

WE WORK TOGETHER

The New View Programme - support for patients with Head & Neck cancer

Dr Simon Pennell, Macmillan GP

We have set up a survivorship programme for patients who have had Head and Neck cancer, and their carers - called 'The New View Programme' which starts this month.

→ Emphasis is on living well - health and well being model.
→ Supports 'Recovery Package' endorsed by Macmillan.
→ Focused on providing support for living after cancer diagnosis and supporting self-management.

→ When developing a survivorship programme, there were a number of questions that were helpful to answer as part of planning.
→ Some of these helped facilitate the development of what we hope will be a successful survivorship programme.

What services would patients like?

The Cancer Network Rehabilitation group undertook a needs assessment and identified a gap in services for these patients.

How does survivorship fit into the mission of the institution?

We are trying to extend the time we can be involved in patient care - hoping this may be from diagnosis but for this work it is to support the survivorship agenda.

What funding is there and how can it be sustained or the service be commissioned in the future?

Funding through Cancer Network Grant. Looking to provide evidence of benefit to discuss further with CCG. Note: has taken approx 12 months to set up.

What patient population do you envision will participate in your survivorship program?

Working with hospital Specialist team who risk stratify patients for the course and make a direct referral to the Hospice.

Key content:

- 4 week programme - 3 hours each session
- **Education sessions and emphasis on exercise**
- Topics covered include: Living after diagnosis of cancer / fatigue / exercise / body image / relationship problems / disease recurrence / nutrition and diet / swallowing problems, relaxation
- **Information provided by range of AHP's: physiotherapist / social worker / specialist nurse / dietician / psychosocial counsellor / psychosexual therapist / information expert / volunteer support / interested doctor**
- Evaluation EQ-5D-5L assessment tool + satisfaction survey
- **Hoping to involve participants in next programme**