A plan for health and wellbeing after cancer

Paula Howell
Acknowledgements & thanks

Rosie Brown, Katherine Lane and CCV HELPLINE nurses

Elizabeth Foster

Rosie Hoyt

Delwyn Morgan

Peter Shuttleworth

Emma Sayers

Professor Patsy Yates and Kate Hunt

Ms Karen Barclay, Prudence Poon and Michael Cooney
Why supported self-management?

- Increasing prevalence
- Resources
- Consumer empowerment
- Unmet needs
- Varied readiness
- Specificity
- Evidence
- Abandonment
- Late effects

Supported self-mgt
Evidence

Motivational interviewing
Survivor-generated goals
Targeting self-efficacy

Cancer as teachable moment
Information provision changes behaviour
Aims and measures: survivors

Aim: Resource cancer survivors to more independently manage their post-treatment health and wellbeing.
Intervention

My health and wellbeing plan
- Short treatment summary and follow-up plan
- Signs of recurrence/what to report
- Supportive care screening
- Wellbeing goal setting

1 month f/up CCV
4 month f/up CCV
8 month f/up CCV
Outcomes and lessons

- Identify, capture & recruit
- Target
- Time
- Deliver
- Follow-up
- Link
Recruitment

Total recruits: 64

- Completed project: 50
- Completed post-evaluation interviews: 43
- Withdrew: 14
Outcomes and lessons

- Identify, capture & recruit
- Target
- Time
- Deliver
- Follow-up
- Link
## Findings

<table>
<thead>
<tr>
<th>Common themes for wellbeing goals (in order)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holiday planning</td>
</tr>
<tr>
<td>Exercise (&gt; ½ moderate/high intensity exercise goals)</td>
</tr>
<tr>
<td>Diet</td>
</tr>
<tr>
<td>Managing challenging emotions including FoR and depressive symptoms</td>
</tr>
<tr>
<td>Managing a difficult relationship</td>
</tr>
<tr>
<td>Return to work</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Significant changes</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>heiQ domains</td>
<td>0.010</td>
</tr>
<tr>
<td>Positive and active engagement in life</td>
<td></td>
</tr>
<tr>
<td>Emotional wellbeing</td>
<td>0.020</td>
</tr>
<tr>
<td>HeLMS domain</td>
<td>0.006</td>
</tr>
<tr>
<td>Patient attitudes towards their health</td>
<td></td>
</tr>
</tbody>
</table>
Findings

- 69.8% received information about cancer/treatments impact/recurrence risk
- 86% impacted their ability to manage their health
- 88.4% developed goals or strategies
- 86% developing goals and strategies helped them return to activities /new activities
- 79.1% developed new knowledge, skills or strengths
Outcomes and lessons

- Identify, capture & recruit
- Target
- Time
- Deliver
- Follow-up
- Link
## Follow-up intervention feedback

<table>
<thead>
<tr>
<th>N=43</th>
<th>Agree/ strongly agree</th>
<th>Neither agree/disagree</th>
<th>Disagree/strongly disagree</th>
<th>No data</th>
</tr>
</thead>
<tbody>
<tr>
<td>The HELPLINE calls were useful to me</td>
<td>81%</td>
<td>14%</td>
<td>-</td>
<td>5%</td>
</tr>
<tr>
<td>The HELPLINE calls helped keep me motivated to work on my wellbeing</td>
<td>70%</td>
<td>12%</td>
<td>12%</td>
<td>7%</td>
</tr>
</tbody>
</table>

“*Well I guess that one of the major things that was...brought to my attention was that...I was a little bit depressed which had not been picked up...and so I was able to see someone about that...also I had a business and sort of lost motivation and she [the HELPLINE nurse] was very helpful in that regard*”
Outcomes and lessons

1. Identify, capture & recruit
2. Target
3. Time
4. Deliver
5. Follow-up
6. Link
Opportunities

- Radiotherapy
- Haematology
- Specialist nurses
- Medical specialists
- Develop referral indicators
- Shared care

Identify, capture and screen

Link with community services

Build capacity in community services

- Community health services
- CRC and rehab services
- Cancer non-government organisations

- Education
- Address perceptions about cancer
- Improve linkages
- Info resources/Apps