

Meeting	Peninsula Cancer Alliance Board 8 th July 2021
Title	A Peninsula wide shared health information and advice pathway for cancer patients
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Agenda Item	8.3
<p>Summary</p> <p>Currently access to health information and advice is unequal access across the region. This programme aims to provide a sustainable solution to the issue of providing healthy lifestyle support to patients at different intervention points within their cancer journey including support through diagnosis, pre-habilitation, and rehabilitation.</p> <p>PCA are supporting a pilot for a shared health information and advice pathway for cancer patients. This is designed to create a link between GPs, and secondary care (Cancer Services and Macmillan Centres) by delivering cancer and exercise rehabilitation so that each PCN has a trained cancer support worker who can design, agree, and adapt a physical activity program to aide cancer rehabilitation. The programme will then signpost patients to a newly created register of 'cancer aware' exercise and activity providers. To be listed on the register, providers will need to have completed a local cancer awareness course.</p> <p>The pilot will run for 6 months initially and cost £2k. If the proof of concept is successful this will be rolled out at pace across Devon target PCNs (and then all PCNs) and will present a sustainable solution to the provision of healthy lifestyles advice for all those on a 2ww / LWBC, utilising existing resources.</p>	
<p>Recommendation</p> <p>The Board are asked to support the proposed approach.</p>	

**Peninsula Cancer Alliance
Personalised Care Programme Update
A Peninsula wide shared health information and advice pathway for cancer patients
01/07/2021**

1.0 Programme ambition

The ambition of this programme is to provide a sustainable solution to the issue of providing healthy lifestyle support to patients at different intervention points within their cancer journey including support through diagnosis, pre-habilitation, and rehabilitation. Currently access to health information and advice is unequal access across the region.

In response, PCA are supporting a pilot for a shared health information and advice pathway for cancer patients. This is designed to create a linkage between GPs, and secondary care (Cancer Services and Macmillan Centres) and deliver a register of 'cancer aware' exercise and activity providers who have undertaken a bespoke training programme.

This will be achieved by training physical activity trainers in PCNs (usually social prescribers but may be lead cancer nurse at PCN) to a level 4 cancer trainer. The level 4 qualification in cancer and exercise rehabilitation will teach students to design, agree, and adapt a physical activity program to aide cancer rehabilitation for patients living with cancer. Training will be funded by the cancer alliance. In addition PCA will provide training to local authorities and their partner organisations / commissioned providers of healthy lifestyle information and support.

2.0 Pathway and interventions

2.1 Diagnosis and Prehabilitation

These patients will be newly diagnosed. This service is currently offered via Macmillan Information Support Centres with input from nurses, physio, dieticians and psychologist. This is a gold standard service but only reaches some of the patients diagnosed with cancer. The alliance seeks to train up practice nurses (PN) in cancer, through completion of the Cornwall Macmillan cancer course for primary care, as these staff already have transferrable skills re lifestyle advice from managing other long term condition's. The practice would then invite patients in for a one to one discussion with the Macmillan trained PN. This will improve reach beyond the self-motivated patients but also those who are reluctant to engage (especially in a group setting) .This appointment will act as a baseline for the patient, with areas of prehab to be discussed: healthy weight, diet, physical activity, what to expect regarding treatment, introduction of sunrise App, the Macmillan centre, and emotional wellbeing. Patients with complex needs/issues will be identified and extra support provided through the Macmillan Cancer Centres.

2.2 Rehabilitation

Following secondary care interventions and with continued input from the CNS, patients will then have follow up by either the GP or PN within the 6 month QOF time frame. A follow up appointment would be arranged at the end of treatment to discuss ongoing support and a six week rehabilitation programme with a level 4 trainer. This would complement what is provided at the Macmillan cancer centres, and not replace it. Instead this pathway offers choice and reengages patients back into mainstream exercise.

Patients would be followed up in primary care annually or as required alongside other LTC's. Some patients will remain under follow up at the Hospital. Some patients will not require annual follow up beyond the first couple of years.

3.0 Next Steps

The programme will be piloted initially with the 4 target PCNs in Cornwall. Judy Clapp, Macmillan Cancer Nurse lead will oversee this programme. Following this proof of concept, if successful, the programme will be rolled out to the 5 target Devon PCNs and then more widely.

Conversations have taken place with the healthy lifestyle teams who are supportive of the proposal and whilst the proof of concept is undertaken, training will commence for activity providers to create a register of cancer aware activity groups that will be published on the healthy lifestyle local authority pages as well as MySunrise.