



Wessex
Cancer Alliance



Tailored support for individuals with cancer - Wessex Cancer Alliance Lunch and Learn

Steph Heath (WCA) stephanie.heath5@nhs.net

Carl Adams (Solent NHS Trust)



Why tailor?





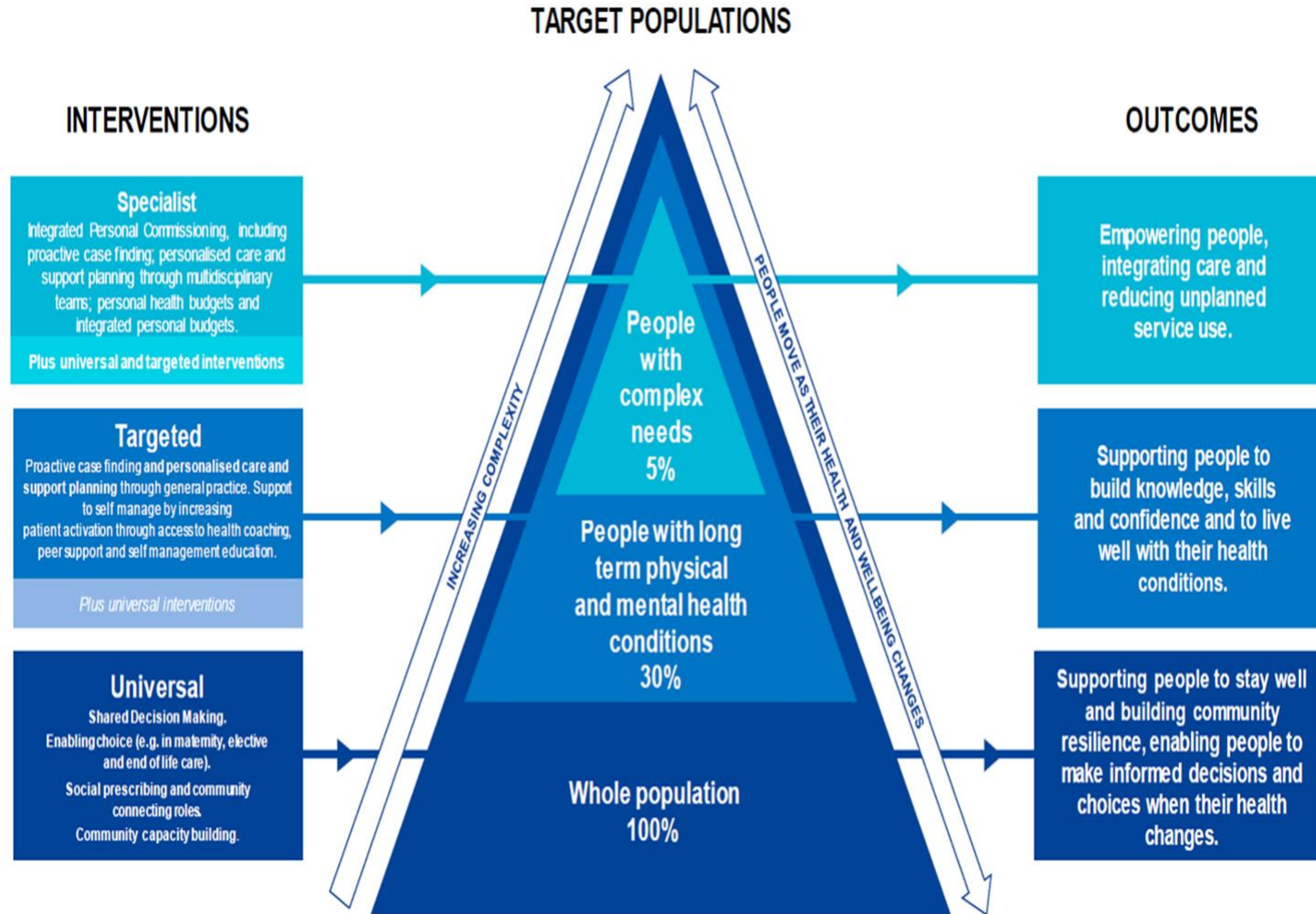
Why tailor?



- Legal rights – Disability Rights Act
- Policy
- NHS constitution
- Experts by Experience insights



Needs based tailored support

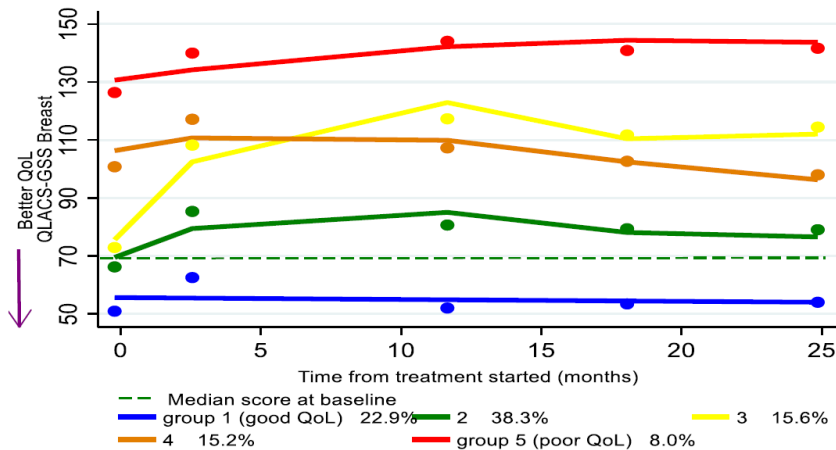




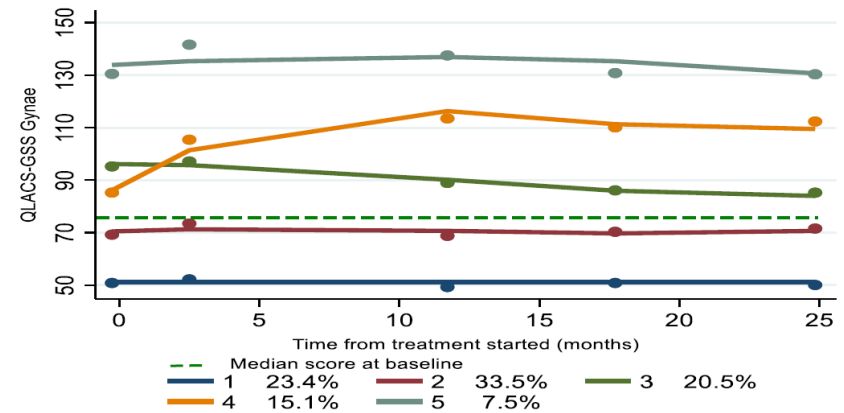
Different people, different needs



(a) QLACS-GSS Breast cancer cohort with five groups; n = 1228



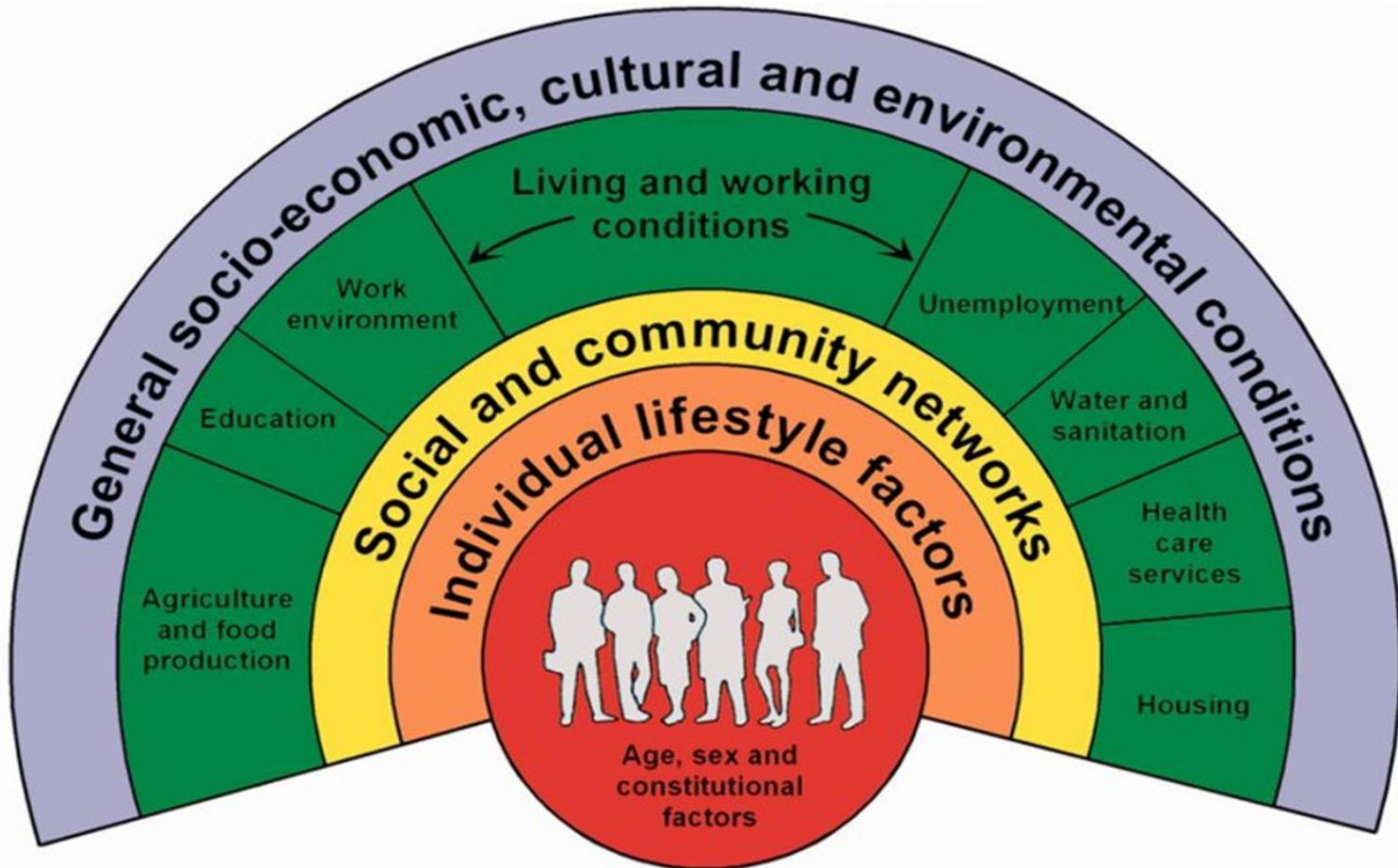
(c) QLACS-GSS Gynae cancer cohort with five groups; n = 980



Important predictors of group membership

- Social support; anxiety; depression; self efficacy; (all groups, all cancer types)
- comorbidity





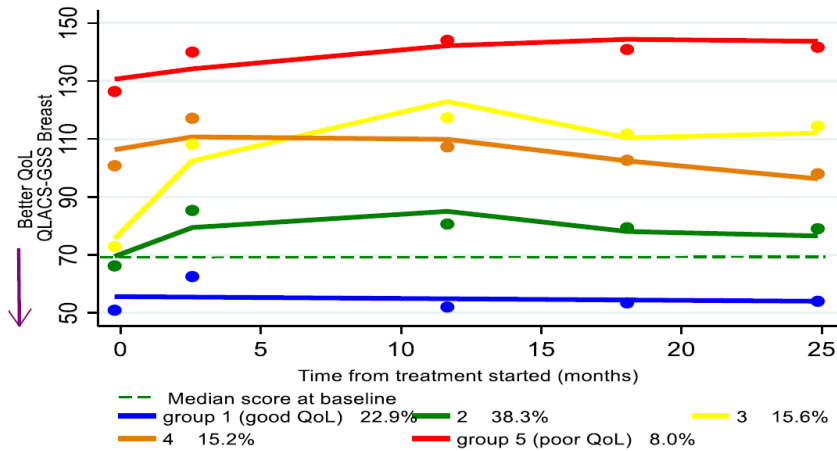
Source: Dahlgren and Whitehead, 1991



So, where do we start with tailoring?



(a) QLACS-GSS Breast cancer cohort with five groups; n = 1228



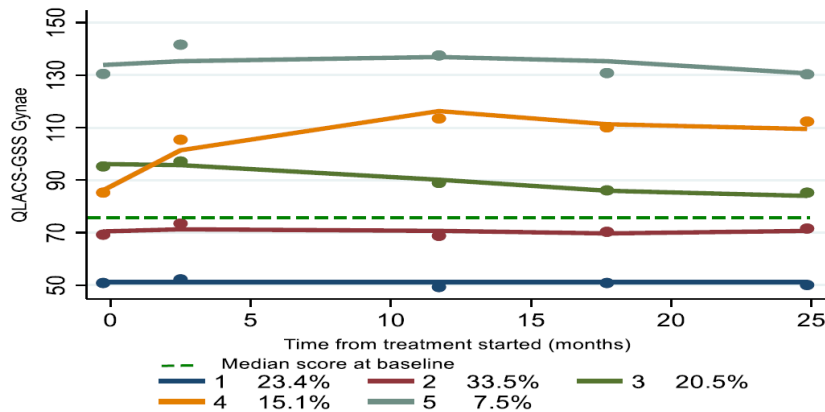
Important predictors of group membership

- Social support; anxiety; depression; self efficacy; (all groups, all cancer types)
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- *Is this person confident to self-manage?*
- *Do they have good personal/community support networks?*
- *Are they concerned re: anxiety/depression?*
- *Do they have other health concerns?*

(c) QLACS-GSS Gynae cancer cohort with five groups; n = 980



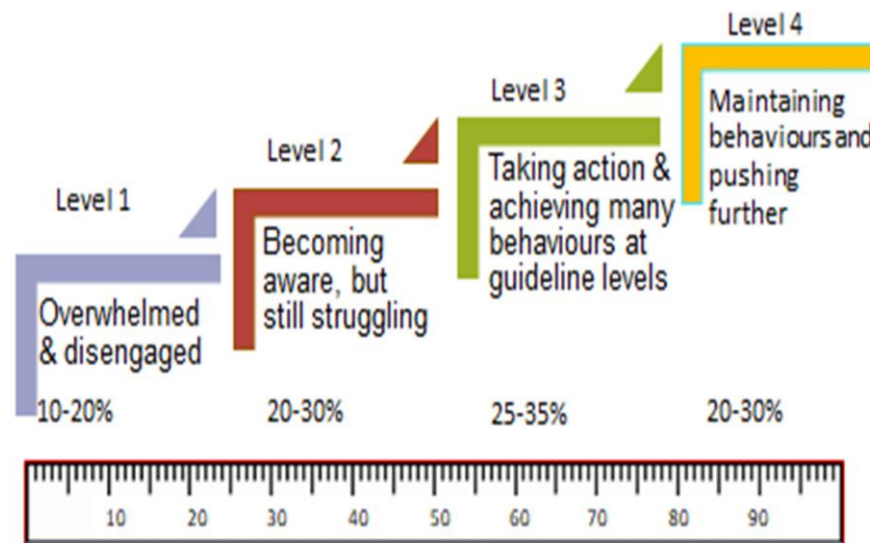


So, how do we 'meet the person where they are'?



Below are some statements that people sometimes make when they talk about their health. Please indicate how much you agree or disagree with each statement as it applies to you personally by circling your answer. There are no right or wrong answers, just what is true for you. If the statement does not apply to you, circle N/A.

1. I am the person who is responsible for taking care of my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
2. Taking an active role in my own health care is the most important thing that affects my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
3. I am confident I can help prevent or reduce problems associated with my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
4. I know what each of my prescribed medications do.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
5. I am confident that I can tell whether I need to go to the doctor or whether I can take care of a health problem myself.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
6. I am confident that I can tell a doctor or nurse concerns I have even when he or she does not ask.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
7. I am confident that I can carry out medical treatments I may need to do at home.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
8. I understand my health problems and what causes them.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
9. I know what treatments are available for my health problems.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
10. I have been able to maintain lifestyle changes, like healthy eating or exercising.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
11. I know how to prevent problems with my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
12. I am confident I can work out solutions when new problems arise with my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
13. I am confident that I can maintain lifestyle changes, like healthy eating and exercising, even during times of stress.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A



Allows us to understand how an intervention specifically impacts a change in PAM score



Patient Activation Measure (PAM) in Cancer



Higher Activation	Lower Activation
>9 times more likely to feel their treatment plans reflect their values	less likely to understand their diagnosis, the nature and causes of their cancer, different treatment options available, how to manage side effects
4.5 times more likely to cope with side effects	less likely to follow treatment regimens
almost 3.3 times more likely to initiate a healthier diet after diagnosis	less likely to be satisfied with their care
Increased confidence to self-manage symptoms (fatigue and nausea) and to seek outside help for side effects	less likely to understand how medications act
Individuals who use social media for health purposes become more activated in managing their own health, which may lead to better emotional health outcomes	lack confidence to find solutions when problems arise from therapy
	Individuals have higher scores for fatigue, depression, poor perceived health status and quality of life
	Individuals are more likely to experience work related problems

[Patient Activation Measure online workshop - Welcome to Wessex Cancer Alliance](#)



No PAM access but....



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- Do records suggest previous pattern of DNA/Emergency contacts?
- Use of medications
- Management of side effects?
- Healthy behaviours
- Do they engage with consultations? (prepare, ask, show understanding, show research/problem solving, anticipate)



Could this help us to tailor who and what support we offer?

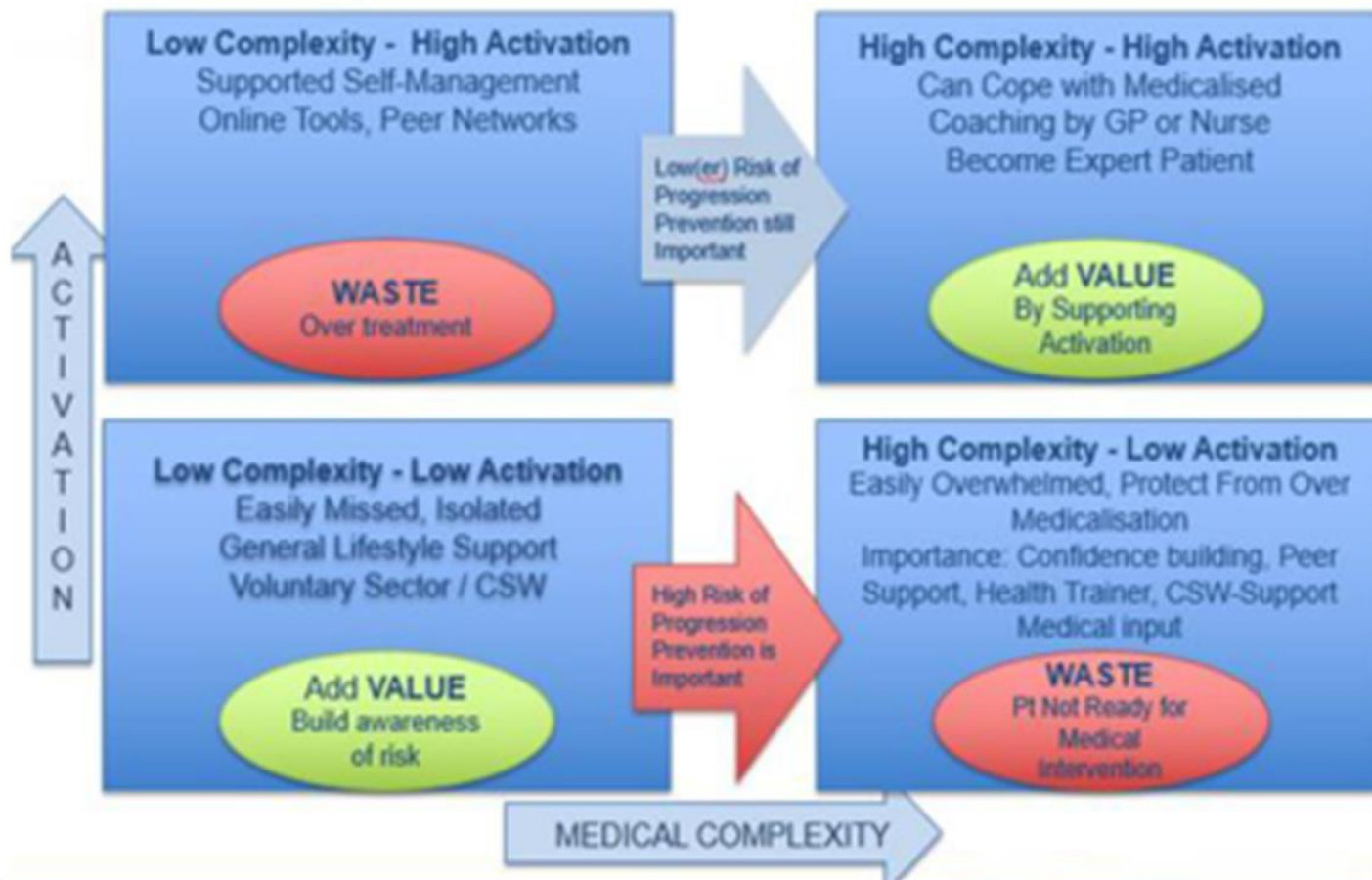


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Within the context of a GP practice, signposting to provide patients low in activation more effective support

Patient Centred Care in Practice – Dr Ollie Hart, GP Sheffield, Clinical Lead for PCC





Right person, right skills



My Cancer Care Review

My Cancer Care Review

Living better with Cancer - what could really make a difference?

We would like to invite you for a review with a member of the practice team, to talk about your cancer diagnosis, treatment and the impact for you. This review is called a Cancer Care Review.

It is offered to people in the months after their cancer diagnosis as a means of providing local support from your GP practice and the team working there.

Everyone is different and the challenges can be different

This booklet is designed to help you to think about how things are at the moment, what concerns you, what support you need and how we could help you to live better with cancer.

What happens next?

Please take time to think through and answer the questions in this booklet – we will use this information as part of any discussions so that you get the things you need from your Cancer Care Review conversation.

Please contact the practice to arrange your Cancer Care Review. The diagram below may help you think about who in the team could help support you based on your needs and concerns.

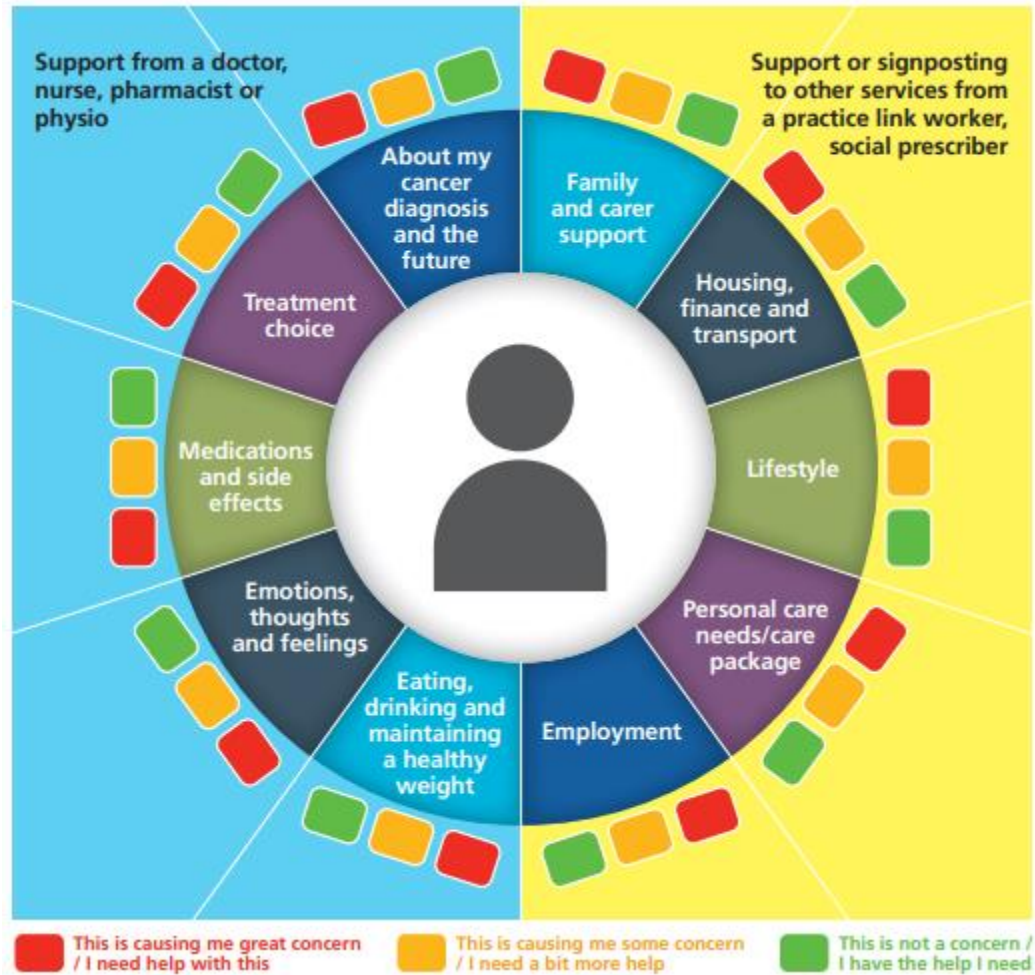
You and the things that matter to you

What is important to you?
This may include important people, places, interests, experiences, animals, jobs, religion, routines, things that make you happy, skills you have... all the things that make you 'You'...





Right person, right skills





Holistic Needs Assessment (HNA):



Concerns Checklist - identifying your concerns

Patient's name or label

Key worker: _____

Date: _____

Contact number: _____

This self assessment is optional. It has been designed to help us support you by identifying any concerns you may have and information you may require.

What do I need to do?

Select any areas that may have caused you concern recently and you would like to discuss with your key worker.

When selecting please score each concern between 1-10, with 1 being low level of concern and 10 the highest.

Key worker to complete Copy given to patient
 Copy to be sent to GP

Physical concerns

- Breathing difficulties
- Passing urine
- Constipation
- Diarrhoea
- Eating, appetite or taste
- Indigestion
- Swallowing
- Cough
- Sore or dry mouth or ulcers
- Nausea or vomiting
- Tired, exhausted or fatigued
- Swelling
- High temperature or fever
- Moving around (walking)
- Tingling in hands or feet
- Pain or discomfort
- Hot flushes or sweating
- Dry, itchy or sore skin
- Changes in weight
- Wound care
- Memory or concentration
- Sight or hearing
- Speech or voice problems
- My appearance
- Sleep problems
- Sex, intimacy or fertility
- Other medical conditions

Practical concerns

- Taking care of others
- Work or education
- Money or finance
- Travel
- Housing
- Transport or parking
- Talking or being understood
- Laundry or housework
- Grocery shopping
- Washing and dressing
- Preparing meals or drinks
- Pets
- Difficulty making plans
- Smoking cessation
- Problems with alcohol or drugs
- My medication

Emotional concerns

- Uncertainty
- Loss of interest in activities
- Unable to express feelings
- Thinking about the future
- Regret about the past
- Anger or frustration
- Loneliness or isolation
- Sadness or depression
- Hopelessness
- Guilt
- Worry, fear or anxiety
- Independence

Family or relationship concerns

- Partner
- Children
- Other relatives or friends
- Person who looks after me
- Person who I look after

Spiritual concerns

- Faith or spirituality
- Meaning or purpose of life
- Feeling at odds with my culture, beliefs or values

Information or support

- Exercise and activity
- Diet and nutrition
- Complementary therapies
- Planning for my future priorities
- Making a will or legal advice
- Health and wellbeing
- Patient or carer's support group
- Managing my symptoms
- Sun protection

I have questions about my diagnosis, treatments or effects

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Summarise:



- What Matters to You
- Questions around needs
- Consideration of social determinants of health
- Service configuration
- Resources



What will you do next/differently?





WCA Opportunities:



- [CCR Mentorship offer for primary care teams \(clinical & non-clinical roles\) including Community of Practice](#)
- NEW CCR Development Portfolio for practice nurses
- [NEW: Health Coaching trainer the trainer](#)
- Coming soon: Health Coaching Core Skills (Autumn 23)
- P&ED Non-clinical Primary Care Leads
- Coming soon: WCA Training & Education pages



I want to know more....



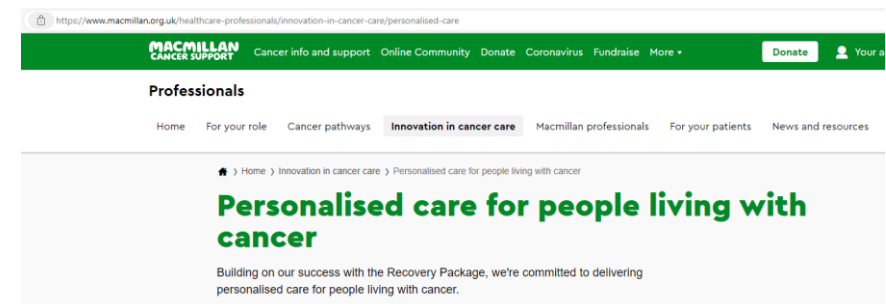
E-learning modules, accredited training



Our work, training opportunities, local contacts, best practice guides



Resources and information for people with cancer



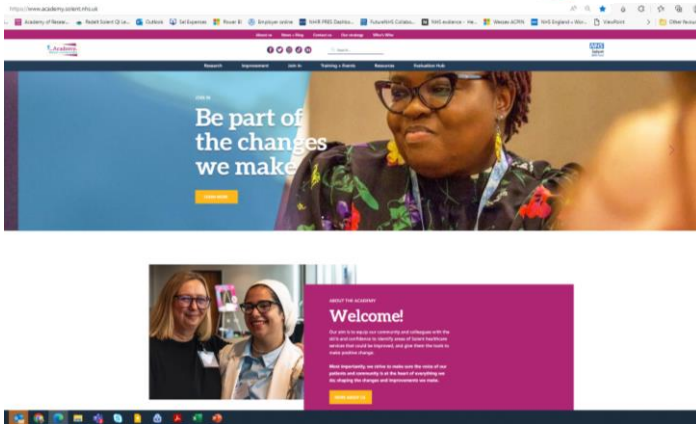
Health professionals resources, training hub



I want to know more....



www.academy.solent.nhs.uk



Workshops and Programmes,
Resources, Shared learning and more



Wessex Academy for Skills in Personalised Care

www.wasp.soton.ac.uk

Regional Conference 9th June 2023 - Personalised Care, are you ready?

<https://store.southampton.ac.uk/short-courses/school-of-health-sciences/events/wasp-regional-conference-2023>