

Supporting Self Management

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1

Aims and Objectives

- To distinguish the difference behind Remote Monitoring and Supported Self-Management
- To gain an understanding of the principles of the True NTH Supported Self-Management Workshop
- Primary Care Pathway



2

Why Change?



3

Why Change?

- 330,000 men living with a diagnosis of prostate cancer in UK
- Survival rates improving
- 90% of men with stage 1 or 2 live 5 years or more
- Prostate Cancer is a long term condition
- Many men report unmet needs despite regular clinic follow up
- National Patient Experience Survey:
 - 40% of pts reported they were not offered practical advice about managing the side effects of treatment
 - 4 out of 10 men felt abandoned after treatment had finished



4

Remote Monitoring or Supported Self-Management?



5

Hazels slide



6

True NTH Supported Self-Management Workshop



7

Development of Workshops



- Self-management programmes in Diabetes
- Self-management interventions to men with prostate cancer in a group setting
- Format, duration, size, content and delivery style

- 70 – 80% of people with long term conditions can learn to be active participants in their own care.
- Workshops aim to give the men the knowledge, skills and confidence to 'self-manage' their prostate cancer
- 6 pilot workshops
- Facilitator training



8

Introduction to workshop

- Should be at the earliest opportunity
- Can be as early as 6 weeks post treatment
- Support worker enrolls man onto programme
- 4 hours – one off
- Ideally attends prior to next PSA – within 12 weeks of being on SSM



9

Support Worker

- Roles and responsibilities
 - Screening clinics
 - Introduction to pathway
 - Enrolling men onto system
 - Preparation for workshops
 - Co-facilitation of Workshop
 - First point of contact
 - Phone calls/messages
 - HNAs and Care planning
- Band 4
- Confidant with good communication skills
- Good organisational skills
- Should sit with the Uro-oncology CNS team
- Management of PSA Tracker



10

Workshop delivery

- Facilitated by CNS and SW
- Facilitators Manual
- Patient Handbook
- 8-12 men per workshop
- Range of adult learning techniques
 - Open discussions
 - Pairs work
 - Team work
 - Film
 - Quiz
- On/off hospital site
- Treatment type



11

Workshop contents

- What is SSM?
- PSA and tracking
- Health MOTs
- Symptom management
- Coping with physical and emotional effects of prostate cancer
- Healthy Lifestyles
- Moving forward and making plans
- How to contact clinical team
- IT portal demo
- Keeping in contact



12



13



14

Experience

- Gives men the opportunity to met others and share experiences
 - Gauge where they are compared to others
 - Normalised symptoms
- Mixed treatment experience gave wider views and add quality
- Felt that partners should not be invited to workshop
- New skills for clinical team
- New ways of working
 - Non didactic
 - Releases clinic capacity
 - Reduces number of calls
 - Fun
- ? Length of time for workshop



15

Top Tips

- Introduce the pathway at earliest opportunity
- Workshop is a 'normal' part of pathway
- 8 -12 men per session
- Develop your Support Worker
- Use the True NTH materials
- Personalised Care in Cancer embedded in the programme
- <https://www.youtube.com/watch?v=ub8poGSQ44&list=P LA685990AF1F67334>



16

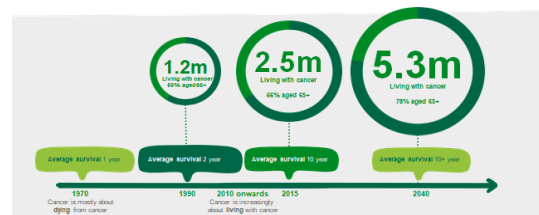
Supporting self management: What role does Primary Care play?



17

Survival

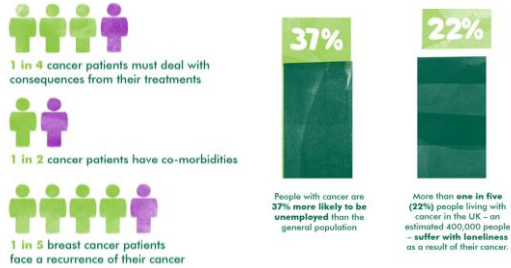
The changing story of cancer



Macmillan cancer support 2018

18

Not everyone is living well



19

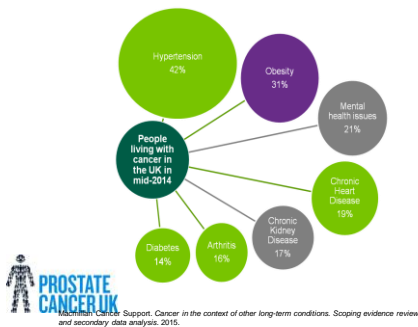
Cancer as a long term condition

- Impact on patient, family, carers and friends
- Primary care involvement
- Safety netting
- Financial
- Psychological
- Physical effects
- Social aspects



20

Cancer increasingly co-exists with other conditions



21

Long Term side effects

- Lymphoedema
- Osteoporosis
- Infertility/ early menopause
- Impotence
- Heart health
- Lung health
- Fatigue
- Depression



22

The Majority of concerns are not clinical

Will I be able to continue to work?

How will I cope financially?

Will this affect my relationship?

How can I help my recovery?

What can I eat?

What are the signs off recurrence?

Who do I contact if I am concerned?

How do I cope with fatigue?



23

Primary care

- Holistic care
- Treat prostate cancer patient alongside other co-morbidities that patient may have
- Sign post to other agencies and support
- Time management for patient
- Education
- Increased use of IT solutions
- Cancer care reviews



24

Education

PATIENT

- Confidence in recognising late effects, recurrence, and other issues
- Take control of having PSA test
- Ensure they know how to access on line notes/information about tests



HCP

- Knowing when to refer back to secondary care
- Knowledge of late effects, recurrence
- Safety netting

Table header			
Table contents			

