadly, her husband never recovered and died after 8 months of support.

Within 6 weeks of his death Teresa was diagnosed with breast cancer. This was devastating news at an already difficult time and her mental wellbeing declined. Her eating pattern had deteriorated, and she had begun to lose weight.

The Wellbeing Specialist Instructor completed an assessment and supported Teresa with her pre/rehab arm exercises at home. She attended the cancer rehab group session at Robin Park Leisure Centre, allowing her to become more sociable again and widen her support network.

Teresa's goal was to pick up things in her life that she had lost when her husband became ill. She had become isolated at home and becoming inactive was taking its toll, both mentally and physically.

She now does 7,000 - 10,000 steps a day, which is manageable for her health conditions, her fitness and strength has improved by using the Easyline equipment (hydraulic resistance) as well as her wellbeing and motivation. She restarted her social dance class too which was always important to her.

Poster Contributors

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