

Cancer- related fatigue(CRF): new road map for patients & HCPs

Jackie Pottle Cancer AHP lead; Lisa Heaton -Brown Consultant Clinical Psychologist
Jeanne Dore & Ellen Grier Clinical Specialist Occupational Therapist , BCUHB

Contact: Jacqueline.pottle @wales.nhs.uk

Project Background:

CRF **distressing, persistent, subjective sense of tiredness or exhaustion related to cancer or cancer treatment that is not proportional to recent activity and interferes with usual functioning**”(National Comprehensive Cancer Network, 2018)

Rated at most distressing symptom by patients for all tumour sites & at any stage Macmillan holistic needs assessment review (2018-2020)

HCP's survey identified lack of knowledge / confidence / need to access evidence-based info quickly

No service for patients or HCPs prior to 2020

Charity funds for OT/ psychology collaboration for 1 day / week for year

Project Aims/Objectives:

To develop an effective patient- centred service to support patients and HCPs with CRF and implement long term coping strategies

To develop easy access to evidence based resources for HCPs and patients

To provide stratified CRF levels of support to patients

To upskill HCPs to support stratified levels of CRF

To share skills across Wales and UK

To secure funds to sustain service for long - term support of patients & HCPs

Project Approach:

Collaboration between OT & Psychology has resulted in innovative layered patient & HCPs' support

- Development of

- 1) SharePoint site
- 2) HCPs' education sessions
- 3) Range of patient centred support

- An Iterative collaborative approach with cancer patient forum has resulted in creation of self referral- forms and person centred care remaining at heart of the service
- Service was guided by HCP's survey and ongoing patient feedback to ensure continued service refinement

Project Outcome(s):

A new innovative CRF service was developed to support patients and upskill HCPs across primary and secondary care

Innovative intro of remote videogroup clinics to support wider range of patients

Sustained funding to continue service for another year

Sharing of knowledge via Welsh cancer network conferences/ newsletter / publication (BMJ blog) ; UK wide mesothelioma support group / Lead nurse/AHP conference

BCUHB, Macmillan excellence and moonlight Cancer charity innovation awards

Project Impact:

90 patients supported in 12 month

PROM showed:-

85% reduction in concerns

85 % increase in wellbeing

120 HCPs – education sessions



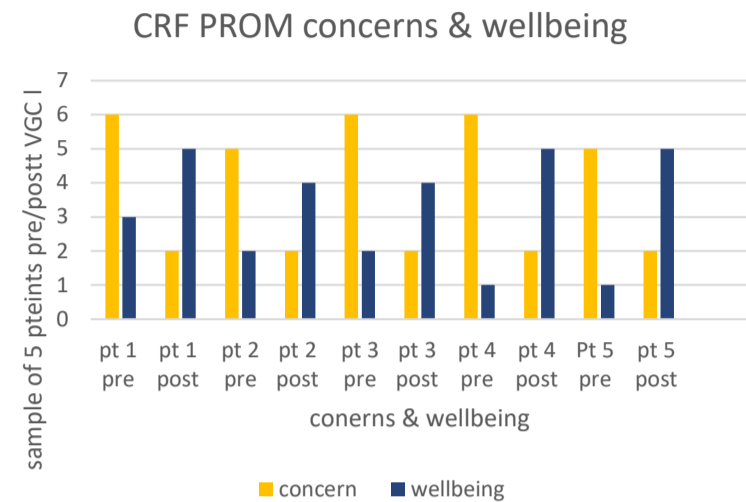
Over 800 visits to SharePoint site

Described by patients as a " road map " to controlling CRF and "essential " to HCPs



Key Conclusions:

- The development of a new CRF service to support patients & HCPs can have a positive effect on CRF symptom reduction and increase wellbeing
- The upskilling of HCPs will ensure sustainability of supporting as many patients as possible .
- This also has significant implications for healthcare providers in Wales in terms of reduced costs in follow ups for CNS and supports greater oncology & GP capacity.



Next Steps:

- Further refine the model on a wider cohort of patients & carers in increase formats (virtual & face to face) across BCUHB
- Extend this model to different areas of service provision.
- Continue to support other health boards across Wales to adopt and spread this new service

One other huge benefit of these sessions is that you feel, as a patient, that skilled NHS staff are taking time to listen. ...a feeling of being on a treatment conveyor belt..... This programme online devotes time and thought, excellent.
- VGC patient



This information has supported my role in being able to provide my patients with relevant strategies to support their CRF and my own understanding of CRF.
- HCP education session

Bevan Exemplar | Cohort 7

Doing things differently for a prudent, sustainable recovery | www.bevancommission.org