



Bath Centre for Fatigue Services

The Macmillan Step Up Service

NHS England Rehabilitation Conference 2015
Workshop 5: Living with and beyond cancer

Anne Johnson and Nikie Catchpool

Clinical Leads and Macmillan Consultant Occupational Therapists
Royal National Hospital for Rheumatic Diseases
Upper Borough Walls, Bath, BA1 1RL

Royal United Hospitals Bath 
NHS Foundation Trust

Case Study: Cancer related fatigue

**WE ARE
MACMILLAN.**
CANCER SUPPORT

Royal National Hospital for Rheumatic Diseases
www.rnhrd.nhs.uk

Royal United Hospitals Bath 
NHS Foundation Trust

Case Study

Macmillan Step Up Service: Context

Bath Centre for Fatigue Services

Context

In 2011 the Bath Centre for Fatigue Services began receiving referrals for people living with cancer related fatigue (CRF).

- Avon, Somerset and Wiltshire Cancer Services Annual Report 2009 - 2010 population: 1,893,078, est. no. of 16+ new incidences of cancer = 6,962.
- Proposed service for CRF based at RNHRD, Bath, with outreach programmes to improve access.
- Model proven for the existing CFS service and geographically Bath is well placed to serve the ASW region.



Case Study

Context continued

Noticing need and identifying drivers for change

- 3 team members experience cancer & feel 'dropped' by acute services on completion of active treatments & gaps in provision identified.
- GP's faith in good reputation of existing fatigue service leads to 'new' referral type.
- The Operating Framework for the NHS in England 2011-12, through the subsequent *Improving Outcomes Strategy for Cancer*, set out a clear ambition for both improving survival rates & improving quality of life & the patient experience outcomes for cancer survivors.
- 9 out of 10 people with cancer, experience fatigue & it affects everyone differently (mild to severe), Macmillan Cancer Support (2013).



MIND THE GAP

Case Study

Action

Clinical Leads formulate ideas: Q. Research v Action first?

Networking with key people = partnership with Macmillan Cancer Support, service users & others.

**** ACTION Requested ASAP ****

- Recognition of the transferability of LTC management skills to cancer rehabilitation population, flexibility of provision: broad range of professionals, knowledge & skills, diverse (includes: physical, MH, complex neuro & TBI, MSK, pain, plus more).
- Provision of tailored, supported self management in all aspects of life including work & VR, jointly agreed treatment plans, stratified provision, in locations of choice.
- Recognition & support secured from service users, executive & Macmillan. Effective steering group established.
- Evidenced & outcomes based provision enables end to end commissioning & speaks to local JSNA.
- Integrated provision “*informal*”.
- Our vision: “**Services Without Walls**”: pathway working with colleagues in all sectors (joins up specialist and generalist provision).
- Access to self referral & materials ours & others.

Case Study

Impact

The Step Up Service

Providing evidence based services for people living with and beyond cancer.

- Fatigue and life style management group programmes delivered = 15, 16th planned for June 2015.
- End of treatment days in acute sector reaching approximately = 700 patients informed of provision.
- Referrals to date = 216
- Preliminary data scrutiny = Fatigue levels reduced following input.
- 90% of group participants completing feedback had expectations of programme met & felt treatments were delivered in a *'patient friendly manner'* (n = 96).
- Positively influencing local commissioning decisions for 2015/16.
- People enabled to maintain work roles following input (data currently being analysed).
- Promotional successes: Macmillan Professionals Conference, 2013, NHS England Outcomes Webinar, 2014, Kings Fund Conference, 2015, NHS England Conference 2015.
- Abstract submissions to other conferences: European Occupational Science Conference, 2015.
- Raising of awareness nationally and internationally of the importance of cancer rehabilitation.

Case Study

Challenges

Include

- Commissioning priorities.
- Lack of awareness re cancer as a long term condition.
- Boundaries between organisations.
- Doing things the same as always.
- Competing for monies in austere times.



Case Study

Top Tips

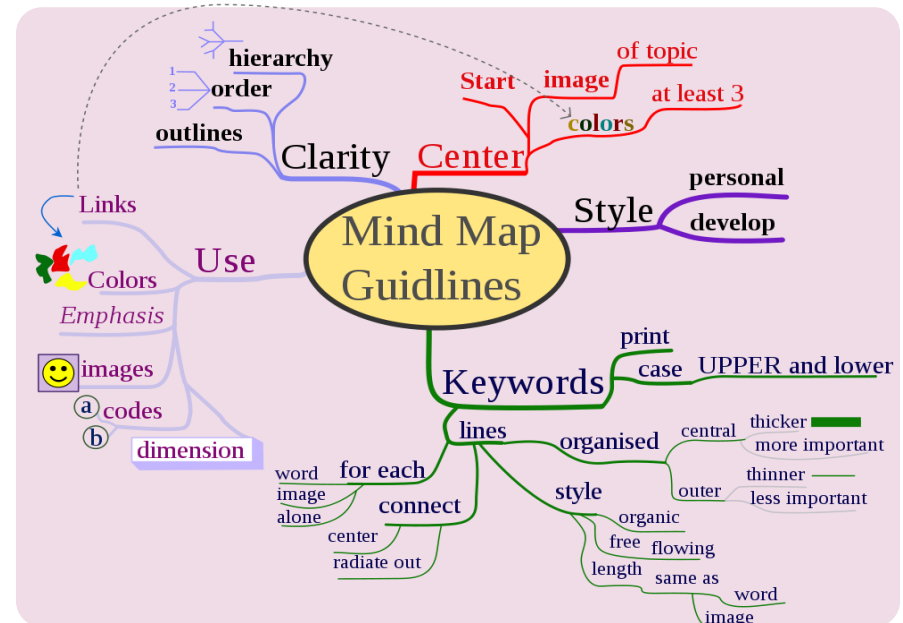
Developing services for people living with and beyond cancer

- **Have confidence, guts and push boundaries.**
- You do not need to be a cancer expert.
- Identify what skills you have & use em!
- You need to interface across & with other organisations to ensure gaps in the patient journey are filled appropriately.
- Develop true partnership working with patients.
- Work with other like minded practitioners.
- Map your service onto the Outcomes Frameworks: its easier than you think.
- Consider JSNA priorities & engage commissioners ASAP.
- Enjoy improving the services on offer.

How you might consider developing a rehabilitation service

Complete a mind map and identify what you already have and might need

- What does your service already offer.
- What could your service offer.
- Skill mix of team - anything missing.
- Existing local/regional/national clinical pathway provision.
- Will you fill a gap or start something new.
- Will you scale up something that exists elsewhere for your patient population.
- What is the appropriate evidence base.
- Identify key partners/stakeholders & how you will involve them.
- Any additional sources of funding required or simply redesign existing.
- Location : primary, secondary, tertiary, other.



Case Study

References

Website www.rnhrd.nhs.uk/174

Department of Health (2010) *The Operating Framework for the NHS in England 2011/12*. London: Author.

Department of Health (2011) *Improving Outcomes: A Strategy for Cancer*. London: Author.

Macmillan Cancer Support (2013) *What is fatigue?* [online]. Available from: <http://www.macmillan.org.uk/information-and-support/coping/side-effects-and-symptoms/tiredness/tips-manage-symptoms-fatigue.html> [Accessed 30 March 2015]

National Institute for Health Research (2010) *Avon, Somerset & Wiltshire Cancer Network Annual Report 1 April 2009 – 31 March 2010*. London: Author.

Bath Centre for Fatigue Services

Nikie Catchpool

MA, Dip COT, OTR, PgC, HCPC Registered
Clinical Lead/Consultant Occupational Therapist & Macmillan Professional

Bath Centre for Fatigue Services

Royal National Hospital for Rheumatic Diseases
Upper Borough Walls
Bath BA1 1RL + (0) 1225 473456
Email: Nicola.Catchpool@nhs.net

PA Gill Cook 01225 473456 Gillian.Cook5@nhs.net

Anne Johnson

MA, RNMH, FETC, Dip COT, HCPC Registered
Clinical Lead/Consultant Occupational Therapist & Macmillan Professional

Bath Centre for Fatigue Services

Royal National Hospital for Rheumatic Diseases
Upper Borough Walls
Bath BA1 1RL + (0) 1225 473456
Email: Anne.Johnson19@nhs.net

Senior Lecturer

Faculty of Health & Life Sciences, University of the West of England, Glenside Campus, Bristol, BS16 1DD. + (0) 1173 288202

Email: Anne2.Johnson@uwe.ac.uk