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Peninsula Cancer Network

Network News

Welcome to the Spring edition of Network News.

Our first news is of a change in the Chairmanship of the Network.

Following Peter Colclough's secondment as Acting Chief Executive at the Royal Cornwall Hospitals NHS Trust, Anthony Farnsworth has become Acting Chief Executive at Torbay Care Trust. In line with Torbay's position as our host PCT, Anthony has now taken over as Chair at the Network.

Peter has served in this capacity since 2001 and provided consistent high level leadership of the Network Board and support to the Network team and our good wishes go to him in dealing with the fresh challenge he has taken on in Cornwall.

Anthony's first public duty as Chair was to speak at our highly successful 8th Annual Network Day at Buckfast Abbey when we welcomed Professor Mike Richards to the Peninsula, featured on the inside pages.

As we move into the new contracting year, thanks to work through the Collective Cancer Commissioning Group, contracts between PCTs and provider Trusts for 2009/10 now include far more cancer specific provisions. This additional focus will underpin the continuing improvement in cancer services across the Peninsula and support the work of cancer teams as they prepare for the first stages of the new Peer Review process.

Finally, we are now coming to the end of a major market research project by Ipsos MORI which will help us fully appreciate the interests and concerns of patients, carers and the general public on the delivery of specialist cancer services and assist the Network in its future planning proposals. Thanks go to all those who took part.

Once the report is published it will be available, along with all the latest news about cancer services in the Peninsula, through the new Network website which should be operational in the next few months.

Thank you for your continuing support and interest in the work of the Cancer Network.

David Chambers
Network Director

Peninsula Cancer Network Patient User Partnership

The Group was formed approximately six years ago. As its current three-year strategy has been completed, it is now time to review the group's role and purpose, so members are prepared for the challenges put forward by the Cancer Reform Strategy and the new plans for the Peer Review Process.

There have been changes in the membership. Pat Fairbrother, one of the original members and initially the group's facilitator, has moved to New Zealand to be near her family. Pat was an advocate for breast cancer patients and was actively involved in Breakthrough Breast Cancer. Pat is now busy promoting User Involvement in Wellington, having identified limited activity in this area.

Pat Eagle, one time Vice Chair, has also left the Group. Pat was a staunch patient representative at both local and Network level and was involved in a number of Macmillan initiatives. The energy and commitment of both to the various groups, both locally and nationally, was valued and will be missed.

Since April 2009, the Group has elected a new Chair, Fiona Halstead, and Vice Chair, Martin Rider. All members have specific interests and responsibilities, with each attending one or more Network Site Specific Group or Cross Cutting NNSG. Members of local groups also provide patient representation at some NSSGs to try to ensure that all areas are covered. They also ensure that there is user involvement in Network reviews, such as chemotherapy, and in subgroups of the Supportive Care Group - Spirituality and Psychology, and the End of Life Strategy, for example. Members provide feedback of their activities to PUPG and their local groups, and vice versa. There is also a greater level of contact with support groups to ensure current patient experience is harnessed and used to inform the development of patient pathways and future cancer services. The Group is currently involved in a Network project looking at the 'Cost of Cancer', which plans to highlight the costs to patients, taking into consideration, travel, parking, holiday and other insurance, mortgage repayments, clothes and nutrition.

The level of involvement expected from each member has increased following the new initiatives from the Cancer Reform Strategy and the drive to meet the IOG measures, but the knowledge gained and the skills developed over the years will prepare them for the challenges ahead.

Gilly Beail Network User Facilitator 07825 027605 gilly.beail@nhs.net

St Michaels Hospital Breast Cancer Support Group

St Michael's Hospital Breast Cancer Support Group weekend at Dartmoor. This is a yearly event for members of the Group where those touched by Breast Cancer can get together and support each other in the wonderful surroundings on Dartmoor.

This year we were snowed in for several days (we would have quite willingly stayed for a fortnight !!!).

If you would like any further details of the St Michael's Breast Care Support Group, then please contact Rose Woodward, Chair, Cornwall & Isles of Scilly Cancer Patient & Carer Group.



National Cancer Patient Information Programme Update

Introduction

The Cancer Reform Strategy (CRS) set out a clear vision for patient information delivery in that, 'People affected by cancer should be offered high quality information at key points in their cancer journey, tailored to their individual needs.' Since the publication of the CRS the National Cancer Action Team (NCAT) has developed the National Cancer Patient Information Programme to support the development of tools and resources to help Networks and Trusts deliver the vision.

National Cancer Patient Information Pathways Project

Background

In November 2007, the NCAT held a conference to share the outcomes of a national mapping exercise on current content available on network wide information pathways, and received its mandate to commence work on consolidating all existing mapping to develop National Cancer Patient Information Pathways.

Since then an immense amount of work has taken place at an amazing pace. In September 2008 the first national Breast, Bowel, Prostate, Womb, Vulva, Vaginal, Cervical, Ovarian, Palliative/End of Life Care, and information for all types of cancers (clinical and non-clinical) pathways were developed. (Available from 1st April 2009 at: www.ncatpatientexperience.nhs.uk). A Lung pathway will be available from March 2009.

The next 8 pathways to be developed are Bladder, Stomach, Oesophagus, Head and Neck, Kidney, Pancreas, Lymphoma and Melanoma which are due to go out for national consultation in early April and be available from September/October 2009.

Getting Locally Developed Information on the National Pathways

We are planning a series of focused workshops with NHS staff and patients to select NHS written content as exemplars to be part of the existing 11 national pathways and cover the next 8 proposed pathways. This builds on what you told us in November 2007 - that national pathways should include the best nationally developed charity content, but also include the best NHS developed and written content. The workshops will take place in May and June (dates will be announced shortly on the Patient Experience website). Dr David Manning is the new National Cancer Patient Information Manager based with NCAT who is leading on pathways development. He can be contacted for more information at: david.manning@gstt.nhs.uk

Developing an Electronic Information Delivery System

NCAT, in partnership with Macmillan and Cancer Research UK, have been developing an electronic professional facing tool to house the national information pathways, and provide electronic cancer information prescriptions which can be tailored to individual patient need.

The work has been both challenging and rewarding, and the project has developed 2 systems to date. We are currently using system phase 2. This system houses the pathways and allows healthcare professionals to select a national pathway, a key information point, and provide multiple options for selecting content to be printed, in pdf form, at the point of need. The system currently has more than 600 pdf leaflets available to those healthcare professionals piloting it.

The Partnership is also working with NHS Choices to ensure that the future versions of the system will allow integration with other technical platforms, such as electronic patient records and health space. The next system (phase 3) should be available to all NHS staff by the end of 2009.

Cancer Patient Information Early Adopter Pilot Sites

While work has been moving at a frantic pace for developing both pathways and the system, we have needed your help to see if it actually makes a difference to your daily work. We embarked on our first 5 pilot sites back in May 2008. It was a steep learning curve but immensely valuable. Overall, we found that nurses would use and benefit from having an electronic system housing all content and printed within the clinics, but of course it wasn't without it's challenges. However, learning from these improves and refines the information available on the system.

We are now entering our second pilot phase with over 37 Trusts covering 12 Networks, piloting between them in over 50 different clinics.

These pilots are not just testing the system, they are also testing prototype prescription pads and patient self prescribing. It's an ambitious pilot which will last for 6 months, and survey both patients and staff about their experiences.

The next round of pilots (Phase 2a) will be commencing between May and June. A meeting to discuss this next pilot stage will take place in February. For further details on the early adopter pilots contact the Project Manager Claire Elshaw at: claire.elshaw@gstt.nhs.uk

Creating Capacity

Providing coordinated and consistent high quality information to all patients is an essential part of the care pathway. Being able to demonstrate that we're getting this right will become increasingly important as the commissioning agenda moves forward, and quality monitoring becomes more routine. Networks have an important role to play in coordinating this agenda and providing local leadership and support to Trusts.

Macmillan has provided much needed support in this area, through the funding of Network Information Manager posts. However, many of these are due to come to an end in 2009/10. The patient information agenda is large and complex, and although the NCAT are developing tools and resources to support this, it will still require focused and coordinated local leadership. To help the NHS move into the implementation stage, Macmillan have agreed to fund 10 new 12 month fixed term posts this year, specifically around providing support for early adopter pilots and implementing the national information pathways. This work stream will require continued input from Networks and Trusts if the CRS vision for patient information is to be fulfilled.

For further information about pathway implementation posts please contact Ruth Carlyle at: rcarlye@macmillan.org.uk

What Next?

We hope to have piloted the Phase 2 delivery system and prototype prescription pads in half of all Trust before we go live with the Phase 3 system at the end of this year.

We will begin work in primary care and hope to have some early adopter sites using the system in GP settings later in the year. We also hope to develop a national children and young people's information pathway by the end of 2009.

From the 1st April there will be a dedicated patient experience website (www.ncatpatientexperience.nhs.uk) which will enable you to comment on all national cancer information pathway consultations on line, upload content you wish to be considered for the national pathways, provide online forums for pilot sites, as well as access tools, resources and up to date information to support the patient information agenda.

Contact Amanda Nadin for further information

amanda.nadin@nhs.net



Third Annual Derriford Hepatobiliary Study Day

In association with the Peninsula Cancer Network

11 am Friday 3rd July 2009, Derriford Hospital, Plymouth

The third annual Derriford Hepatobiliary study day offers an opportunity for health professionals and trainees to review some of the current and future issues in hepatobiliary disease.

Speakers and topics for 2009

Presentation of the Derriford Experience

Including

Chemotherapy use in malignant pancreatic disease

Dr Sarah Pascoe, Derriford Hospital, Plymouth

The role of radiology in the HPB MDT

Surg Cdr Euan Armstrong, Derriford Hospital, Plymouth

Symposium on neuroendocrine disease

Managing neuroendocrine disease in a networked pathway of care

Dr Daniel Cuthbertson, University of Liverpool

Overview of pathology of abdominal neuroendocrine disease

Dr Jemimah Denson, Derriford Hospital, Plymouth

Molecular targets for imaging and treatment of neuroendocrine disease

Dr Thomas Grüning, Derriford Hospital, Plymouth

Familial aspects of neuroendocrine disorders

Dr Carole Brewer, Royal Devon and Exeter Hospital

New Therapeutic agents in gastrointestinal neuroendocrine tumours

Dr Nick Reed, Beatson Oncology Centre, Glasgow

Controversies in surgery in gastrointestinal neuroendocrine tumours

Prof Derek Manas, Freeman Hospital, Newcastle upon Tyne

Local Organiser: **Mr David Stell**, Consultant Hepatopancreaticobiliary & Transplant Surgeon, Derriford Hospital, Plymouth

Direct flights to Plymouth from: Glasgow, Dublin, Newcastle, Leeds, London, Manchester

Plymouth
Hospitals NHS
Trust

Peninsula Cancer Network
Dorset and Cornwall

Registration is free

To register please contact
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samantha.smart@nhs.net
01803 860 674

Network Day 2009

Buckfast Abbey was the backdrop to the Annual Network Day on 20 March 2009. This year the event took a different form with a wide variety of workshops between the two main presentational sessions.



followed by slalom skiing and seemed converted to the Wii Fit philosophy. He was obviously pleased to achieve Simmering Fire status!



The day started with our new Chairman, Anthony Farnsworth, describing the recent achievements across Network and reflecting that the partner organisations across the Peninsula needed to realign themselves to deliver the full benefits of the Cancer Reform Strategy.

Throughout the day, visitors could view the Poster competition which was won by: FORCE in Exeter. Second place went to Keith Mitchell & Louise Taylor from Royal Devon & Exeter Hospital. See page for more about Wii Fit

The National Cancer Director, Professor Mike Richards, described progress in the first year of the Strategy, acknowledging the improvements there had been through the work of Cancer Networks. On the same day figures had been published which showed that much still remained to be done which highlighted the importance of the Reform Strategy emphasis on improving early awareness and diagnosis to further increase long term survival.

The final speaker was Professor Peter Johnson, Clinical Director of Cancer Research UK who reminded us of the wide spectrum of research currently under way and noted the continuing excellent performance of the Peninsula Cancer Research Network in trial recruitment.

Then the 140 delegates representing Trusts, PCTs, patients, clinicians and other health care professionals, had to choose from sessions on: An Easy Guide to Commissioning, Wii Fitness in Rehabilitation, Art and Imagery in Cancer Therapy, Genetics, Laparoscopic colorectal surgery, Bowel Cancer Screening, Peer Review, Survivorship and Social Marketing.

Thanks go to all the pharmaceutical companies which helped make the event possible and for their support throughout the year.

Many of the sessions were filmed and will be available on the new Network website due to go on line in July. But before then, all the Power Point presentations are available from the Network office on 01803 860668 or contact Karen Ford (karen.ford2@nhs.net).

Mike Richards went for a jogging session

The date of next year's event is Tuesday 26 April 2010. Put it in your diary now!

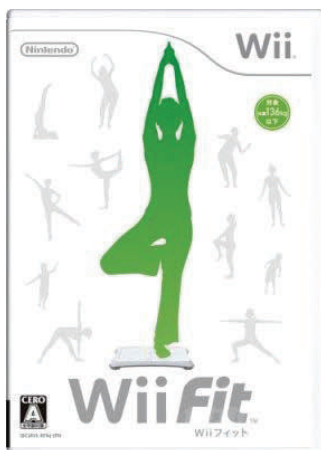
New Approaches to Exercise and Cancer Recovery

Wii Can Help!

Patients recovering from cancer and cancer treatments incur debilitating side effects such as fatigue, muscle weakness, pain, sleep disturbance, body image problems, depression and anxiety. These symptoms often last for months or years after treatment. Research evidence for the beneficial effects of exercise intervention in cancer patients is accumulating. Studies have shown that exercise leads to improvements in patients' aerobic capacity and muscle strength. It also significantly alleviates the fatigue that so many cancer patients experience, improves other symptoms such as nausea and increases quality of life.

The Introduction of the Wii

The Nintendo Wii is an interactive games console which allows three-dimensional participation, mimicking the movements of playing sports and other games. It has the major benefit of immediate visual feedback on performance so that skill can be developed with practice. Recently Exeter Leukaemia Fund (ELF) kindly donated the money for the Haematology Unit to purchase two Wii consoles and two Wii Fit balance boards. We are now undertaking a pilot study that is looking into the use of the Wii and its games into promoting and motivating patients to exercise during their cancer treatment. Patients are assessed by a physiotherapist before being invited to complete a satisfaction survey, including goal setting. They are given advice about duration and intensity of exercise as well as games recommendations, and asked to complete a daily exercise diary.



Initial Findings

All patients in the study have reported positive feedback and achieved an average of 30 minutes accumulated exercise daily. They report increases in motivation, exercises performed and energy, as well as all achieving their set goals.

Among the benefits are that the Wii:

- Is motivational because of feedback from screen
- It is fun and interactive!
- It is convenient and does not require much space
- Ideal for patients confined to isolation rooms
- Allows patients to be active in bed, sitting or on their feet depending on their ability
- Allows a progression to functional activities

Conclusion

There is now great interest in the role of exercise as a rehabilitation strategy for cancer patients and as a preventative strategy for those undergoing cancer Rx. Evidence suggests that patient exercise is safe, feasible and beneficial for cancer patients.

The introduction of the Nintendo Wii and its accompanying Wii Fit board has caused an explosion of interest into the application of this device to rehabilitate haematology patients in isolation as well as many other physiotherapy areas.

The Physiotherapy Department at the Royal Devon and Exeter Hospital is training more staff in its use, developing outcome measures to measure effectiveness and guidelines for safe exercise practice and will be auditing the results of the pilot study with a view to future research projects.

Louise Ballagher

Specialist Physiotherapist in Oncology & Haematology
RD&E NHS Foundation Trust

New Member to the Team

Phil Gordon has had numerous years of experience working with information management and analysis. He has work for both the acute trusts and PCTs across the Midlands, Buckinghamshire and Peterborough. He is looking forward to working closer to home and developing the Information Management role to improve the quality and flow of information within the network.

Phil Gordon
Information Manager
Peninsula Cancer Network
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Doing our bit for the environment

The NHS needs to reduce its CO2 emissions by 15% by 2010 and 80% by 2050, in line with targets set by the Government. Therefore we all need to embark upon a steep learning curve of how to work more sustainably.

The NHS Sustainable Development Unit established in 2008, has developed carbon reduction strategies for the NHS as a whole to enable us to achieve these targets. The upside is that savings will be reinvested in patient care and of course we will be doing our bit to save the planet. The downside is that if we do not achieve the reductions then there are financial penalties, so it is important that we all strive towards achieving the targets.

Locally, Torbay Care Trust has established a Green Group (on which Karen Ford is the PCN Rep), and has put an environmental management system in place. The Trust is initiating several energy switch off campaigns, staff awareness training sessions, transport plans and a new waste management system to reduce its impact on the environment.

Peninsula Cancer Network has already had its

staff awareness training, and the site has undergone an energy audit, in order to identify what we could change to help save on energy and water. We are already ahead of the game by using ecological cleaning products, thinking sustainably when we order products, recycling and promptly turning off lights and appliances when we can.

So please join us in reducing our carbon footprint, and if you have any good ideas on energy saving, recycling etc let us know.

Karen Ford, Office Manager, PCN,
Tel 01803 860668



NSSG Dates May–July 2009

1 st May	Metastatic Spinal Cord Compression steering group	Arundell Arms
6 th May	Network Specialist Palliative Care group	Arundell Arms
6 th May	Supportive Care: Psychology subgroup	Yarner, Dartington
8 th May	Peer Review – the new approach	Roadford Lake
15 th May	Research symposium	Braunton, North Devon
19 th May	Network Partnership group	Arundell Arms
20 th May	Network Urology Site Specific group	Arundell Arm

2 nd June	Network Children & Young People with Cancer Site Specific Group	Arundell Arms
9 th June	Network Chemotherapy group	Arundell Arms
12 th June	Network Breast Screening group	Arundell Arms
12 th June	Network Upper GI Site Specific group	Arundell Arms
17 th June	Network Research & Development group	Arundell Arms
19 th June	Network Executive Board	Arundell Arms

2 nd July	Network Skin Site Specific group	Arundell Arms
3 rd July	3 rd Annual Derriford Hepatobiliary study day	Derriford Hospital, Plymouth
17 th July	Network Gynae-oncology site specific group	Arundell Arms
21 st July	Network Partnership group	Arundell Arms
31 st July	Network Endocrine & Thyroid Site Specific group	Arundell Arms
31 st July	Network Head & Neck Site Specific group	Arundell Arms

Please Note: The above dates were correct at time of print and may change.

Network News

The content of these news items and the views expressed in any of the contributions to Network News are those of the authors and do not necessarily represent the policies or practices of the Peninsula Cancer Network which cannot take responsibility for any consequences arising from their publication.

Deadline for next edition 1st August 2009

Send all your articles to Annie.sillitoe@nhs.net

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