

**National Cancer Survivorship Initiative
Supportive Self Management Workstream
Achievements to November 2009**

Evidence base

- Produced a base line review of evidence for self management support in cancer survivorship
- Produced an evidence review of outcome measures for self management support interventions in cancer survivorship
- Produced a draft commissioning guidance
- Produced a review of follow up and aftercare evidence which updates the Centre for Reviews and Dissemination review of 2007, and expands the review to include current service initiatives and links this to supported self management.
- Ongoing for Dec 09 – a review of evidence for lifestyle change – well being and recurrence after cancer diagnosis for breast/colorectal/ and prostate cancer
- Contributing to the NCSI metrics set – advisory group

Awareness

- Supported self management clearly on the national agenda for cancer survivorship
- Supported self management is one of the ‘ five shifts’ in the NCSI ‘Vision’ document
- Growing awareness of similarities and differences with other long term/chronic conditions as part of national policy.

Interventions

- From the evidence, identified a framework for supported self management
- With Coventry University, developed a tailored self management programme for breast cancer patients – following completion of treatment. (HOPE)
- With CFEP, - tailoring the 'Patient in Partnership' training programme for cancer clinicians.

Testing Interventions

- Commenced work with service improvement test community – NHS Birmingham East and North, to test self management support for breast cancer patients in new aftercare services (locally supported by Anna Lynall – Project Coordinator)
 - HOPE programme for three groups of patients – integrated in to the new aftercare pathway – commenced 10th Nov 09
 - 'Partnership in Care' training programme for 16 cancer clinicians to commence 20th Jan 2010
 - funded one Care Manager for the telephone based care management service
- Identified two further test sites for developing and supporting alternative approaches to cancer follow up and aftercare, based on nurse led supported self management framework.