

Living with Secondary Breast Cancer

Health and Wellbeing days for patients living with active disease

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Background

- Average survival for patients with SBC - 3 years
- Living with physical burden of active disease
- Living with psychological burden of life limiting diagnosis
- Services focus on diagnosis and end of life
- Potential for unmet need, due to lack of data

Aim

To offer Christie patients with SBC and their significant others across Manchester the opportunity to attend a health and wellbeing event about “Living with Secondary Breast Cancer”

Objectives

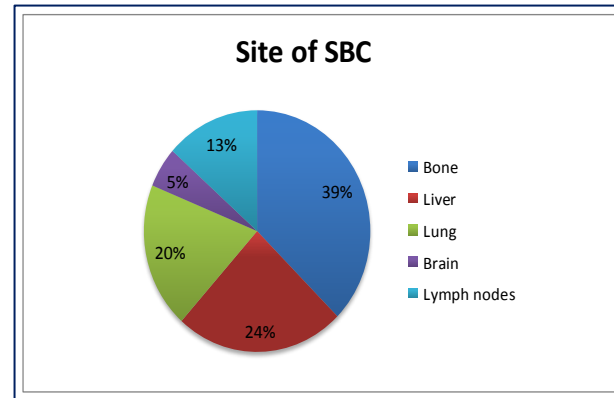
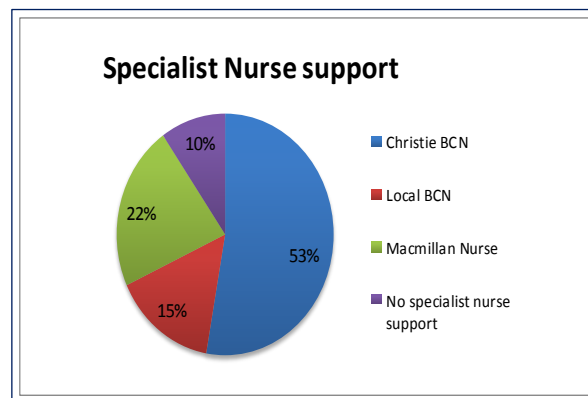
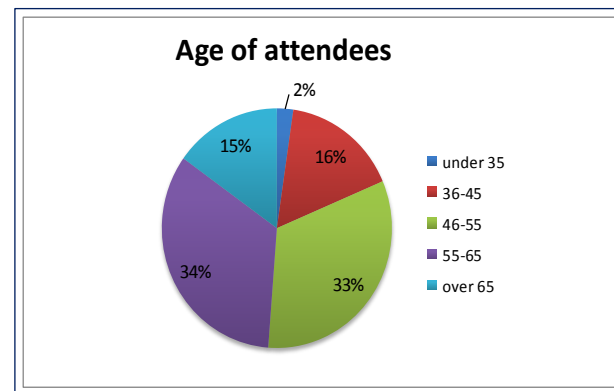
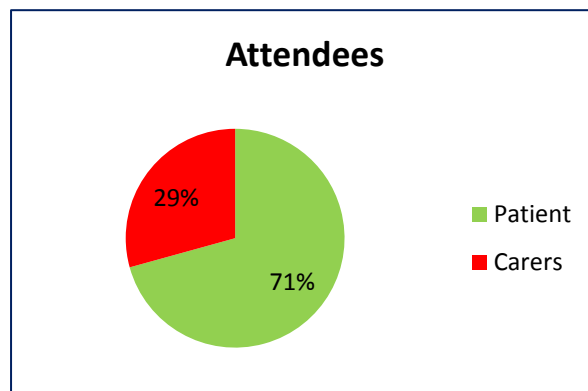
- To increase awareness of common symptoms and available services
- To increase confidence in achieving a good quality of life
- To offer support from professionals and other patients about living with uncertainty and living well with SBC
- To reduce isolation

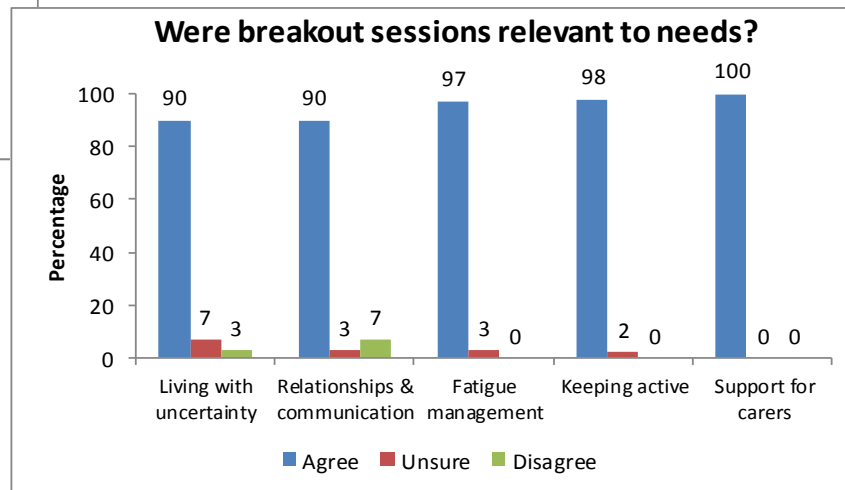
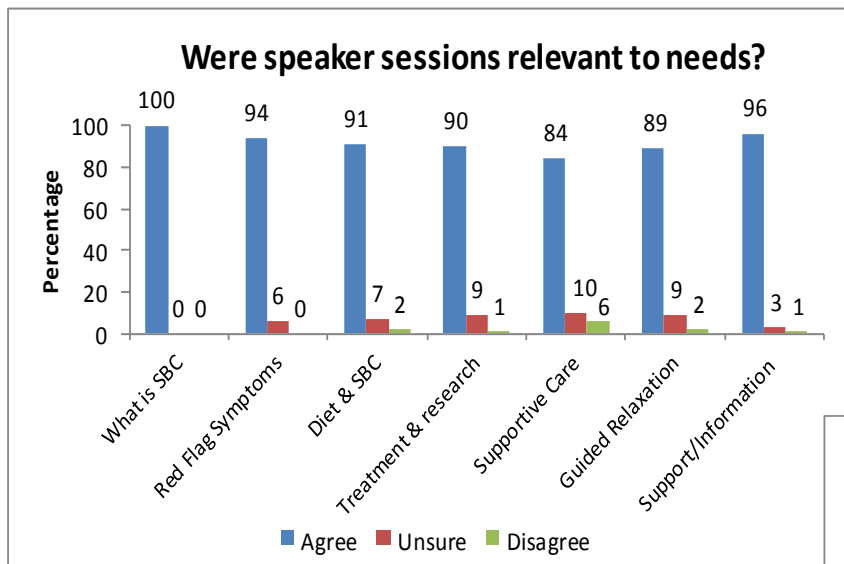
Method

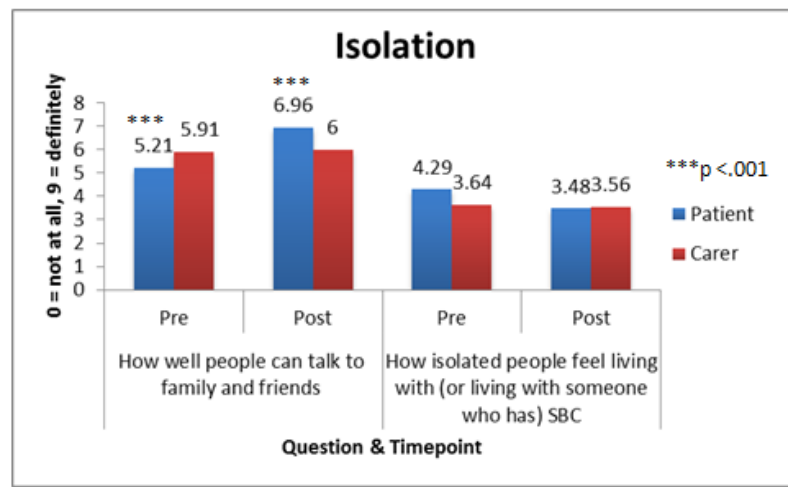
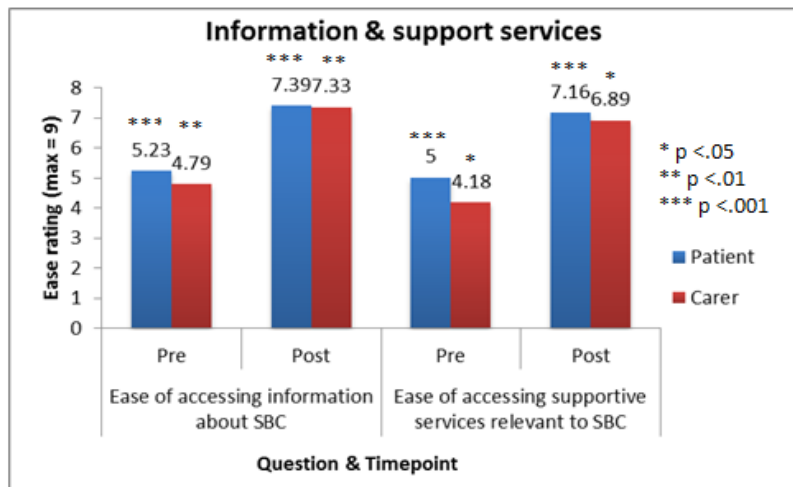
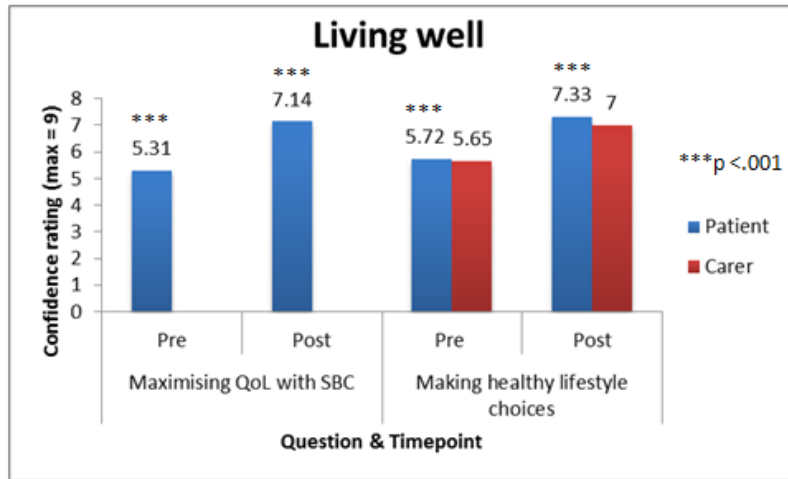
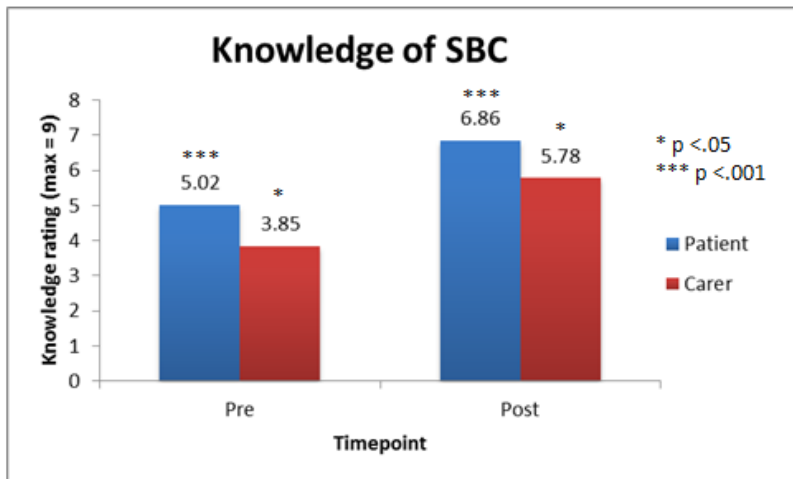
- 3 events delivered in 2015-16
- The Christie Secondary Breast Cancer Patient Focus Group asked to help plan programme
- Programme included speaker sessions in the morning, information stalls at lunchtime and breakout sessions in the afternoon
- Patients invited via out patient clinics and events also advertised via local BCN's, chemotherapy units, Macmillan information centres and social media
- Expert speakers and facilitators invited
- On the day and pre and post event questionnaires evaluating impact

Results

Bolton	3
Bury	3
Leighton	12
Manchester	5
Oldham	6
Rochdale	2
Salford	4
Stockport	13
Tameside	3
Trafford	21
Wigan	5
Other	11







All results except those measuring isolation were statistically significant

“I felt so much more knowledgeable after the event and less anxious.”

“Fact and myth busting was very useful. Great to get access to experts.”

“Excellent support and knowledge, meeting others, knowing it’s not just me.”

“...it empowered me to take more control of my health and treatments and to ask more questions.”

“Excellent but too fast! Need two days!”

“Meeting more people in the same situation of talking openly about SBC – priceless!!”

Recommendations

- Continue to provide health and wellbeing days for patients with SBC
- Provide as part of a structured pathway of care
- Opt out rather than opt in – personal invitations
- Make explicit the invitation to couples
- Evaluate further as part of a research study to attempt to influence long term commissioning
- Provide in more areas of Manchester

Costs

- Project under budget

BUT...

- Expectation that staff would see as part of their role
- No cost for rooms as patient event

Future funding

- Educational grant already secured to provide two years of funding for research study looking at developing PROMs for SBC, which includes delivery of 4x further health and wellbeing days

Acknowledgements

Christie SBC Patient Focus group

Dr Carole Farrell, Nurse and AHP Research Fellow, School of Oncology, Christie

Sarah Bellhouse, Research Associate, School of Oncology, Christie

Sharon Foy, Ros Fox, Bethan Daniel - Christie Macmillan Secondary Breast Cancer CNS team

Kath Rashed, BCN secretary, Christie

Tracey Coleby, Macmillan Breast Palliative Care Project lead, Christie

Dr Sacha Howell and Dr Anne Armstrong Consultant Medical Oncologists, Christie

Dr Michelle Harvie and Mary Peggington, Research Dieticians Genesis Centre, Manchester

Rebekah Lawson and Cash Singh, Winstons Wish

Fiona Sanderson, Palliative Care OT, St Anns Hospice, Manchester

Kay Jackson, Key Worker, Neil Cliffe Centre, Manchester

Maisa Garcia-Fernandez and Sally Bell, Beechwood Cancer Care family therapists, Stockport

Carol Townsend and Steph Brayford, Breast Cancer Care

Debbie Smith and Helen Adamson, Wythenshawe Macmillan Centre, Manchester

Anne Crook, Counsellor and Dr Col Bashir, Clinical Psychologist, Psycho-Oncology, Christie

Peter Mackereth, Clinical Lead and Anita Mehrez, Deputy Clinical Lead - Comp Therapy Team, Christie

Ambokile Bell, Macmillan Active, Manchester

Maxine Cumbo, Senior Physiotherapist, Christie

Polly Sangar, Relate, Manchester

Christie Information Centre, Christie benefits advisors

Sinead Collins, Maggie's Manchester Centre Head, Maggie's Centres

Jo Taylor, ABCD diagnosis support (website)