

December 2022

Northern Cancer Alliance

Personalised Care Newsletter

Welcome to issue 4



Welcome to our winter newsletter. As we head into the health services busiest time of year, here's a reminder on how **personalised care** can support not only patients, their outcomes and experience, but the wider health and care system too:

- By **empowering** patients through education to know the signs and symptoms to look out for, and providing them with information on how to re-access services if needed, can reduce both outpatient clinic demand and waiting times, whilst keeping patients safe
- By completing **Holistic Needs Assessments** (HNA), identifying non-clinical concerns, can help patients to self-manage. It can also mean they are less likely to not engage with their care (which could impact on other services further down the line)
- By providing or signposting patients to **prehabilitation** services that can reduce their time spent in hospital recovering following treatment. This means less pressure on hospital beds and inpatient services

These are just a few of the many benefits of **personalised care**, and if you're a health care professional you can find out more about them in the animation below. In addition to the animation, and in this edition of the newsletter, we're pleased to introduce **Jenny Johns**, our new **Clinical Lead for Psychology**. We've also got updates on **prehabilitation** and projects we are funding, and a planned review of **sleep services** to better understand what support there is available for patients who might be struggling with their sleep following a cancer diagnosis.

We hope you enjoy the newsletter, and are able to enjoy some well deserved time off over the festive period.

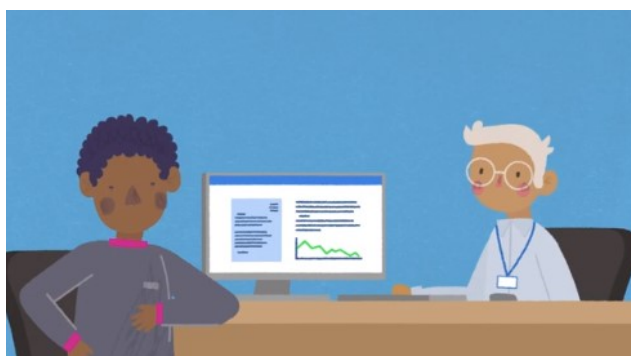
Wishing you all a Merry Christmas and Happy New Year

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

Personalised Care - an animation for Health Care Professionals

We know cancer patient outcomes are improved when a patient is more involved in the decisions made about their treatment and care plan. But as health care professionals, how do you know you are truly delivering person-centred care, especially when everyone's needs can be so different?

This 5 minute [video](#) helps explain what personalised care is, the approach within cancer care, and how you can use it in your everyday practice to improve your patients experience and outcomes.





Personalised Care Newsletter

Welcome Jenny, our new Clinical Lead for Psychology



It's lovely to welcome Jenny Johns, who recently joined the NCA as the new Clinical Lead for Psychology.

"I grew up in the Midlands, but fell in love with the North East, and have lived, studied and worked here for most of my adult life. I worked in Community Mental Health Teams in Northumberland for 16 years, specialising in working with people with complex mental health problems, and people who have survived traumatic experiences. In 2018, I joined the Cancer Psychology Team at Northumbria Healthcare Trust, and in 2020 I became the Clinical Lead for the Team. I am passionate about sharing psychology with our patients, families and staff teams, to help people to live well, and in line with their values.

I am joining the Cancer Alliance as Clinical Lead for Psychology, working on the Psychosocial Care Pathways in Cancer Project with Vicky Wester and Karen Stenlund. In phase 1, this project involves scoping current provision of Psychosocial Care in Cancer across the region, looking at innovative models of pathway configuration, and producing a set of recommendations for future pathways and commissioning.

I live by the sea with my daughter and our mad spaniel Ted".

We look forward to working with Jenny over the next few months.

Quality of Life - a review of sleep services

Following the results of the national cancer patient Quality of Life (QoL) survey, which highlighted 'sleep' as a priority area for the NCA, we are carrying out a review of services that support patients struggling with their sleep following a cancer diagnosis.

If you have cancer, or are recovering from cancer, we would very much like to know about your sleep following your diagnosis, and your experience with sleep services by completing this short [survey](#).

Alternatively, if you're a health care professional, we are interested to know how you support your patients who identify sleep as a concern/issue following a diagnosis by completing this short [survey](#) instead.

Both surveys are completely anonymous, and will help us to develop a plan to improve the advice and support on sleep we provide cancer patients across the North East and North Cumbria (NENC).

If anyone has any questions about either survey, or this piece of work, please do not hesitate to contact the Northern Cancer Alliance (england.nca@nhs.net).

Prehabilitation for Cancer Patients

We mentioned some bids being developed to support cancer prehabilitation services across the NENC in our last newsletter. We're now pleased to be able to share with you some of the idea's that were submitted and approved for funding:

- Stakeholder engagement events to develop and rollout a community based prehabilitation service in Darlington
- Educational events in Northumbria, South Tees, and Gateshead, to promote prehabilitation to both health care professionals and patients
- Training healthcare professionals in the level 4 exercise in cancer qualification at North Tees and Hartlepool NHS FT, to be able to provide and deliver exercise advice and support to cancer patients
- An information leaflet for lung cancer patients at Newcastle, and a webpage on the South Tyneside and Sunderland NHS FT's cancer hub
- A new pathway between North Cumbria NHS FT and Cumbria CVS to deliver an exercise referral service in the community



We're still planning on setting-up a [prehabilitation forum](#) early next year, and we hope to be able to share the outcome of the funding and bids above at our first meeting (date TBC).





- **Cancer Care Map** - as part of the Health & Wellbeing Project, and our aim to make information and support more widely available to cancer patients, we promoted the [Cancer Care Map](#) on social media throughout November. It's been great to see so many of our partners include it in recent bulletins and newsletters, and there has already been an increase in visits to the site. So a big thank you everyone who has supported this work.



Cancer Care Map

Further analysis is underway to understand the type of support people are looking for and potential gaps in service provision. Remember, you can contact the team at Cancer Care Map to add services not already included, and we would be keen to hear about examples of anyone that has benefited from accessing the site, either as a patient, carer, health professional or as a delivery organisation. Find out more at the Alliance blog on our website: [Cancer Care Map - Northern Cancer Alliance Northern Cancer Alliance](#)

- **My Wellbeing Space** - we are in the final stages of developing our new patient health and wellbeing website. The website has been developed to help patients during and after cancer treatment by providing good quality information and support, whenever they need it. We're hoping to launch the website in the new year, and a link to it will be included in the next newsletter.

Performance snapshot - Holistic Needs Assessment activity

Holistic Needs Assessments (HNAs) are a key intervention of personalised care for people living with cancer. HNA's help health care professionals to really understand what's important to their patients, and every quarter we are asked to submit activity data to the national team on the number of HNA's completed. In Q1 (April-June 2022), **3682 HNA's** were offered to patients, an increase of nearly **10%** when compared to performance in Q3 and Q4 in 2021/22, which is really positive.

HNA's support the development of a patients Personalised Care Support Plan (PCSP), which we also collect activity data on. More on these next time...

Learning opportunities and useful resources

2021		
JANUARY	FEBRUARY	MARCH
11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31
APRIL	MAY	JUNE
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JULY	AUGUST	SEPTEMBER
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OCTOBER	NOVEMBER	DECEMBER
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- [Personalised Care Cancer Academy](#) - our webpage for professionals that contains a range of personalised care learning and development courses
- **Cancer Care Coordinator Forum** - Tuesday 13th December 2022, 2.00pm-3.30pm. The focus at this forum is on Personalised Care Interventions (Holistic Needs Assessments (HNA's) and Personalised Care Support Plans (PCSPs)) - what they are, how to complete them, and what we do with them
- [The Personalised Care Institute](#) - a hub of education and resources for health and care professionals delivering personalised care

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 the newsletter interesting and useful. If you would like to get in touch, or would like to feature in a future edition, please contact Vicky Wester, Delivery Lead - Personalised Care (victoria.wester1@nhs.net).



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