

**WE ARE
MACMILLAN.
CANCER SUPPORT**



INFORMATION FOR HEALTH AND
WELL BEING TEST COMMUNITIES

INTRODUCTION

Welcome to information on the health and wellbeing clinics test sites

It has been estimated that over two million people living in the UK have had a diagnosis of cancer. With an ageing population, the resulting increase in cancer incidence and improved survival means that cancer prevalence has been predicted to grow at over 3% a year. By 2030 there are likely to be over 3 million people in UK living with or beyond their cancer. There is an urgent need to understand the needs of those living with cancer today and to develop models of care which meet their needs. Services need to be designed in a way which will accommodate the increasing numbers of cancer survivors in the future and in a way which is sustainable.

While cancer can be an 'acute illness' which can be cured by initial treatment for some, being cured' does not mean equate necessarily to wellbeing. Chronic consequences of treatment may need to be managed over the following months and years, consequences which often have a devastating impact on daily life. Those with advanced disease need to be supported to have as active and independent a life as possible. Clinics are intended as a means to provide such support

Health and wellbeing Clinics are a Macmillan Cancer Support development and it has come about as part of the survivorship work that has been undertaken in England. This is, however, not just an English initiative as we will be running test communities across the UK.

The vision for the clinic is that everyone who has had a cancer diagnosis and is living with cancer will have access to an innovative Health and Wellbeing Clinic, providing comprehensive and holistic support to enable them to lead as normal a life as possible.

It is envisaged that the clinic will be a one off event/initiative and will give a stepping off point for other forms of follow up care. It will enable the patient and their carers to manage the transition between the treatment phase of their care and survivorship.

Key to the success of these health and wellbeing clinics will be the involvement of a cohort of regular and senior volunteers, providing a holistic range of services such as coordination of the clinic, buddying, information and support, financial advice.

The aim is to enable people who have been diagnosed with cancer to lead as healthy and active a life as possible, for as long as possible. To achieve this, survivors are likely to require integrated care and support from a wide range of services, particularly health and social care services and the voluntary sector, but also from other sources such as employers and education services.

The objectives of the clinics are to:

Test the ideas of an innovative post treatment multi- disciplinary clinic which will be supported by volunteers across all aspects of the service, and are seen as integral to the health and wellbeing clinic function.

Test the Health and Wellbeing clinic for different tumour sites. The tumour sites that we have focussed on are colorectal, lung, breast, prostate, gynaecology and haematology. Other tumour groups and “all cancer” have also been considered and successful in their application.

It is anticipated that the Health and Wellbeing Clinic will offer:

- Expert advice on the best possible personal health care and lifestyle to minimise their risk of recurrence.
- Access to volunteer led support groups and/or buddying services
- Access to reliable information, expert advice, support and care tailored to their particular needs and preferences
- Access to financial benefits and support
- Information on recurrence of cancer or any long-term effects of treatment as appropriate
- Involvement in decision-making to the extent that they wish
- Support to ensure they have the confidence and skills to manage their condition themselves as far as possible, and that supported self management will be available when it is needed.
- The health and wellbeing clinic will also meet the needs of the carers.

A Health and wellbeing clinic will provide the opportunity to inform and educate patients about the clinical and holistic aspects and the ongoing management of their disease. It will also aim to make them aware of the local facilities, supportive care and opportunities that are available to them and their families.

There will also be the opportunity to cover issues specific to the disease type for example colostomy care, prosthetic care, lymphoedema and body image & sexuality (Macmillan have excellent resources on the Learnzone to support this). Importantly survivorship issues that will help in the rehabilitation such as information related to work & welfare benefits, lifestyle & diet and support groups would also be discussed and displays or information stands could also be available.

In affect the Health and Wellbeing Clinic is a multidisciplinary meeting for patients and the chance to interact with other patients and carers, clinicians, clinical nurse specialists, allied health professionals, complementary therapists and the voluntary sector.

We look forward to working with you over the coming year to make our vision a reality

Fay Scullion and Jane Rudge
(Project Managers for Health and Wellbeing Clinics)

Key Milestones for Test Communities over next 12 months

April 2010 – June 2010

- Agree a project plan with local steering group
- First 1/4yrly report submission
- Plan how the health and wellbeing clinic will be tested & implemented
- Agree tools to be used for collection of data
- Agree local arrangements for the evaluation
- Obtain governance approval for the evaluation
- Run initial clinics

July 2010 – September 2010

- Continue testing clinics
- Maintain systems for continuous data collection and monitoring improvement
- Participate in evaluation
- Participate in learning events
- Contribute to interim findings for evaluation and commissioning guidance
- Second 1/4yrly report submission

October 2010 – December 2010

- Revise/continue testing health and wellbeing clinics
- Continue to participate in evaluation
- Third 1/4yrly report submission

January 2011 – March 2011

- Completion of testing of health and wellbeing clinics
- Contribute to final evaluation report
- Participate in final learn and share event
- Final 1/4yrly report submission
- Development of toolkit

USEFUL INFORMATION

KEY DATES

LEARN AND SHARE EVENTS:-

March 23RD 2010:- Mary Ward House

September 14TH 2010:- Venue to be confirmed

March 1ST 2011:- Venue to be confirmed

Useful contacts

Fay Scullion fscullion@macmillan.org.uk 07834 19222

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External Evaluation contact at OPM:-Kate Willcocks KWillcocks@opm.co.uk

EVALUATION AND MONITORING AND REPORTING

MONITORING AND REPORTING

We expect each test to set up a 1/4/yrly steering group with representation from key stakeholders including Macmillan and this will be agreed with the Macmillan Development Manager.

Please see the monitoring and reporting from that we ask you to complete after each steering group.

Reports should be sent back to Jackie Persse at jpersse@macmillan.org.uk

Fay and I will undertake to produce a 1/4/yrly newsletter using this information.

EVALUATION

Please see information from OPM with regard evaluation

