

# Holistic Needs Assessment and Personalised Care Support Plans

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- Every patient must be offered at least one Holistic Needs Assessment
- An assessment that identifies needs must result in a care plan
- The care plan should feed into a patient's cancer care review

Patients are encouraged to talk about any areas of their life that are causing them concern.

The plans will identify health and wellbeing services that will support the patient

**You can talk to your team about anything; it doesn't just need to be about your treatment**

What should I be eating to help?  
Is it true that I could be living with the effects of my treatment long term?  
I'm worried my cancer will come back  
Am I still able to be active?  
Why is this happening to me?  
Why am I so angry and irritable and not sleeping?  
Does my cancer put my children at risk of cancer?  
What happens if I'm too unwell to work and cannot pay my bills?  
Who will look after my elderly parents whilst I'm too unwell to care for them?  
Why am I so tired when I sleep all the time?  
Am I suitable for any clinical trials?  
Who can I speak to about relationship or sexual difficulties?

**Patients have told us that having a HNA has made them feel supported**

- I felt relief that finally I was able to talk about my worries after bottling them up for so long
- I found out about local support groups to help me with my anxiety and realised I was not alone
- It made me feel in control of my life
- I always felt uplifted after having a chat and it helped me open up to my family
- I was given information about where I could go to talk about my financial worries

Data can be monitored at Trust level by tumour group on the Curator dashboard.  
Get in touch for more details