

ETIP: Endocrine Therapy Improvement Programme

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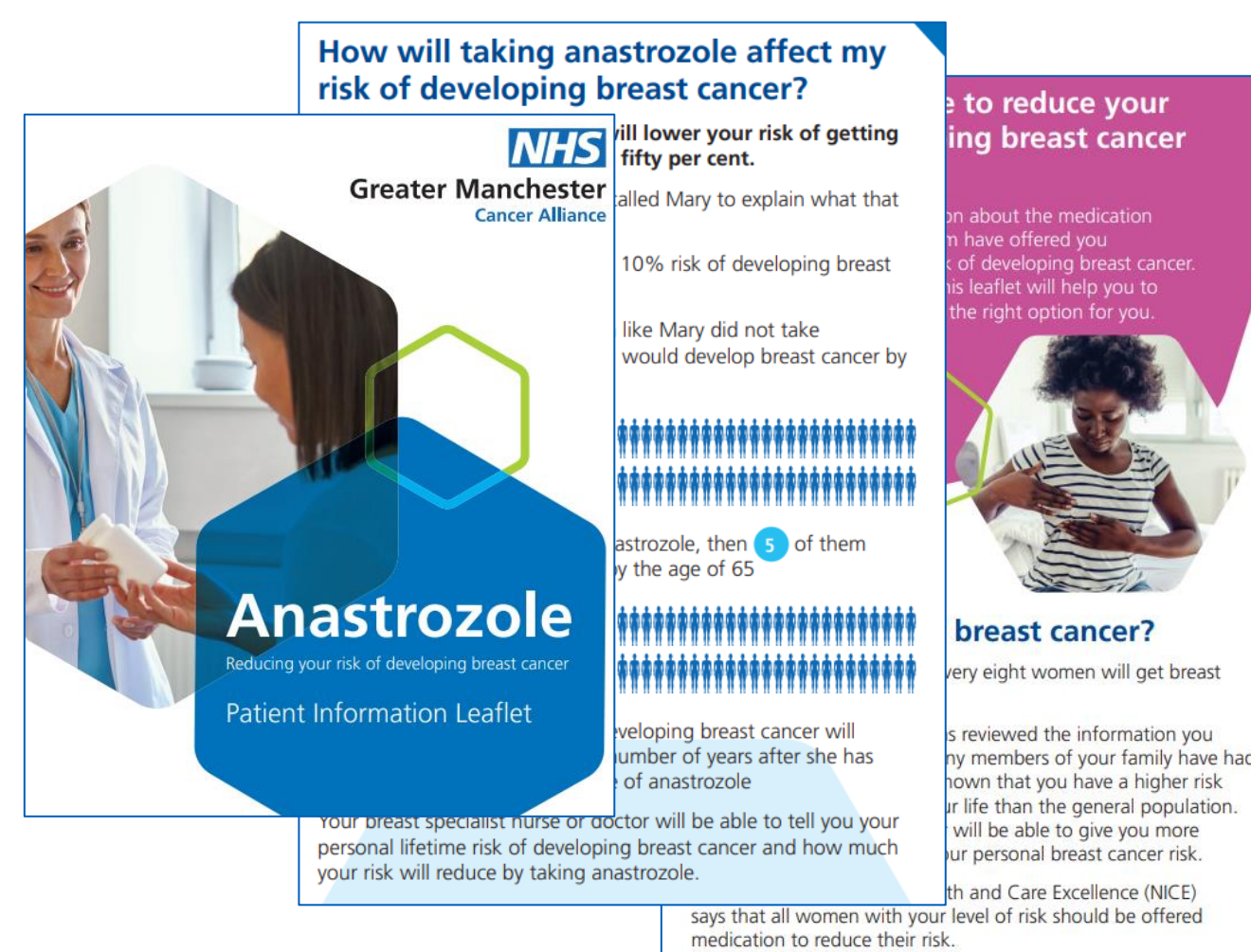
The Endocrine Therapy Improvement Programme (ETIP) for breast cancer is an on-going collaboration between the Greater Manchester Cancer Alliance and breast cancer experts across Greater Manchester. The programme covers all aspects of care from prevention to support of long-term side effects from breast cancer treatment. ETIP will support equitable access to risk reducing endocrine therapy for women at risk of developing breast cancer as well as providing education and specialist advice for clinical teams to better manage side effects of endocrine therapy, enabling more patients to complete this life saving treatment.

This layered support programme will allow clinical teams to significantly improve current service provision and address a large number of unmet needs across the pathway. Upskilling the clinical workforce to support patients experiencing long-term side effects from endocrine therapy that is taken for many years will significantly improve patient quality of life, adherence to treatment and ultimately improve patient outcomes and survival.

Risk Reducing Endocrine Therapy Toolkit

Hormone medication, such as tamoxifen, anastrozole and raloxifene (endocrine therapy), has been shown to reduce the risk of breast cancer in women with a higher-than-average risk. Women may have an increased risk of developing breast cancer in their lifetime due to an error in one of their genes, a strong family history of breast cancer or due to increased density of the breast tissue.

The breast pathway board have worked in collaboration with experts across Greater Manchester to develop a standardised toolkit to support Family History specialists to offer risk reducing endocrine therapy. The toolkit includes decision making algorithms, patient information leaflets, prescription request documents and assessment documents and is available to access on the GM Cancer website.



Amelia Cargo, patient representative taking risk reducing endocrine therapy said “It’s so important that people with a family history of breast cancer are aware of all the options available to them, including endocrine therapy. Not only is it shown to be highly effective – reducing risk by 40% - it can also help people deal with the psychological impact of being high-risk.”

Hormone Replacement Therapy (HRT)

One component of ETIP is expert, evidence-based guidance for patients and Primary Care colleagues on the use of Hormone Replacement Therapy (HRT) after a breast cancer diagnosis. Clinical experts raised concerns regarding misinformation in the press, media, and social media for patients. Feedback from Primary Care and breast service colleagues showed queries regarding HRT were increasing from patients with a breast cancer diagnosis. Therefore, a leaflet to support informed decision making was developed through the pathway board with oncology and endocrinology experts and has been translated into the 20 most used languages in Greater Manchester. Further information will be developed in 2024 for patients with a family history and higher risk of developing breast cancer.

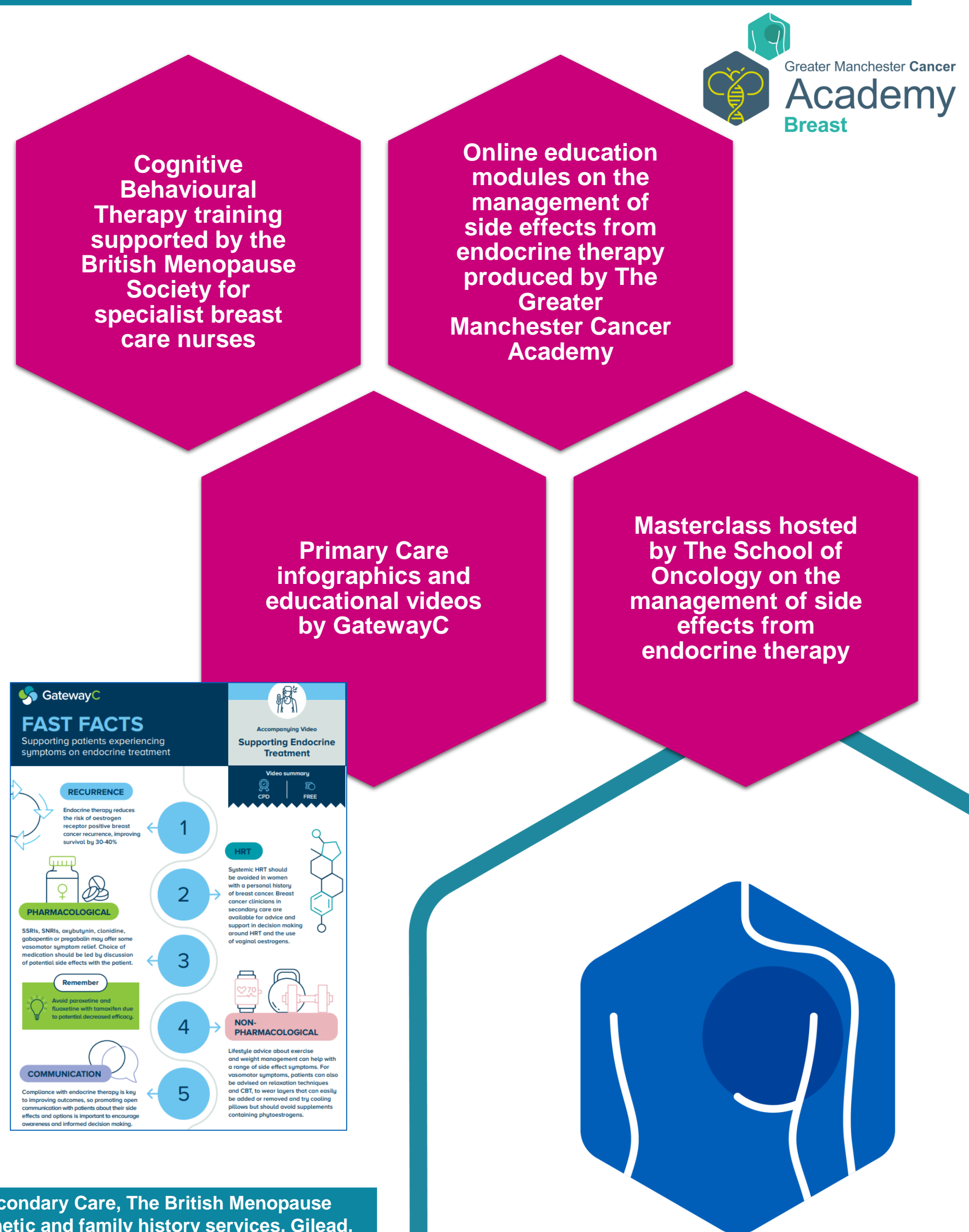
Supporting patients on endocrine therapy:

For patients with a breast cancer diagnosis, taking endocrine therapy reduces the risk of recurrence by up to 50%. However, many patients experience such debilitating side effects from treatment that they discontinue therapy. A recent survey in Greater Manchester suggested that 91% of patients experience bothersome side effects and 35% of patients have considered stopping treatment. This poor compliance has been associated with a 5% excess of mortality¹ equating to approximately 67 unnecessary deaths across GM every year due to unaddressed side effects.

Many of these side effects can be managed by supportive therapy and a Gilead funded education package has been developed to upskill the workforce in local breast services to better support their patients. There will also be a Multi-Disciplinary-Team specialist clinic, funded by an innovation grant from the alliance Personalised Care team and The Christie Charity, to help patients from across GM with the most complex needs.

Upskilling the workforce in our breast services to support our patients will allow capacity to be saved in oncology teams as they receive many queries regarding side effects from endocrine therapy treatment and will support the wider programme of sustainability work to address increasing fragility in oncology services. Cognitive Behavioural Therapy training and masterclasses will enable clinical teams to feel confident in supporting patients to live well with their cancer and protect specialist capacity for those patients whose needs cannot otherwise be addressed. The specialist clinic will be available to all patients across Greater Manchester via phone or telehealth ensuring equity of access.

Specialist nurse Nicola Stubbs said “it’s our job to manage the patient’s expectations of what they may experience, and to reassure them and make them understand that we’re here to talk about any side effects at any point of their cancer pathway.... our biggest aim is compliance and to support our patients to move forward from their breast cancer, 5 to 10 years is a long time for a patient to be on a medication and struggling.”



To see all aspects of the ETIP programme please visit:
<https://gmcancer.org.uk/cancer-pathway-boards/breast/endocrine-therapy/>
 or use the QR code



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