

Northern Cancer Alliance

Personalised Care Newsletter

Welcome to issue 2!

Since issue 1 we have marked two years since the first lockdown in the Covid-19 pandemic. A lot has changed since then, and we wanted to say a big thank you for all your hard-work during this very uncertain time.

Faced with new challenges, including huge waiting lists and widening health inequalities, cancer services continue to deliver high quality patient-centred care across the North East and North Cumbria. We've achieved a lot in the last 2 years including providing follow-up care closer to home; delivering online health and wellbeing sessions; and developing services with new roles and opportunities. As we now look ahead, we hope to be able to continue to learn and create new services and ways of working to deliver truly **personalised care** for all our patients.

In this edition of the newsletter, we are pleased to be able to share with you updates on **supported self-management (stratified follow-up)**, **primary care**, **health and wellbeing information and support**, and our plans to review **psychosocial services**, as well as new and exciting **learning and development** opportunities.

We hope you find issue 2 interesting. If you or your team would like to contribute or feature in June's edition, please get in touch.

Thank you,
Andrew, Clare, Hassan, Jackie, and Vicky - NCA Personalised Care Team

Personalised Stratified Follow-Up Care for Gynaecology Oncology Patients

The clinical guidelines for the follow up care of **gynaecology oncology** patients were signed-off by the NCA at the end of February. This means patients with either epithelial ovarian, or endometrial cancer, will be considered for Patient Initiated Follow Up (PIFU) (supported self-management), and monitored remotely with clear re-access to hospital services should there be a clinical need or concern.

We now have clinically agreed stratified follow up (SFU) guidelines in-place for the following tumour groups (which can be found [here](#)):

- **Breast cancer**
- **Colorectal cancer**
- **Gynaecology oncology**
- **Prostate cancer**



All guidelines are reviewed annually, and we have plans in-place to review **breast**, **colorectal** and **prostate** over the next 6-9 months. This will provide an opportunity for clinical teams from across the Alliance to share and learn from their experiences of implementing SFU, including what works well and what doesn't.

We are also planning to roll SFU out to **haematology** and **thyroid** cancer patients, and develop the clinical guidelines for a further two tumour groups this year (still to be decided).



Primary Care and Cancer Care Reviews

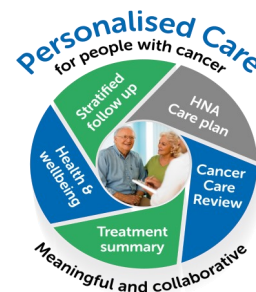
We continue to make excellent progress in delivering personalised care and support plans (PSCPs) for people affected by cancer. From Holistic Needs Assessments (HNAs) to End of Treatment summaries in secondary care, these interventions are becoming business as usual for many of our hospital teams.

Primary Care also plays an important role in supporting patients with cancer. With more and more people surviving and living longer with cancer, there is a focus this year on increasing the number of people who receive a high quality **Cancer Care Review (CCR)** - a conversation between a patient and their primary care team about their cancer experience. This has been recognised nationally and included in the 2022/23 Quality Outcomes Framework (QOF).

All patients should be offered a **CCR** at 3 and 12 months following a cancer diagnosis as an opportunity to:

- Talk about their cancer experience and concerns
- Understand what support is available in their community
- Receive the information they need to begin supported self-management

The NCA will be promoting the uptake of **CCR's** over the next 12 months. For more information and support for general practice, including templates and how to prepare, please visit the NCA [webpage](#).



Health and Wellbeing Information and Support

Jackie Jamieson has recently joined the Personalised Care Team at the NCA as the Macmillan Health and Wellbeing Delivery Lead. As part of her role, Jackie will be completing a review of cancer focused health and wellbeing services, including Macmillan Information and Support Centres across the North East and North Cumbria, working closely with Trusts and the voluntary sector.

The aim of Jackie's work is to develop a case for further investment and coordination of these already excellent and dedicated services, to improve what's on offer for our patients and reduce the variation of support to patients in the ICS and beyond. This project is of national significance and we are pleased to be hosting the role and working closely with Macmillan.

"It's great to join the team and be involved in this exciting project. I've worked in the VCSE for the last nine years but most recently at a regional level with NHSE/I to support the development of social prescribing and personalised care. I look forward to meeting and working with colleagues across the alliance as the project develops." Jackie Jamieson

A review of psychosocial support services

A big piece of work for the Alliance this year is looking at how we improve the provision of **psychosocial services** for cancer patients.



We know there is inequity in-terms of how and where these services are delivered, as well as how they are funded, and waiting times to access them can be challenging.

From level 1 communication training, all the way to level 4 specialist interventions, we will be completing this review with Psycho-oncology and IAPT colleagues from across the patch, including secondary care, community and voluntary services, and commissioners, with a view of developing a new and sustainable service and workforce model to help inform the future commissioning and delivery of these vital services.

If you would like to be involved or find out more, please get in touch.

- We are in the final stages of developing an **animation** that explains to patients what **personalised cancer care** is. We're hoping to launch the animation in May 2022 and a link to it will be included in June's newsletter.
- In other comms news, the national team have developed a document that describes all the different acronyms for terms we use in the NHS when talking about personalised care. A list of the different acronyms and their definitions, including **PIFU** (Patient Initiated Follow Up) and **PSFU** (Personalised Stratified Follow Up) can be found [here](#).
- We have recently caught-up with the team from the **Cancer Care Map** as we look to add to and develop the content of the [map](#) for our localities. In addition, we will be developing a communications and engagement plan as we look at how to best promote it for both patients and professionals to use.



Learning opportunities and useful resources



Personalised Care Cancer Academy - we have recently created a webpage for professionals that contains a range of personalised care learning and development courses.

SAGE & THYME foundation level training - there's still some places available on this level 1 communications skills workshop, on Tuesday 21st June 2022, 1.30pm-4.30pm. If you're interested, please contact Vicky Wester, Delivery Lead - Personalised Care (victoria.wester@nhs.net)

Cancer Care Coordinator Forum - if you're a Cancer Care Coordinator in secondary care, and want an opportunity to learn and network with your colleagues across the patch, watch out for a save the date for our first Cancer Care Coordinator forum coming in June. For more information, speak to your Lead Cancer Nurse.

Getting involved

Everyone is encouraged to get involved and share their ideas on how we can improve **personalised care** for cancer patients. Whether it be a service development project that you would like support with, training and education, or if you would like to feedback or find out more about any of our work, please get in touch (contact details below).



How to contact us

We hope you enjoyed and found our 2nd newsletter interesting and useful. If you would like to get in touch, or would like to feature in the next edition, please contact Vicky Wester, Delivery Lead - Personalised Care (victoria.wester1@nhs.net).



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