

Optimising Health and Wellbeing for Individuals with Prostate Cancer, Integrating P.A.C.T within Primary Care

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Project Background:

More individuals are being diagnosed with prostate cancer each year and advanced cancer treatment modalities has increased the number of individuals living with prostate cancer.

Current treatments are associated with a high risk of side effects, which have significant implications on quality of life.

The P.A.C.T programme within Hywel Dda University Health Board (HDUHB), aims to improve and optimise health and support self-management for individuals diagnosed with prostate cancer across the geographical footprint.

Project Aims/Objectives:

- To improve experiences of care.
- To reduce the demand on GP and outpatient services supporting with side effects of cancer and of treatment.
- To improve clinical outcomes.
- To evaluate cost reductions in supporting individuals within their own homes.
- To provide a service via a digital platform.

Project Approach:

The project collaborated with 11 GP surgeries across HDUHB.

The service was evaluated through patient health related outcomes/ feedback forms, and data evaluation (GP appointments) with practitioners pre and post P.A.C.T programme.

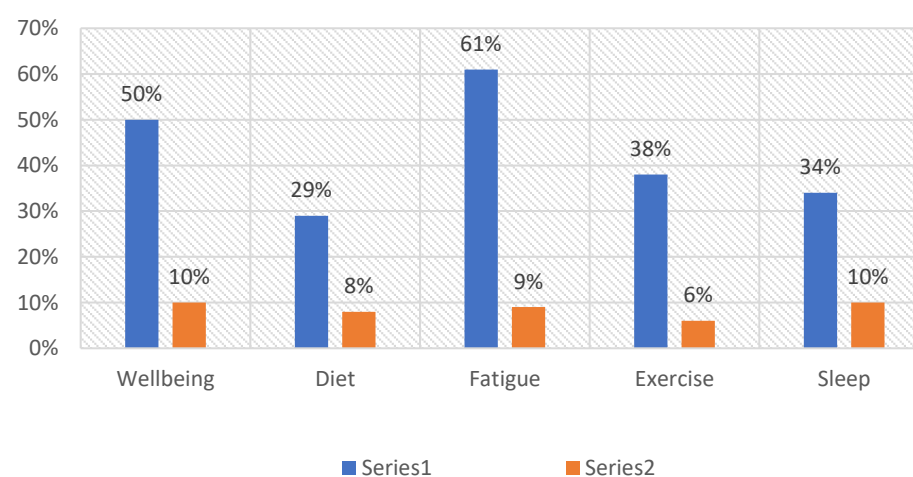
Project Outcomes:

To develop, test and evaluate the P.A.C.T programme within primary care within HDUHB.

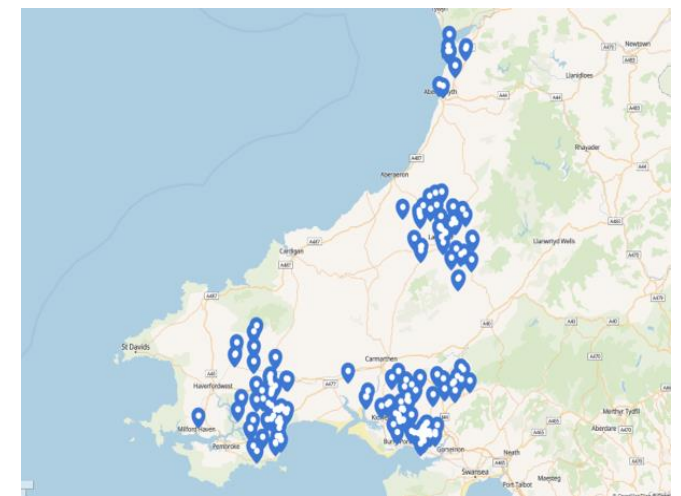
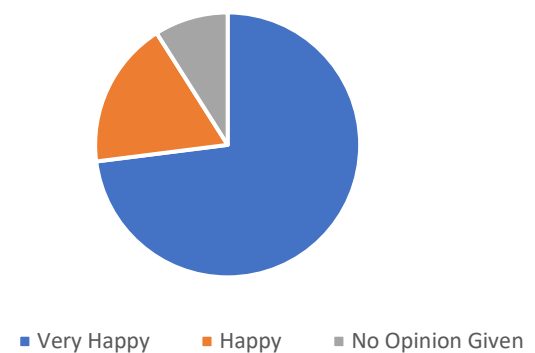
To extend the service and allow individuals in the community to access assessment and support around their health and wellbeing (Primary Care Model for Wales 2021).

Project Impact:

Symptom Management Concern Pre/ Post Intervention %.



Satisfaction with PACT programme.



A total of 401 individuals have engaged with P.A.C.T.

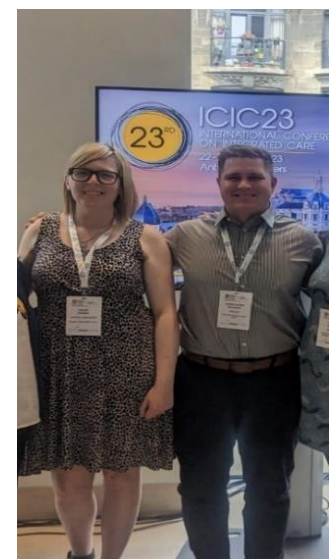
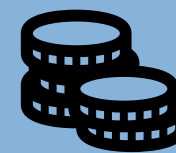
Savings:

2,671 GP contacts.
445 hours of GP time.
£80,100/ yearly.

32 nurse contacts.
500 hours of nursing time.
£11,065.60 saving.

8,810.6 miles saved in travel for patients/ clinicians.

£953,476.28p Social Return on investment.



"I thought I was too old to come to a virtual group at 84, but just shows I'm not too old yet. By having some exercise sessions and been able to manage my fatigue better, I've returned to golf too! Thank you!!"

Key Conclusions:

The P.A.C.T programme has supported **401** prostate cancer patients within HDUHB, demonstrating positive patient experience, improved clinical outcomes, potential cost reductions, increased integration of care between primary and secondary care, and a service that can be scaled and scoped to further tumour sites across Wales.

Next Steps:

- Scale and spread the service for other tumour sites-Urology and Breast.
- To widen partnerships to scale and spread across Wales.