

Cover page	
Meeting	Trust Board
Paper Title	Patient Story – Living Well with Cancer
Date of meeting	6 th February 2020
Date paper was written	1 st January 2020
Responsible Director	Nigel Lee: Chief Operating Officer
Author	Jessica Greenwood: Lead Cancer Nurse
Executive Summary	
<p>Patient stories encourage the Trust to focus upon the individual in a holistic approach rather than as a clinical condition or outcome. Through listening to a patient share their experience we can gain an understanding of what is important to them and where improvements can be made to improve the experience of future patients accessing services.</p> <p>This patient story is presented as a short extract from the newly launched Living Well with Cancer video. This video is a new and exciting initiative which has been co-designed by cancer patients. The ‘world premiere’ was held on the 16th January 2020 and received fantastic feedback.</p> <p>The development of the Living Well video was led by SaTH and was produced in partnership with Macmillan and also colleagues from other Trusts within the West Midlands (Wolverhampton, Walsall, Dudley and Hereford). This example of collaborative working is the first of its kind and by working together the video has the potential to reach over 100,000 people with cancer.</p> <p>The video provides both patient stories as well as professional advice about the four most commonly highlighted concerns of people affected by cancer. These are nutrition, fatigue, emotional wellbeing and physical activity.</p> <p>The Living Well video is part of the Living With and Beyond Cancer (LWBC) programme which has been funded by Macmillan for three years and is aimed at enabling and empowering patients to live as well as possible during treatment and beyond. The focus is on addressing what matters most to the patient using a person-centred approach and supporting people to safely self-manage.</p>	
Previously considered by	Living Well with Cancer launch event. The LWBC programme reports into Cancer Board.

The Board is asked to:			
<input type="checkbox"/> Approve	<input type="checkbox"/> Receive	<input checked="" type="checkbox"/> Note	<input type="checkbox"/> Take Assurance
To formally receive and discuss a report and approve its recommendations or a particular course of action	To discuss, in depth, noting the implications for the Board or Trust without formally approving it	For the intelligence of the Board without in-depth discussion required	To assure the Board that effective systems of control are in place

Link to CQC domain:

Safe

Effective

Caring

Responsive

Well-led

Link to strategic objective(s)

Select the strategic objective which this paper supports

- PATIENT AND FAMILY Listening to and working with our patients and families to improve healthcare
- SAFEST AND kinDEST Our patients and staff will tell us they feel safe and received kind care
- HEALTHIEST HALF MILLION Working with our partners to promote 'Healthy Choices' for all our communities
- LEADERSHIP Innovative and Inspiration Leadership to deliver our ambitions
- OUR PEOPLE Creating a great place to work

Link to Board Assurance Framework risk(s)

We need real engagement with our community to ensure that patients are at the centre of everything we do (CRR 1186)

Equality Impact Assessment

- Stage 1 only (no negative impact identified)
- Stage 2 recommended (negative impact identified and equality impact assessment attached for Board approval)

Freedom of Information Act (2000) status

- This document is for full publication
- This document includes FOIA exempt information
- This whole document is exempt under the FOIA

Financial assessment

LWBC Programme funded by Macmillan

Main Paper

Situation

This patient story is presented as a short film which features Colin, a cancer survivor. Colin explains what living well with cancer means to him and also how his recovery was aided by swimming, diet and with the arrival of his beloved dog Thor.

Colin's story is one of four films in which people with cancer talk about their advice and tips for living well. These include talking to others, physical activity, taking up a hobby and embracing a new perspective on loving your new body after cancer treatment can help you to live well.

The patient stories are designed to help others and are incredibly powerful.

Background

Living With and Beyond Cancer (LWBC) means enabling and empowering people to live a full a life as possible during treatment and beyond. Nationally there are 2 million people living with and beyond cancer in the UK. Of these approximately 1.6 million people complete therapy so more people are surviving for longer. Due to the population living longer, advances in treatments and a push for earlier diagnosis, this figure is set to climb by 3.2% which means that by 2030 there will be an estimated 4 million people LWBC.

Within our locality, every year approximately 3,570 people in Shropshire, Telford & Wrekin are told they have cancer. This means that it is estimated that 50,000 people living with and beyond cancer in Shropshire Telford and Wrekin. Locally a study by Macmillan revealed that 1 in 3 people living with and beyond cancer experience moderate to severe unmet needs at the end of treatment. Clearly this highlights that further work is needed to improve patient experience and with an increasing amount of people living with cancer in the future it is imperative that these unmet needs are addressed as a priority.

The focus of the LWBC Programme is to concentrate on what matters most to the patient using a person centred approach and supporting people to safely self-manage.

The programme consists of five components which we are leading and supporting staff to implement:

- Holistic Needs Assessment and Care Plan
- Treatment Summaries
- Cancer Care Reviews (by GPs within 6 months of diagnosis)
- Personalised Follow Up
- Living Well Offer- sessions and video

For nearly 5 years SaTH has put on Health & Wellbeing sessions which are aimed at helping support cancer patients to live well. Over the years these have evolved into Living Well Sessions. The sessions are free for people to attend and open to anybody affected by cancer: patient, friends, family, carers or supporters at any stage of their pathway. The events are

held once a month at venues throughout Shropshire, Telford & Wrekin. Each session covers four common concerns: fatigue, emotional wellbeing, physical activity and nutrition. The sessions are informal and interactive enabling participants to learn and share their own experiences, ideas and tips. During the sessions patients are signposted to local services e.g. The Macmillan Cancer Support Centre, Macmillan Welfare Rights & Benefits service, the Lingen Davies Get Active Feel Good Team and many more. Evaluation on the day and at 3 month follow up has been excellent.

Assessment

The Living Well video is due to go live by the end of the month. It will be accessible via the Trust's internet site. It can be accessed via the Cancer Services page on the service directory.

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
Living With and Beyond Cancer Programme – Watch Our Living Well Videos Now


Our Living Well videos are available to help anyone affected by cancer. The videos are packed full of practical tips, information, support and inspiration to help you, your family and friends to live as well as possible with cancer.

By watching different parts of the video you will be able to improve your understanding of fatigue, emotional health and wellbeing, physical activity and nutrition. The videos will help you to safely and confidently self-manage the most common problems caused by cancer and help you to feel more in control during and beyond your treatment.

Everyone going through cancer will be affected in different ways but we also know that people with cancer can provide fantastic support, useful suggestions and information to each other. The video includes four personal stories from local people who have kindly given their time to encourage and help others living with cancer. We hope that their stories will inform and inspire you and help you to get the right help and support for you.

Please scroll down below to view the videos.

 [Introduction and Patient Stories](#)

 [Nutrition](#)

 [Exercise](#)

 [Fatigue](#)

 [Emotional Wellbeing](#)

 [Visualisation](#)

Each section is broken down so users can access the information specific to their needs, at a time when is convenient to them, as often as they require. There is also a short feedback form which users can submit so that we can gain further feedback and assess the impact of this patient initiative. Additional benefits of this web based format are that relatives who are unable to attend appointments can also access the information which might be useful to the person affected by cancer.

Recommendation

Next steps:

Promotion, promotion, promotion! Working with clinical teams and staff to promote the LWBC programme and encourage people to watch the video and attend the Living Well sessions.

We are also developing a patient 'Passport' to support cancer patients from diagnosis to living well. This is currently in the design phase and has had patient input in the development stage.

The Board is asked to note the work undertaken and to promote these fantastic initiatives at appropriate opportunities.