

Wessex Cancer Alliance Information and Training For Support and Assistive ARRS Postholders

Introduction

One in two people will have a cancer diagnosis in their lifetime.

As a growing workforce in Primary Care Wessex Cancer Alliance (WCA) recognise the knowledge skills and attributes that your roles offer to people living with cancer.

We want to work with you to make sure that you have the confidence, knowledge and resources to support people at risk of and living with cancer.

This is a document aimed at:

- Social Prescribers
- Health and Well-being Coaches
- Nursing Associates
- Pharmacy Technicians
- GP Assistants
- Health Care Assistants

Please choose from the topics below for information, tools, resources and relevant training.

For additional information, please also see our [Toolkit for Primary Care](#).

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Other places you may find support for your role:

Wessex Cancer Alliance Workforce Education Page:

[Workforce and Education - Welcome to Wessex Cancer Alliance](#)

Your Primary Care Training Hub:

Dorset: [Dorset Primary Care Training Hub \(primarycaredorset.co.uk\)](http://primarycaredorset.co.uk)

The changing story of cancer

Cancer detection

We know that the biggest action we can take to improve cancer survival is to diagnose it earlier; patients diagnosed at stage 1 or 2 have the best chance of curative treatment and long-term survival.

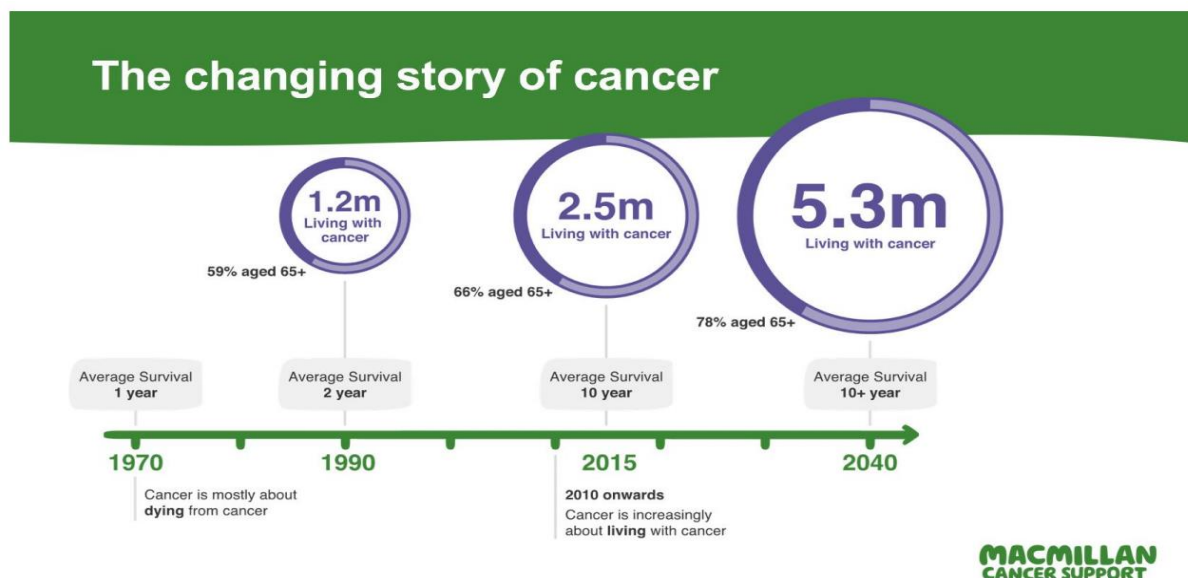
The NHS Long Term Plan aims to achieve diagnosis of 75% of all cancers, at stage 1 or 2, by 2028; this will save an estimated additional 55,000 lives per year and increase survival rates to more than 70%.

We can only achieve this by **working together across primary and secondary care and in communities** to improve the awareness of symptoms of cancer, screening programmes and cancer prevention.

Cancer survival

Survival rates have improved significantly over the last 10 years and today more than 50% of people will survive cancer for 10 or more years.

By 2040 it is estimated that a total of 5.3 million adults in the United Kingdom will be living with or beyond a cancer diagnosis. This is due to a combination of factors including more effective cancer treatments, and a growing and ageing population.



Cancer prevention

Evidence shows that up to 40% of cancers can be prevented.



Smoking

Smoking is the single most avoidable risk factor for cancer.

Approximately 300,000 people across Wessex still smoke, which is around the national average of 14%.

Obesity

Across Wessex nearly two thirds of the population are overweight or obese and at an increased risk of developing cancer. This equates to around **one million people**. More than one in 20 (5%) cancer cases are caused by excess weight.

Alcohol

Alcohol is classified as a Class 1 carcinogen and is a major risk factor for breast and bowel cancers, the second and third most prevalent cancers in Wessex.

- [CRUK Cancer Awareness and Prevention](#) – Resources for Health Professionals

Resources for your patients

- [NHS Better health](#)
Free tools and support to help people lose weight, get active or stop smoking. Includes a range of apps - Quit Smoking, Couch to 5k and Drink Free Days
- [Wellbeing Services in Wessex](#) – Cancer Matters Wessex provides links to local services
- Active Dorset Videos

Training and education

- [30 seconds to save a life](#) NCSCT
Very Brief Advice training for smoking cessation.

- [Behaviour Change and Cancer Prevention online course](#) – RCGP
Free 30 min online module to promote behaviour change around smoking, obesity and alcohol consumption to reduce cancer risk. Requires registration but is open to all.
- [Making Every Contact Count](#) – Directory of MECC e-learning resources
- [Physical Activity and Health](#) – e-learning for health
Online course for healthcare professionals to champion the benefits of physical activity.
- [Energise Me Social Prescribing Training \(Hants\)](#)
Designed to help anyone undertaking any form of social prescribing activity to have better conversations around physical activity.

What can you do?

Social Prescribers

There is potential for you to impact the patient populations you currently see by understanding the risks of cancer and how to reduce these risks. You can access patient literature that you can share. You can refer onto internal and external services to influence behaviour change.

Nursing Associates

Are you completing healthy lifestyle checks? This is an ideal time to discuss how patients can reduce their risks of cancer and signpost to other roles and services to aid this. Please utilise the resources for your patients and help by making prevention posters visible in your clinic rooms and waiting rooms.

Pharmacy Technicians

There is potential for you to impact the patient populations you currently see by understanding the risks of cancer and how to reduce these risks. You can access patient literature that you can share. You can refer onto internal and external services to influence behaviour change. There maybe a role for you to provide a smoking cessation clinic within the PCN

Health and Well-Being Coaches

You are already providing the skills to set goals, change behaviour and self-manage. Further knowledge and understanding of the risks of cancer and how to prevent could further aid behaviour change. These links also provide patient literature to promote healthy lifestyles. Why not make sure the Cancer Research poster is in public areas and promote your role beneath it so patients can self refer?

Cancer screening

What is screening?

- A way of detecting cancer or pre-cancerous changes
- Targets a particular group of people
- Aimed at people without symptoms
- Most people screened won't have cancer

Some common cancers are detected early by screening which makes it more likely they will be curable. National screening programmes are in place for three of the most common cancers: **bowel, cervical and breast cancer**. Screening can also identify early abnormalities **before** they become cancerous.

There is wide variation in participation in screening programmes across Wessex however coverage rates are particularly low in the more deprived urban areas of Portsmouth and Southampton, Bournemouth and Poole.

[National cancer screening programmes \(CRUK\)](#)

Breast Screening

- Women aged 50-70 invited every 3 years
- Mammogram in mobile screening unit
- Results by letter
- Those over 70 can request a test every three years

Bowel Screening

- Men and women aged 56-74, invited every two years
- Test kit comes by post, returned by post
- Results by letter
- Those 75 and above can request a kit every two years

Cervical Screening

- Women aged 24-49 every 3 years
- Women aged 50-64 every 5 years
- Invite by post
- Test carried out in GP surgery
- Results by letter

Screening is for people without symptoms.

Where new symptoms develop, even if a patient has had their screening tests, discussion with a healthcare professional is advised.

It is estimated that cervical screening saves approximately 4,500 lives per year in England.

Cervical cancer rates are highest in females aged 30-34.

99.8% of cervical cancer cases are caused by the HPV infection. In England, girls and boys aged 12 and 13 are routinely offered the HPV vaccination in school Year 8. If the vaccine is missed, people are eligible to have it free on the NHS until they are 25.

Research suggests that endorsement from practice teams can lead to increased uptake in screening, and therefore discussions with patients who are overdue for their screening tests can be helpful.

Possibly link to suggested "script" for discussing overdue smear from CRUK.

Reaching out to specific groups / reducing inequalities

There are significant health inequalities across Wessex in relation to uptake of screening programmes, awareness of cancer signs and symptoms and access to healthcare. This can be influenced by several factors and is greater in harder to reach communities i.e. those with learning disabilities, BME populations, and older people.

Many organisations produce information in easy read formats or in different languages, and there are an increasing number of videos available to prepare people for what to expect at appointments. For more details on these resources please see the [WCA Primary Care Toolkit](#).

Black men are twice as likely to get prostate cancer than white men. One in 4 black men will get prostate cancer in their lifetime and their risk is increased if they are over 45 and/or have a family member, particularly father or brother, who has been diagnosed. If concerned they are at increased risk men can make an appointment to discuss this with the GP and may be offered a PSA blood test.

Further examples e.g. LD, SMI, homelessness

What can you do?

Please access the Primary Care Toolkit here: [Cancer Screening Programmes - Welcome to Wessex Cancer Alliance](#) here you will find links to:

- National guidance for each screening programme
- QI toolkit
- Patient information leaflets and tutorials
- How to improve screening uptake

Social Prescribers

You may be involved with high-risk population or minority groups that are historically lower attendees of screening. Can you check to see if they have missed any screening offered? You may also be asked to contact non-responders of certain patient groups the patient information tools will be useful to help aid these discussions.

Nursing Associates

As part of your training programme you are likely to have been trained in Cervical Cytology. Could you also take the lead in driving up screening rates in this patient population by contacting non-responders? Can you check that they are attending for other cancer screening such as breast if appropriate? You also may be involved in long term condition reviews where there is potential to make every contact count. An understanding of current

screening programmes and access to patient information tools will be useful in promoting screening and improving uptake.

Health and Well-Being Coaches

Understanding the current screening programs and how to access patient literature to support screening gives you the opportunity to make every contact count. If a patient is ready to make changes in behaviour they may be ready to attend screening opportunities they have missed in the past.

Pharmacy technicians

Pharmacy Technicians also have the potential to make every contact count. There is exposure to many patient groups and ability to advertise screening at prescription collection points.

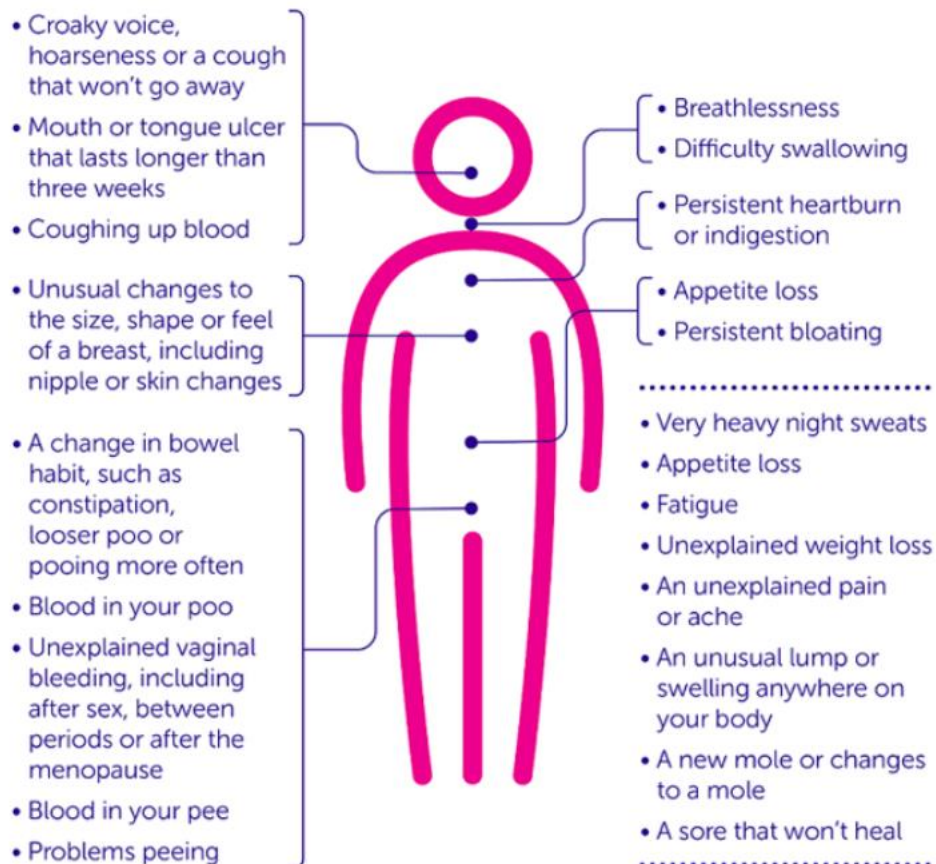
Earlier diagnosis - Recognising signs and symptoms

There are approximately 363,000 new cases of cancer per year in the UK.

When cancer is spotted at an early stage, treatment is more likely to be successful.

For example, when diagnosed at stage 1, more than 90% people will survive bowel cancer for five years or more, compared to less than 10% when diagnosed at stage 4.

These are some of the key signs and symptoms of cancer. But if something's unusual for you, it's best to tell your doctor – even if it's not on this list.



Useful Resources

- CRUK [GP surgery slides](#) on cancer prevention
- CRUK [awareness and prevention resources](#)
- PHE [Campaign Resource Centre](#) includes the Help Us Help You Cancer Symptom Awareness campaigns
- [Be Clear on Cancer](#) – Information on previous campaigns, resources and evaluation
- Coppafeel, know your lemons etc

All roles can also help by promoting symptom awareness resources and awareness campaigns which are available here: [Awareness Campaigns - Welcome to Wessex Cancer Alliance](#)

Supporting people after a cancer diagnosis

A cancer diagnosis can obviously be a difficult time for people. They may have physical, emotional, practical or social concerns and the impact of these can vary at different points in their cancer experience. Receiving care that is tailored to a person's particular needs can have a significant impact on their experience and quality of life.

Personalised Care and Support Planning (PCSP) helps people living with cancer to take an active and empowered role in the way their care is planned and delivered, with interventions and care tailored around the things that matter most to them.

It is achieved through a series of supportive conversations in which the patient, or someone who knows them well, actively participates to explore the management of their own health and well-being in the context of their life and family situation.

For more information see:

NHS [Personalised Care](#)

Macmillan [Personalised care for people living with cancer](#)

[Right By You Wessex](#)

Prehabilitation

Prehabilitation enables people with cancer to prepare for treatment through promoting healthy behaviours and through needs-based prescribing of exercise, nutrition and psychological interventions. The aims of prehabilitation are to empower patients to maximise resilience to treatment and improve long-term health.

Useful information













- [Physical Activity and Cancer](#) – Guidance for healthcare professionals, Macmillan Cancer Support
- [Prehabilitation resources](#) for healthcare professionals, Macmillan Cancer Support
- [PRosPer - Cancer Prehabilitation and Rehabilitation - elearning for healthcare \(e-lfh.org.uk\)](#)

The importance of physical activity before during and after cancer treatment

Not only does moving more help improve clinical outcomes, it can also help people take control of their lives, reduce social isolation, and enable people to live independently.

Health and Well-being Coaches

The universal element of prehabilitation is very much in accordance with the objectives of a HWBC this is an area that could be developed in your role. This is also transferable to many other conditions that are awaiting treatment.

	Be active		Build strength	Improve balance
	To keep your heart and mind healthy		To strengthen muscles, bones and joints	To help reduce your chance of falling
How often?	150 minutes of moderate activity a week	or	75 minutes of vigorous activity a week	2 days a week
	Walk 	Run 	Gym 	Dance 
	Gardening 	Sport 	Aerobics 	Tai chi 
	Swim 	Stairs 	Carry bags 	Bowling 

A cancer referral or diagnosis provides a ‘teachable moment’: a time when an individual is more inclined to change their behaviour. Cancer patients have been shown to demonstrate an enhanced motivation to change lifestyle behaviours, especially within the year after diagnosis.

Emotional, Financial and Physical support

There are several resources for you and your patients to help support cancer patients following a diagnosis of cancer on the Primary Care Toolkit [Living With and Beyond Cancer - Welcome to Wessex Cancer Alliance](#) This includes links to Macmillan resources and grants

There is also a Wessex Cancer Alliance workforce education page at: [Workforce and Education - Welcome to Wessex Cancer Alliance](#) please look under personalised care for further patient and education resources

Macmillan have a wide range of information and support. This can be accessed on their website:

[Emotional, financial and physical help for people with cancer - Macmillan Cancer Support](#)

Or by contacting their support line 0800 808 00 00

You can learn about the support that Macmillan offer people with cancer and their carers by watching the following webinar:

(2) [Take a closer look at Macmillan's direct services - Macmillan \(fuseuniversal.com\)](#)

There is also an interactive list of patient information offered in all formats. This includes booklets, web-only content, easy read booklets, translated fact sheets and audio resources.

What can you do?

Health and Well-being Coach

You can help with the rehabilitation of a cancer patient prior during and post treatment. Goal setting may include return to work and activities. Patients often feel there is little support post treatment and this role could really help with recovery. There may be potential to run health and well-being group events.

Social Prescribers

Many cancer patients have complex social, economic and emotional needs. Their families and carers often need support too. The SP role can help provide that support and links to the wider teams that can be of help. They often have more time to talk through problems that patients and families are having and visit them in their own homes. Macmillan provide specific training for Social prescribers:

- Module 1 Cancer and understanding the needs of People Living with Cancer
- Module 2 looks at the practical steps you can take to provide a support offer

Available from: <https://macmillan.fuseuniversal.com/communities/397/contents/212814>

Pharmacy Technicians

Potentially you may be involved in reviewing patients that have difficulties with medication adherence, this could be due to physical changes, cognition changes or co-morbidities that affect adherence such as dementia. Promoting your role in care homes may help improve adherence in this client group and also support carers and family members.

Cancer Care Reviews (CCR)

A Cancer Care Review is a holistic conversation between a patient and primary care professional about their cancer experience and concerns. It is designed to help people understand what support is available to them and enable them to begin supported self-management where appropriate.

The [Quality and Outcomes Framework \(QOF\)](#) requires primary care professionals to carry out a CCR at the time of a patient's diagnosis (within 3 months) and after a patient has received acute treatment (within 12 months).

Macmillan have produced a template to guide this conversation which is available in all the main GP systems.

WCA also provide a mentorship program to help develop your skills in delivering CCR, you can find information here: <https://wessexcanceralliance.nhs.uk/rby-is-supporting-primary-care/>

Resources

- [Macmillan CCR Information](#) includes guidance on accessing the CCR templates in different systems, template patient letters and text messages
- Holistic Needs Assessment [Concerns Checklist](#), available in different languages and in easy read format.
- [Top tips for carrying out a CCR](#)
- [Social prescribing for cancer patients: A guide for PCNs](#)
- Cancer Matters Wessex
- [Cancer Care Map](#) – Directory of cancer support services across the UK
- [Macmillan In Your Area](#) – Online search tool for local Macmillan services including information and support, wellbeing services and rehabilitation groups.

What Can you do?

Social Prescribers

Some Social Prescribers are being trained to do some of the 3-month cancer care reviews. This is an area that you can be upskilled in with adequate support and training within your PCN. There should always be a link clinical role that you can refer back to or discuss concerns with.

Nursing Associates

You may be involved with supporting cancer patients in part of your role supporting practice nurses. This could involve supporting completion of holistic needs assessments (concerns checklist) in preparation for cancer care reviews.

GPA

Some GPA are being trained to do some of the 3-month cancer care reviews. This is an area that you can be upskilled in with adequate support and training within your PCN. There should always be a link clinical role that you can refer back to or discuss concerns with.

Frailty & Cancer

What is frailty?

Frailty is a state of increased vulnerability to stressors, it is a condition associated with ageing. But frailty is not an inevitable part of ageing; it is a long-term condition like diabetes or Alzheimer's and can vary over time. Frailty is also more prevalent in women and people with lower socio-economic status

Frailty and Cancer

Increasing numbers of people are living with both cancer and frailty. Frailty affects half of all older patients with cancer and many younger patients too. It is widely recognised that personalised cancer care is about holistically assessing a patient's needs, not just their cancer biology. The assessment and management of a patient's frailty is an essential component of this. If frailty is not adequately assessed and managed within cancer pathways, patients with frailty may be subject to inappropriate overtreatment, carrying the risk of an irretrievably impaired quality of life. Conversely, older people who are less frail and more robust risk being denied access to cancer therapy if age alone is used as a measure of their resilience, with unnecessarily adverse cancer outcomes.

Suboptimal care that fails to take account of frailty represents poor use of healthcare resources. However, frailty assessment is not a routine component of the cancer pathway in the UK, and patient frailty and wider needs may be overlooked. It is increasingly important – indeed essential – that frailty in patients with cancer is assessed, considered within shared decision-making and managed to promote better patient and carer experience and outcomes.

Learn more about why frailty is important in cancer: [PowerPoint Presentation](#)

e-LFH Frailty

Title: Frailty Tier 2a <https://portal.e-lfh.org.uk/Component/Details/716363>

Description:

This introduction to frailty session will give an overview of understanding frailty and importance of early identification, impact of hospital admission, how to screen for frailty and what to do if someone has frailty. You will then move onto the 5 Ms of Mind, Mobility, Medicines, Multicomplexity and what Matter Most. Each will review frailty as a long-term condition from that perspective.

This course is focused on health and social care workforce who may come across frailty but do not routinely work in acute frailty services but do work in multiple other areas.

Palliative and End of Life

Your role may include supporting patients and their carers in the palliative and end of life stage. If you would like an introduction to palliative and end of life care, please access the following training:

<https://macmillan.fuseuniversal.com/communities/397/contents/200299>

Training and education

- [End of Life Care for All \(e-ELCA\)](#)
Interactive e-learning sessions which are grouped into nine modules including: Advance care planning, Communication skills and Bereavement care. It also includes a training needs analysis tool to you assess your strengths and areas to focus on.
- [Difficult conversations](#)
Macmillan **difficult conversations** resources including: Leading difficult conversations, key principles, using technology to communicate, delivering bad news, talking about death and dying, communicating with people who are recently bereaved.
- [Communicating with empathy](#)
e-LfH programme with 6 sessions developed to promote sensitive and effective communication in end of life care.
 - Macmillan: [Cancer Awareness \(learnzone.org.uk\)](#)

Bereavement Support

Some PCNs are leading in supporting someone who has recently been bereaved and developing bereavement groups. There are Social Prescribers leading on this work.

If you are involved in contacting the recently bereaved please read the Macmillan document Primary Care 10 Top Tips:

[MAC14531_Ten_top_tips_BEREAVEMENT_2.indd \(macmillan.org.uk\)](#)

Macmillan provide information for people coping with bereavement including practicalities and emotional support:

[Coping with bereavement - Macmillan Cancer Support](#)

How to claim bereavement benefits:

[Claiming bereavement benefits - Macmillan Cancer Support](#)

Useful resources/organisations

cruse.org.uk

www.ataloss.org

thegoodgrieftrust.org

goodlifedeathgrief.org.uk

hopeagain.org.uk (for young people)

childhoodbereavementnetwork.org.uk h

scbereavementnetwork.hscni.net hospicefoundation.ie/bereavement-2

Useful resources

[NHS - Cancer](#)

[Cancer Research UK](#) provide a wide range of information and support around cancer prevention, diagnosis and treatments, and the latest research and evidence.

[Macmillan](#) provide information on all cancer types and offer many other [services for your patients](#) including: telephone support line, online community, information booklets, benefits and work advice and access to financial support.

Tumour site specific charities can offer focused support for people who want to find out more about their cancer, and other people's experiences after being diagnosed.

[Bowel Cancer UK](#)

[Breast Cancer Now](#)

[Jo's Cervical Cancer Trust](#)

[Prostate Cancer UK](#)

[Roy Castle Lung Cancer Foundation](#)

[Target Ovarian Cancer](#)

Wessex Local Information

[Cancer Matters Wessex](#)

Cancer Matters Wessex is a dedicated website for patients in Hampshire, the Isle of Wight and Dorset, who need support or advice about cancer. The site provides information about the referral process, what happens if you have been diagnosed, and support groups and wellbeing services available for people living with cancer.

[Cancer Care Map](#)

Online directory to help people living with cancer find care and support services in their local area, anywhere in the UK.

[Macmillan In Your Area](#)

Online search tool for local Macmillan services including information and support, wellbeing services and rehabilitation groups.

Training, Education and ACCEND

ACCEND

Cancer Care Coordinators are an integral part of the cancer workforce, we recommend that you follow the national development and career pathway set out in the ACCEND program.

The aim of the Aspirant Cancer Career and Education Development programme (ACCEND) is to provide workforce transformational reform in the education, training and career pathways for those supporting people affected by cancer. In January 2023 the ACCEND framework was launched and has three components:

The framework has three components:

1. Career Pathway; provides insight and guidance for the knowledge, behaviours and skills needed to be working at each level of practice to enable the workforce to grow
2. Core Cancer Capabilities in Practice (CiPs); Capabilities are the attributes (skills, knowledge, and behaviours) which individuals bring to the workplace
3. Education Framework; provides high level learning outcomes, syllabus and suggested assessment strategies for each level of the career pathway and to support the knowledge requirements of the core cancer CiPs

WCA have developed the following resources for you as part of the supportive workforce, which enables you to attend training to support your development and evidence your capability for the role.

[Click here to open the development programme for the supportive workforce](#)

[Click here to open the capability framework for the supportive workforce](#)

The training sessions below provide useful introductions to cancer and cancer care.

The training sessions below provide useful introductions to cancer and cancer care.

[Talk Cancer online workshops](#) – Cancer Research UK

Free interactive session suitable for anyone wanting to build their confidence and skills to have supportive conversations with others about reducing their risk of cancer, the importance of spotting cancer early and making healthy changes. Also available as a self-directed [online course](#).

[Cancer Awareness](#) - Macmillan Cancer Support

E-learning course providing an overview and introduction to cancer awareness, living with and beyond cancer and End of Life and Palliative Care.

E-learning for health – Cancer in the Community

[Communities against cancer](#) - Action Hampshire

Free interactive online workshops for people working or volunteering in the voluntary and community sector across Wessex. Covers cancer risk factors, symptom awareness, cancer screening, early diagnosis and health inequalities.

[Cancer Awareness webinars](#) – Macmillan & Dorset CCG

Led by secondary care clinicians and aimed at NHS workers, carers and volunteers, this series of webinars cover different cancer types and treatments.

Cancer and the wider workforce webinar series - Welcome to Wessex Cancer Alliance

This is a series of webinars aimed at the wider workforce to increase awareness, knowledge and confidence to support people affected by cancer.

Macmillan Learning and Communications Hub offer a variety of training including e-learning modules, webinars, virtual classrooms and blended learning opportunities. As these modules are online, you can complete them in your own time

accessing the learning and communications hub

To sign up to online learning, follow the below steps:

1. Visit the [Learning and communications hub application form](#).
2. Complete the form to register for the learning and communications hub.
3. Your licence will be created for the Hub and we will send you information on how to log in.
4. If you experience any issues with this process, let us know at LearningSupportHub@macmillan.org.uk
5. We hope you enjoy the new learning and communications hub!

Stay up to date

Wessex Cancer Alliance provides a Primary Care Newsletter which provides up to date information and education offers. Please contact (insert email) if you would like to subscribe.

Macmillan also provide a Primary Care Update which includes latest developments, learning and case studies relating to cancer across primary care, to sign up please access the following link: [Sign up for Primary Care Update - Macmillan Cancer Support](#)