

Health and Wellbeing Clinics

A new way to deliver care

Jane Billing
Lead Urology CNS

- Recommendation - NCSI (Recovery Package 2011) & Cancer Taskforce 2015
- Responding to patient feedback – information earlier in the pathway
- Analysis of data
 - Low Attendance at Generic HWBC
 - eHNA Top Ten Concerns
 - Patient Survey

Top 10 Concerns?

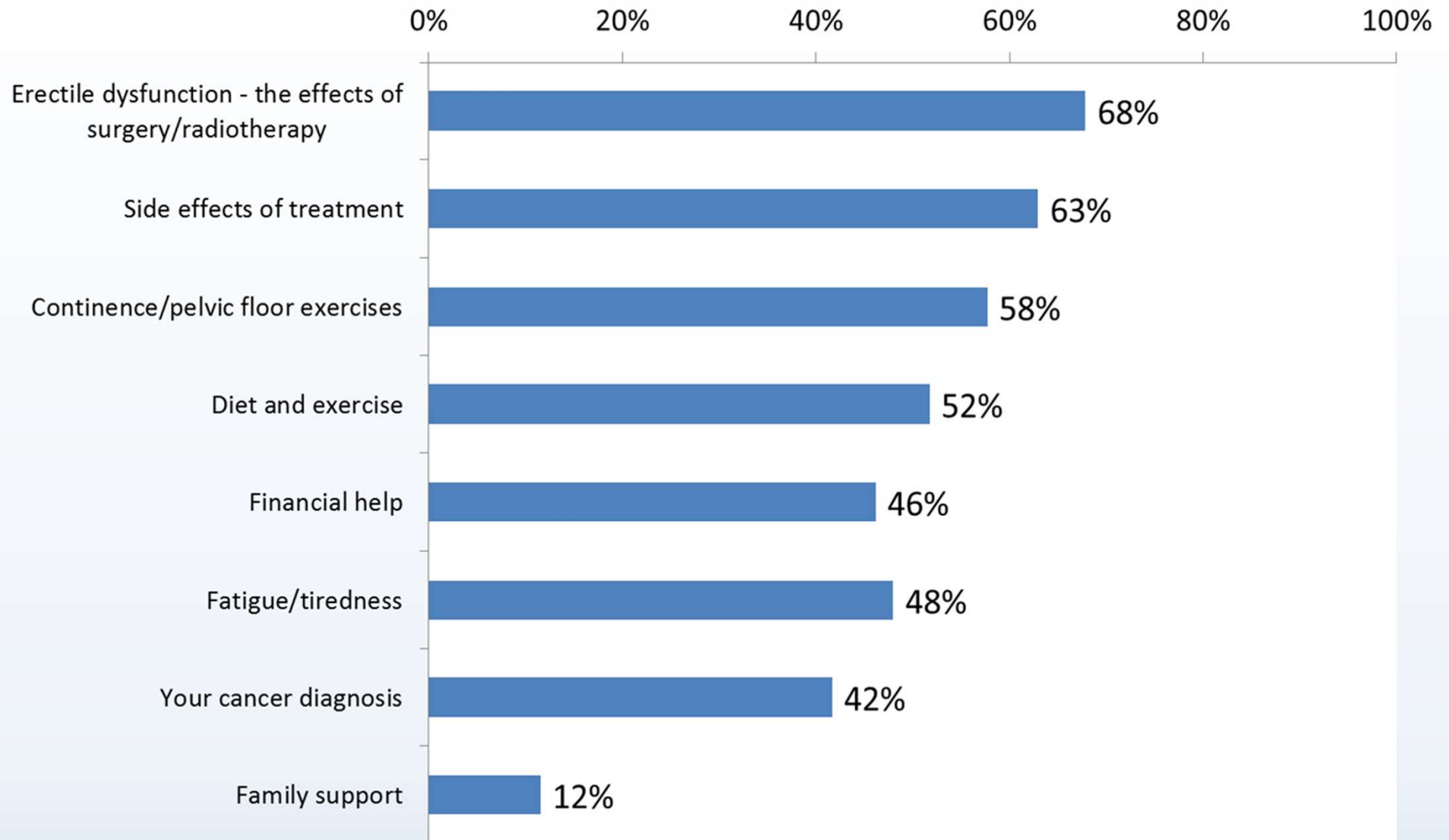
National – All Cancers

1	Worry, fear or anxiety
2	Tiredness / exhaustion or fatigue
3	Sleep problems / nightmares
4	Pain
5	Eating or appetite
6	Anger or frustration
7	Getting around (walking)
8	Hot flushes / sweating
9	Memory or concentration
10	Sore or dry mouth

Urology Cancer Patients RD&E

1	Tiredness / exhaustion or fatigue
2	Poor Sleep
3	Sexual functioning
4	Partner
5	Fears and Worries
6	Bowel changes
7	Urination changes
8	Getting around (walking)
9	Loss of interest in usual activity
10	Breathing Difficulties

Please let us know which topics you would have liked more information on.



- Presentation and breakout sessions

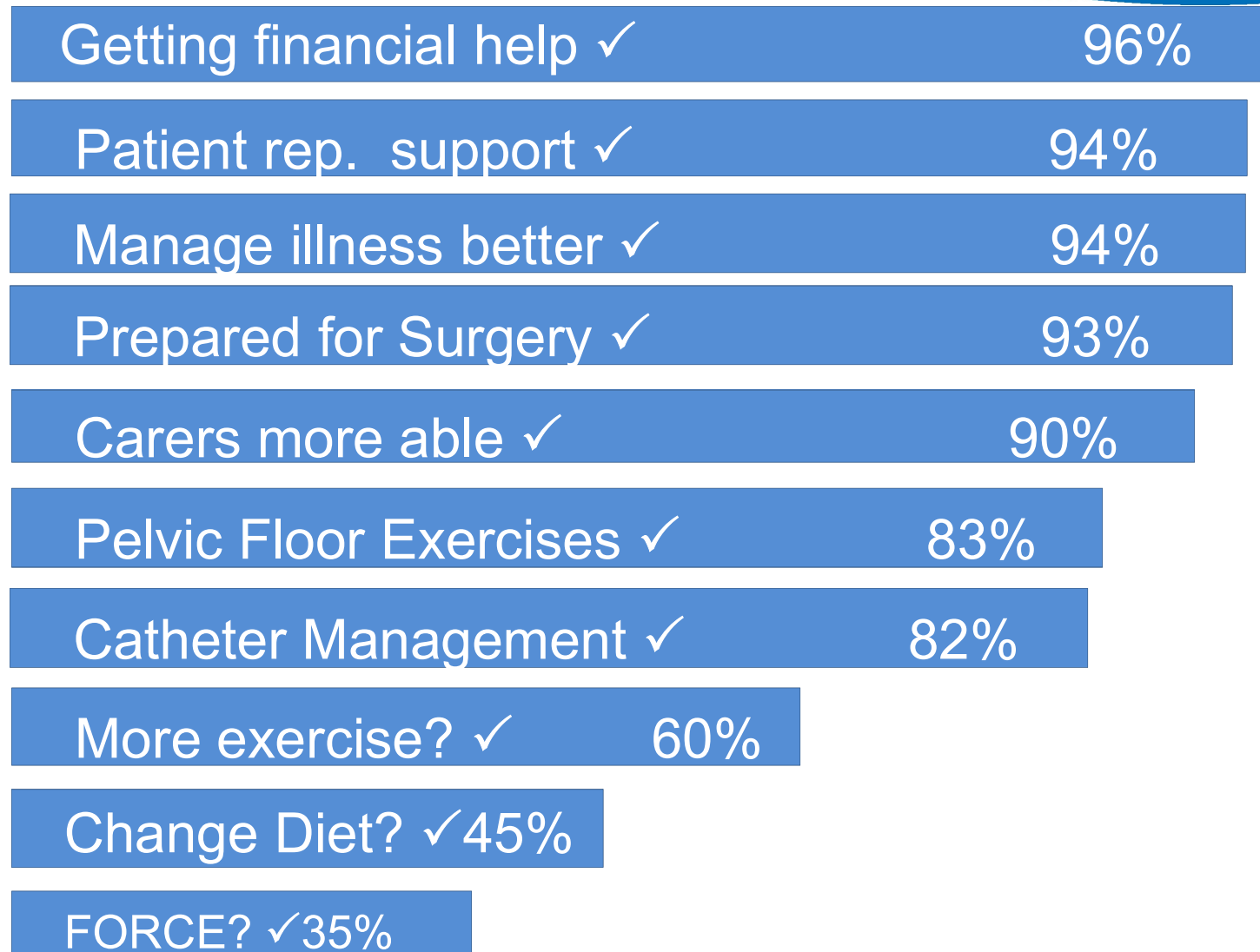
■ Lifestyle Choices	■ Emotional Impact
■ Bladder and Bowel Care	■ Psychosexual Discussion
■ Erectile Dysfunction	■ Pre & Post operative care
■ Finance & eHNA	■ Patient Representative

- Signpost to support services for long term recovery
- Educate and prepare patient for supported self-management

Challenges

- Engagement of MDT
 - Referral needed to be consistent
 - Referring centres
- Consistency of Information
 - Managing a team of multiple facilitators
- Resources
- Avoiding Additional Travel
 - Linking to Pre-op assessment appointments

Patient Experience



- Site specific clinic – high/intermediate risk superficial bladder cancer patients.
- DVD and one to one with CNS for Cystectomy patients.
- DVD – for low risk superficial bladder cancer patients.

- A C T (after cancer treatment) clinics – current pilot study running for prostate cancer patients including hormone and radiotherapy patients. More practical advice. Physio and dietician initiative with CNS support. Potential to roll out to other patients.

In Summary

Re-design

Empowered

Activated

Confidence

Health