



**Healthy London
Partnership**
**MACMILLAN
CANCER SUPPORT**

Integrated Care System Guidance for Cancer Rehabilitation

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COUNCILS**

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London's NHS organisations include all of London's CCGs, NHS England and Health Education England

Why this work is important

Analysis of London eHNA data: Top 10 concerns

1. Worry fear or anxiety
2. Tired, exhausted or fatigue
3. Pain or discomfort
4. Eating, appetite or taste
5. Sleep problems
6. Moving around (walking)
7. Work or education
8. Sadness or depression
9. Money or housing
10. Difficulty making plans

'The aftercare I have received has been second to none – everything has been explained fully to me and I have improved immensely over the period since treatment. Thanks to your care I'm well on the road to recovery'

Patient, CHANT service, GSTT

"After my first tussle with breast cancer, the surgery and chemotherapy left me not only feeling weak physically but mentally I felt very fragile venturing out in the world again. The scheme of exercise you devised for me helped me regain my fitness and stamina and the fact that my husband could exercise alongside me and in effect cheer me on when I needed it was invaluable in that process"

Patient, Moving Forward, YMCA, Thames Gateway

"My ability to walk again is thanks to the neuro-oncology team. The rehabilitation is absolutely marvellous it is probably the highlight of my day. I miss them at the weekend."

Patient, Neuro-Onc Therapy team, Barts Hospital

Scoping work

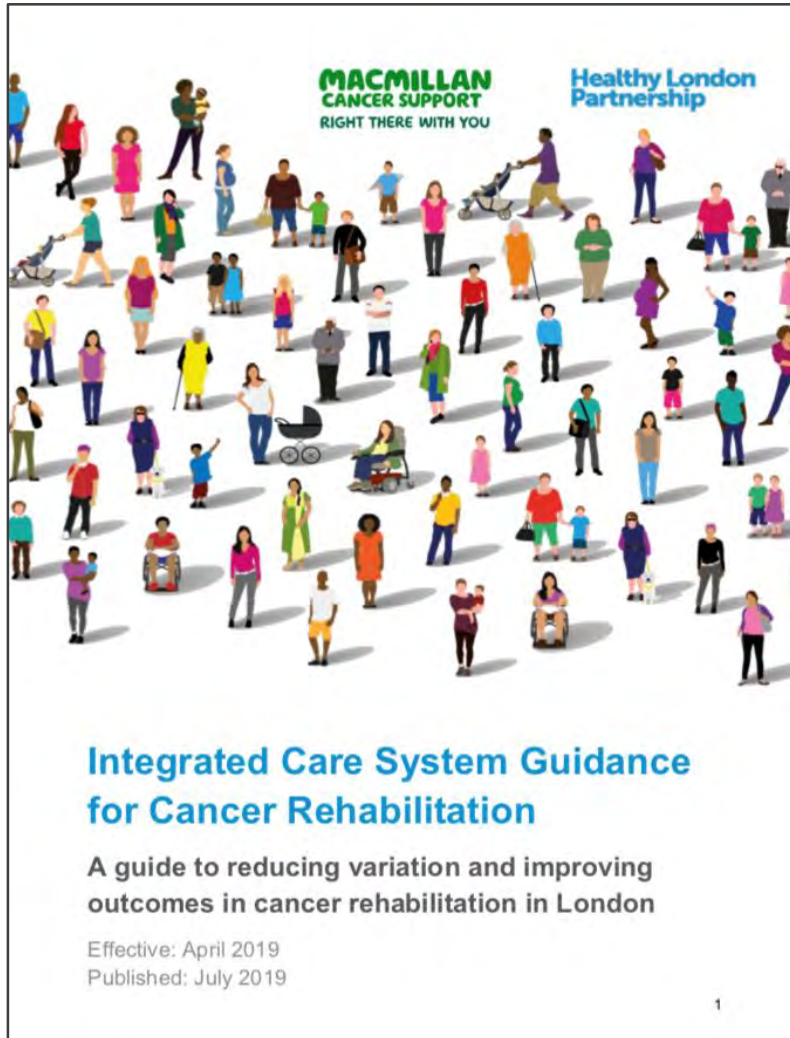
Completed February 2017

- Scoping work on cancer rehab included:
 - Task & Finish group
 - Engagement event
 - Focus groups with commissioners.
- The **key challenges** included:
 - Poor understanding of the economic benefits
 - The lack of quality data
 - Complexity of commissioning
 - Increasing demand & complexity
 - Education and training needs of wider workforce.
 - Poor awareness of the scope/breadth of cancer rehabilitation.



Guidance for integrated care systems

Published July 2019



- Part of a 4 year Macmillan funded programme in TCST
- This is systems-level guidance that was produced in London but has applicability beyond: no need to re-invent the wheel
- Had user voice at the centre of all this work. Brought together 5 STPs, 32 CCGs, our alliances, third sector etc
- Clear narrative on why cancer rehab is important in context of LTP, personalised care agenda, etc
- Practical resources: maps, improvement tools, dataset, case-studies
- Clear recommendations for next steps and short period of comms, legacy planning and implementation

Mapping of Services

Services have been added to www.cancercaremap.org.uk

healthy london.org

Mapping of pan London cancer rehabilitation services

Rehabilitation is a vital component in the care of people living with and beyond cancer and is key to delivering personalised care. Cancer rehabilitation provides a range of benefits for the wider healthcare economy but more needs to be done to raise the profile and awareness of cancer rehabilitation in London.

This service mapping report was produced by the Transforming Cancer Service's Team (TCST) and fully funded by Macmillan Cancer Support. It presents findings from a comprehensive mapping of cancer rehabilitation and physical activity services for people living with and beyond cancer in London and West Essex. Interactive maps are included for each STP area, including details on what each service provides and how to access services. TCST make recommendations for the ongoing provision and development of services in the London region.

The [interactive maps](#) outlined in the report can be explored in more detail below and downloaded from the menu to the right of this page.

Downloads

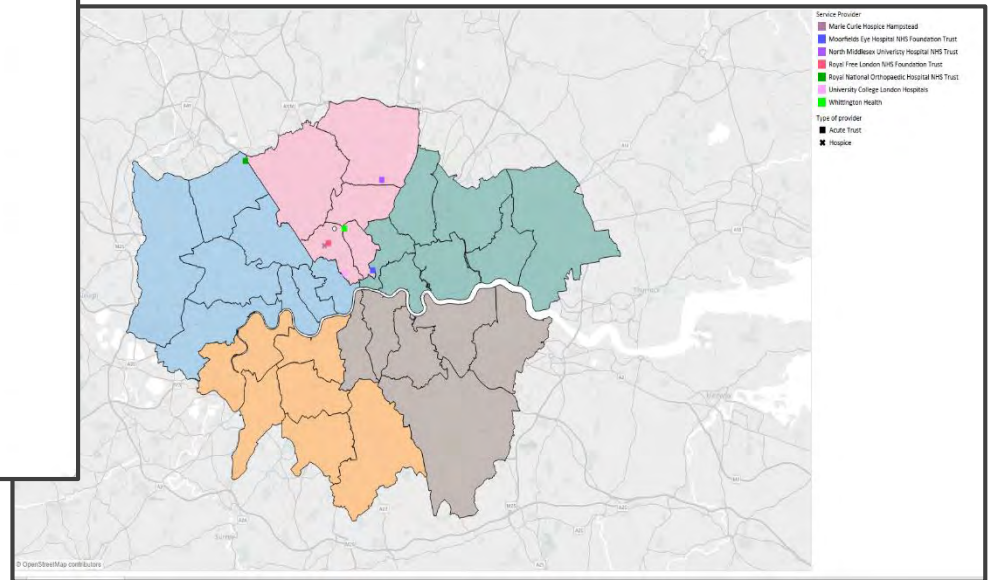
- [Mapping of pan London cancer rehabilitation services - final report \(.pdf\)](#)
- [All cancer rehab services map for London \(.pdf\)](#)
- [Cancer rehab services NWJ map \(.pdf\)](#)
- [Cancer rehab services NCL map \(.pdf\)](#)
- [Cancer rehab services NEL map \(.pdf\)](#)
- [Cancer rehab services SEL map \(.pdf\)](#)
- [Cancer rehab services SWJ map \(.pdf\)](#)
- [Cancer rehab services West Essex map \(.pdf\)](#)
- [All cancer rehabilitation services data sheet \(.pdf\)](#)
- [All physical activity services data sheet \(.pdf\)](#)

London's Cancer Rehabilitation Services | London's Physical Activity Services

Notice something wrong?
If you have spotted anything in the report or on the various maps which is inaccurate or requires updating, please complete the TCST's template for updates and send to england.tcst@nhs.net.

In: [Case studies](#), [Evaluation](#), [Reports](#)

Tagged: [cancer](#), [cancer rehabilitation](#), [cancer resources](#), [living with and beyond cancer](#)



What our service users told us



Quality improvement tools

Launched December 2018

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Cancer Rehabilitation Service Improvement Tool: Service Provider version

December 2018

This tool was developed by the Transforming Cancer Services Team for London. The work was fully funded by Macmillan Cancer Support.

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Examples of best practice

Ready, Set, Go ... 'Get Set 4 Surgery' at St George's NHS Foundation Trust:

A cancer diagnosis and the prospect of surgery can leave people feeling anxious and disempowered. The 'Get Set 4 Surgery' multidisciplinary prehabilitation session provides support and education to patients, their family and friends, adopting a holistic approach to help patients be active in their own preparation and recovery.

The Get Set 4 Surgery initiative is delivered as one face-to-face multidisciplinary session. It is open to family and friends, supporting them to enable positive lifestyle changes at home. Patients hear advice on how to prepare mentally and physically for surgery from a range of professional groups including:

- Surgeons
- Anaesthetists
- Dieticians
- Psychologists
- Physiotherapists
- Nurse specialists
- Macmillan Cancer Support

The team links simple lifestyle changes to improved fitness for surgery and a modified diet, and provides support on self-management and mental preparation for surgery. They discuss expectations and strategies for improved recovery after surgery and signpost to other local groups which can provide support.

Patients also have time to tour the hospital, talk to health professionals and each other, and ask questions informally over coffee about their surgery. The service is supported by videos, booklets and a diary which helps patients set goals and record their progress in preparation for, and recovery from, surgery.

The service is responsive to patient feedback and now prioritises time for informal discussion with staff. Patient and family feedback is overwhelmingly positive; 100% of those who completed the Friends and Family Test recommended the service and said that they had all their questions answered.

Formal evaluation shows that after the session patients are inspired to improve activity levels and modify their diet; 97% of major surgery patients attending the sessions are mobile the first day after surgery, compared to 84% of those who do not.

"The whole experience was helpful, supportive and affirming. Every speaker was passionate about making the patient part of the team and that s/he has a responsibility within the care plan"

Patient

"Great that the session was open to patients' relatives/friends as well. Information and support is not just offered to the patient but to relatives and we were given lots of chances to ask questions and speak to Nurses/Doctors"

Patient

We ran a competition to find examples of best practice in London:

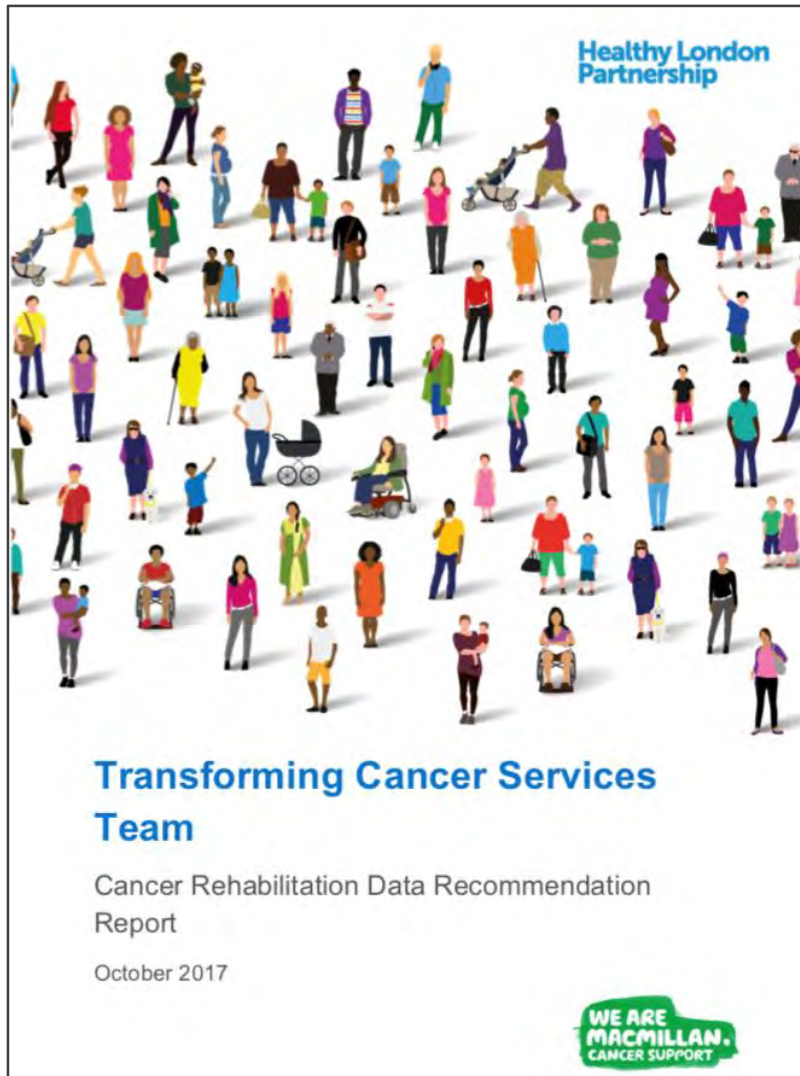
- Prehab
- Rehab
- Palliative rehab
- Physical activity

Incorporating mind and body aspects of care.

Review panel included patient representative, TCST and Macmillan.

Assessment criteria = service improvement tool criteria

Minimum data set



- Most critical aspect of all our work - fundamental for commissioning decisions and visibility of services in cancer care
- TCST developed, piloted and socialised a minimum dataset for providers of cancer rehabilitation services
- We also developed a questionnaire that will be embedded into the Macmillan eHNA portal
- These datasets have great potential to further our knowledge of the use of cancer rehabilitation services in London (and nationally)
- Our full report is available [here](#) and should be read in conjunction with this guidance.

Recommendations for London

Ambitions

1. CCGs and STPs to work collaboratively with key partners to ensure provision of comprehensive cancer rehabilitation at the appropriate level for all cancer patients, across all tumour groups and at every stage of the pathway, including prehabilitation and palliative rehabilitation.
2. Service providers to embed the service improvement tools into clinical practice and have a forum to discuss improvement opportunities identified through the process.
3. Explore how the tools could be used to allow benchmarking between services.
4. Commissioners and Cancer Alliances to work in partnership with local cancer rehabilitation services to collect quality baseline data, in line with the TCST data recommendation report.

Legacy event to close Mac funded programmes

List of attendees by STP

The event had a good representation across all STP areas. The breakdown of delegates by STP is provided below and further detail is provided in Appendix A.

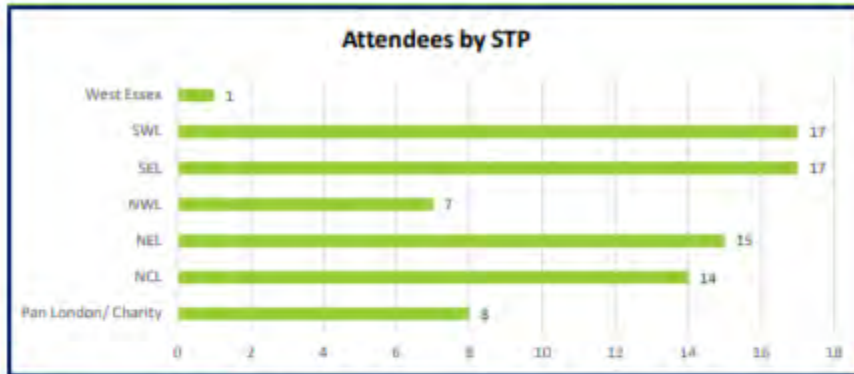


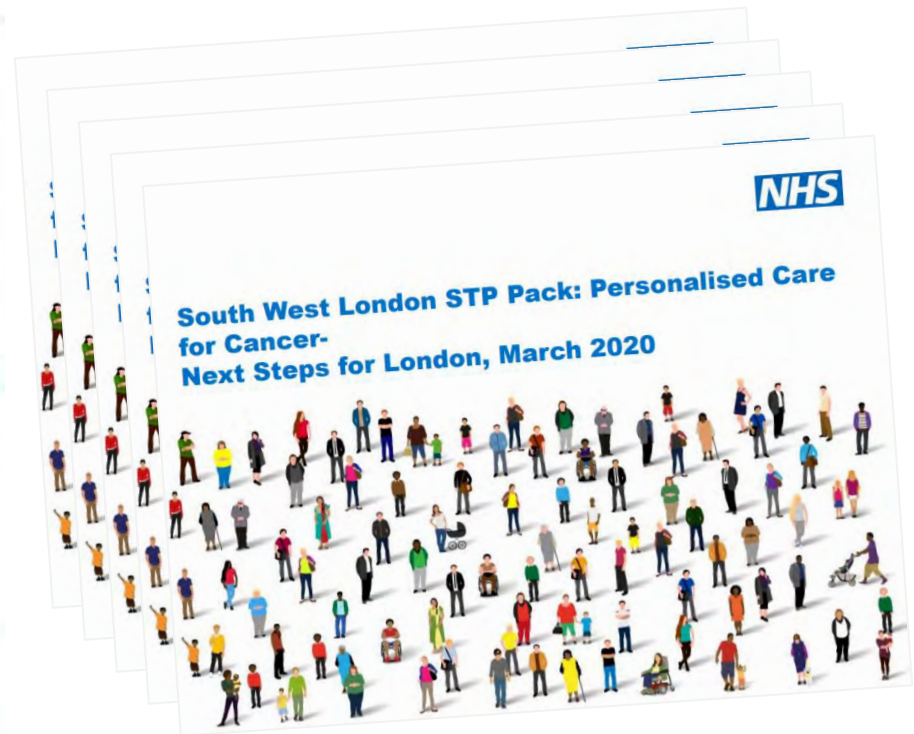
Figure 1: Number of event attendees by STP

List of attendees by job role

Delegates from each workstream were well represented on the day. There was a good mixture of commissioners/system leaders, professionals from primary and secondary care NHS organisations and patient partners. The breakdown of delegates by job role is provided below and further detail can be found in Appendix A.



Figure 2: Number of event attendees by job role



Summary of progress in cancer rehab

At March 2020

Influencing STP plans to embed recommendations:

- KR presented to key STP/Alliance meetings to influence action plans
- Variable progress: NEL and NWL outstanding.

Influencing better data capture:

- Additional questions on cancer rehabilitation in Macmillan eHNA

Supporting the workforce:

- Named 'Rehabilitation Champions' in STPs
- Working with HEE and Alliances to support education and training initiatives.
- Raising profile of our competition winners.

Legacy planning: areas of focus for our alliances

1. Service provision

- Local work needed to better understand commissioning process and priorities
- Information on how to access cancer rehabilitation services
- Understanding the role of AHPs in personalised care interventions
- Focus on prehabilitation and community services
- Clinical leadership is vital, Rehabilitation champions at 'top tables'

2. Workforce development

- Quality and quantity – taking forward recommendations from London's AHP Cancer Workforce Report (2019)
- Specialist and non-specialist
- Working at the top of scope of practice and innovation

3. Quality Assurance

- Not re-inventing the wheel: use TCST resources
- Build into new service models and share practice.



Contact us



England.TCSTLondon@nhs.net



healthy london.org



<https://www.healthy london.org/our-work/cancer/cancer-rehabilitation/>



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@KarenPhysio

TCST is part of the Healthy London Partnership. HLP is a collaboration of London's NHS, London Councils, Public Health England, the Mayor of London, plus other organisations and individuals striving to make London the world's healthiest global city.

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