

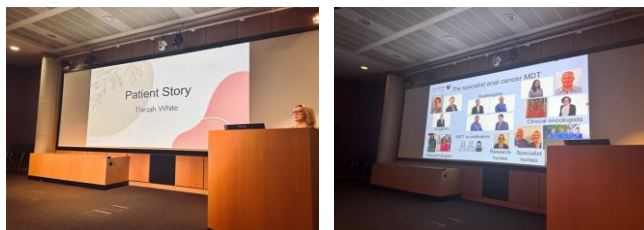
# Implementation of a health and wellbeing event to improve holistic support for patients living with and beyond treatment for Anal Cancer.

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## Background



Anal cancer is a rare malignancy, affecting ~1500 people a year and treatment is associated with high levels of morbidity (Cancer Research UK 2023). In 2007 Greater Manchester (GM) centralised Multi-Disciplinary Team (MDT) was established at The Christie. In 2014 the UK's first monthly dedicated anal cancer clinic was established, which is joint with the oncology and surgical team. Now all GM patients are treated and followed up under the team at The Christie. Evidence shows that patients often feel high levels of stigma related to their diagnosis, are often isolated and dealing with treatment and its side effects on their own (Chaballout & Chang et al 2023). This highlighted a need to improve service provision and the ongoing support offered to this complex rare tumour group.



## Method

The Clinical Nurse Specialist (CNS) team identified that patients receiving oncological treatment and salvage surgery were a small group, who often have ongoing and lasting effects from treatment and will often have several unmet needs.

Via the Colorectal & Peritoneal Oncology Centre (CPOC) website and in an outpatient setting, patients who had undergone or were awaiting treatment received an open invitation to attend a health and wellbeing event.

The event allowed patients to meet and support each other and to ask the clinical team questions. Patient/carer stories were given and interactive sessions including consultant presentations, managing fatigue, psychological support and complementary therapy.



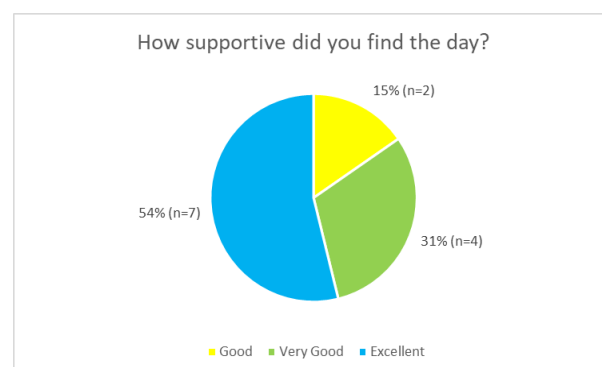
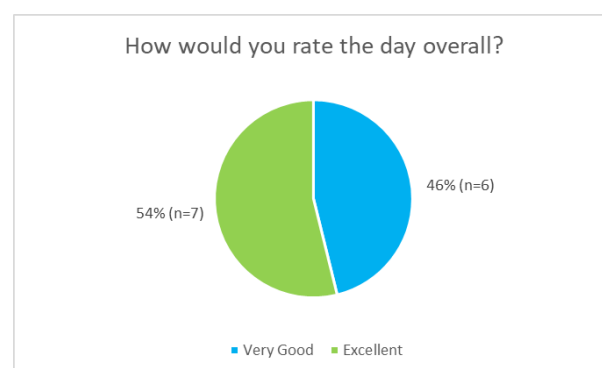
## REFERENCES:

Chaballout, B.H., Chang, E.M., Shaverdian, N., Lee, P.P., Beron, P.J., Steinberg, M.L. & Raldow, A.C. (2023) The Patient's perspective on radiation therapy for anal cancer: Evaluation of expectations and stigma. Cancer Reports. e1908, p1-8. Cancer Research UK. (2023). <https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/anal-cancer>, Accessed October 2023.

## Evaluation

Attendance satisfaction was assessed by a multi response questionnaire that was provided for completion at the end of the day. Feedback was extremely positive with 100% of responses in the excellent, very good or good category for the overall content of the day, as well as meeting information and support needs. Comments and suggestions were also encouraged and feedback from this included more information on clinical trials and a desire for more patient stories.

Further health and wellbeing events will be modified in accordance with the responses provided by the feedback.



## Impact

Implementation of regular health and wellbeing events tailored to meet the needs and continued support of this rare tumour group.

*"It was a real eyeopener and I feel blessed to have been invited. It would be nice to have a regular get-together for us in a safe environment so we can listen and talk to each other."*

*"I would love this sort of event to continue as I have learnt lots today and found it fantastic to be in a room with others who have gone through the same cancer diagnosis"*

*"Very informative and good advice"*

*"Lovely to meet other people who have been diagnosed with anal cancer, and to speak freely about what we are going and have been through"*