





The importance of personalised follow up care

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@Lesleylesleys
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#LivingWithAndBeyondCancer
#PersonalisedCare

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Disclosure: Trustee (unpaid) of the Pelvic Radiation Disease Association
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Personalised, stratified follow up benefits patients, carers and the NHS

<https://www.england.nhs.uk/wp-content/uploads/2018/04/stratified-pathways-update.pdf>

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With personalised stratified follow up, patients:

- have their needs met in a timely manner
- are better informed about their disease, treatment and any longer term effects
- are supported to take back control of their lives as soon as they are able

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Long Term Plan – Personalised Care

“People will get more control over their own health, and more personalised care when they need it.”

“...roll out the NHS Personalised Care model reaching 2.5 million people by 2023/24”

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Long Term Plan - Outpatients



“the traditional model of outpatients is outdated and unsustainable”

Avoid outpatient visits

- Save patients time & inconvenience
- Free up medical and nursing time
- Prevent the ongoing growth in outpatients so that investment can be made elsewhere
- Greater use of digital

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Living With & Beyond Cancer Long Term Plan – at a glance



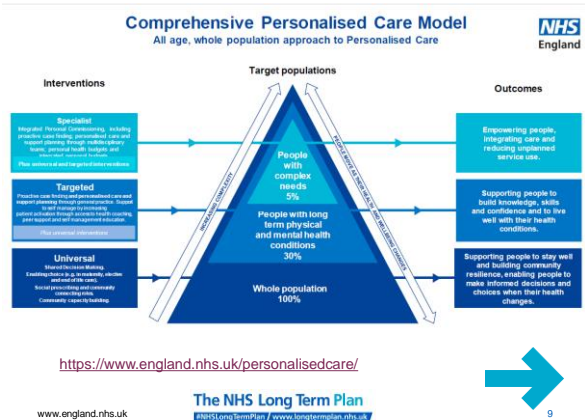
- Deliver personalised care for all patients in line with the NHS Comprehensive Model for Personalised Care (2021)
- Transform follow up care (2023)
- All patients will have access to the right expertise and support
- Empower patients to manage their care and the impact of their cancer and treatment
- Maximise use of digital and community based support
- Quality of Life metric



The NHS Long Term Plan
<https://www.longtermplan.nhs.uk>

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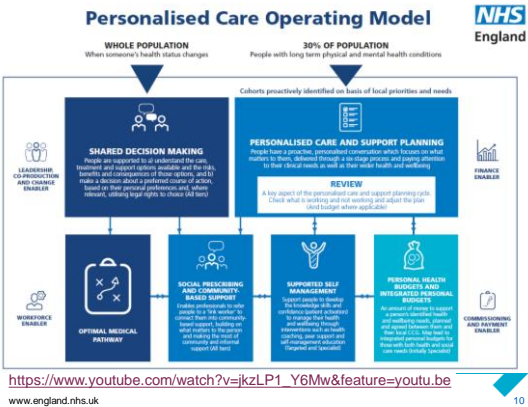
<https://www.england.nhs.uk/personalisedcare/>

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https://www.youtube.com/watch?v=jkzLP1_Y6Mw&feature=youtu.be

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How the Personalised Care Interventions for cancer patients fit in with the 6 components of the NHS England Comprehensive Model of Personalised Care



<https://www.england.nhs.uk/personalisedcare/>

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Patient Activation



Patient activation describes the **knowledge, skills and confidence** a person has in managing their own health and care.

When people are supported to become more activated, they benefit from:

- better health outcomes
- improved experiences of care
- fewer unplanned care admissions.

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Patient Activation Measure



PAM – a commercially licenced tool

Gives healthcare professionals a starting point to meet the patients ‘where they are’, helping them to:

- tailor their approaches to individuals appropriately
- assess a person’s ability to take on self-management health tasks.

<https://www.england.nhs.uk/personalisedcare/self-care/patient-activation/pa-faqs/>

www.england.nhs.uk

The NHS Long Term Plan
<https://www.longtermplan.nhs.uk/>

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Quality of life metric



- Will provide evidence on where and how services should improve
- Using the questionnaires will empower individuals
- Roll out from 2020



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Quality of life after prostate cancer treatment



Adverse effects of treatment

- Sexual
- Bladder
- Bowel
- Hot flushes
- Gynaecomastia
- Lymphoedema
- Fatigue
- Osteoporosis
- Weight gain
- Heart health
- Psychosocial

<https://www.nice.org.uk/guidance/ng131/chapter/Recommendations>

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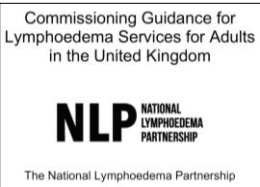
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Management of Consequences of Treatment



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Management of Consequences of Treatment



https://www.lymphoedema.org/images/pdf/NLP_Commissioning_Guidance_March_2019.pdf

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The psychological impact of cancer: commissioning recommendations, pathway and service specifications on psychosocial support for adults affected by cancer

<https://www.healthylondon.org/wp-content/uploads/2018/05/Psychological-support-for-people-affected-by-cancer-May-2018.pdf>

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Thank you!

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