Worcestershire Acute Hospitals
NHS Trust (WAHNHST)

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PROGRAMME FOR WORCESTERSHIRE

2010/2013
Living with and beyond cancer
November 21st 2013
St. Bartholomew’s Hospital
Survivorship

Life after Prostate Cancer

A New Approach to Follow Up
in Worcestershire
Worcestershire Acute Hospitals
NHS Trust

- Situated in the West Midlands
- Provides services to a population of 550,000
- Employing more than 5,000 people
- Annual turnover of £290 million.

- Worcestershire Acute Hospitals Trust includes three hospital sites:
- Worcestershire Royal Hospital (WRH), Alexandra Hospital in Redditch (Alex) and the Kidderminster Treatment Centre (KTC).
Background

- Cancer reform strategy (2007)
- Macmillan Cancer Support
- NCSI to develop clear vision for care and services needed to support those living with and beyond cancer
- 7 work streams to deliver that vision
- WAHNHST work stream- Managing active and advanced disease
A new Follow – up approach

For patients who have undergone curative treatment for prostate cancer and have stable Prostate Specific Antigen (PSA) readings
Current follow up service for stable prostate cancer patients

- Outpatient appointment with a consultant every 6 months then occur annually after 2 years
- Attending appointments can mean:
  - Travel and parking difficulties
  - Long waits
  - Limited time for holistic care
  - Disruption to daily lifestyles
Introduction of New Service

- Patients with stable prostate specific antigen readings invited to join the new scheme
- Annual PSA testing at local GP practice with results monitored by Clinical Nurse Specialist (CNS)
- Regular comprehensive assessments by CNS
- Patients will not be called back into traditional clinics within WAHNHST
Design of a new data base

- The IT department and clinical team have designed a new data base for monitoring patients
- Alerts the CNS if PSA levels are rising
- CNS contacts patient if levels are cause for concern.
- Patient booked back into consultant clinic
Distress thermometer

- Tool support patient centred approach to self assessment
- Patient completes in the comfort of their own home
- Holistic assessment of individual care and support needs
- CNS patient key contact monitor patients progress and contact patients who require any further care or support needs
Prostate Survivors' Annual conference

- Patients and their relatives get access to the services they value
- Diet and nutrition
- Psychosexual problems
- Current research trials
- Health promotion
- Practical and emotional support
- Local Support groups
Worcester Warriors Stadium
1ST XV SQUAD PROFILES
How the outcomes are being tested

- National Questionnaires Picker institute
- Results from distress thermometer
- Focus groups reviewing the new scheme
- Questionnaires assessing anxiety, depression, self efficacy, quality of life control and understanding
- Completed pre and post conference
- 2010
Expected outcomes

- Increase in patient satisfaction with follow up care
- Reduced distress and increased self-efficacy, control and understanding
- Getting back to a normal life as soon as possible
Expected benefits

• No clinic wait times
• Easier access to reliable consistent information
• Expert advice and improved support for patients and their families
• Improved holistic care- psychosexual care, financial advice, social care
• Opportunity for peer support and networking
• Financial savings for everyone involved in the new service
Progress

- Treatment type
  - All: 630
  - Brachytherapy: 20
  - Radiotherapy: 315
  - Surgical: 288
Thank you

Any Questions?