

ADULTS LIVING WITH CANCER

GROUP CONSULTATIONS

"I feel so much better.
It was perfect support at the time it was needed."

Patient

THE CHALLENGE

Statistics tell us that following cancer treatment, people have a lot of ongoing needs & concerns.

These concerns include mental health issues; lifestyle & information needs.

Patients living with cancer are not always systematically followed up.

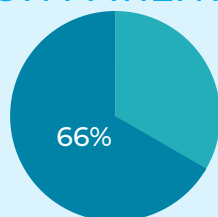
Cancer survivors often need support to make positive lifestyle changes to improve their overall health & wellbeing.

WHAT WE DID

- We got training & support to design our Group Consultations cancer survivor programme, with patients attending 2 sessions over 3 months.
- We recruited patients & sent out information packs before the first session, to help patient engagement.
- We focused on cancer reviews, using the Cancer Macmillan Holistic Needs Assessment (HNA) as a framework. We also used the HNA to measure the impact of delivering care this way.
- Group Consultations gave us more time to uncover & respond to patients' concerns, whilst fostering a supportive environment.

THE IMPACT IT HAD ON PATIENTS

66% no longer had areas of concerns

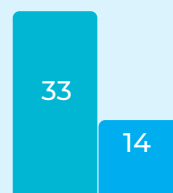


At baseline, 66% of patients had at least one concern.

On average, those patients reported 8.3 specific concerns (4 physical; 2.5 emotional & 1.8 lifestyle & information.)

At follow up, 66% no longer had concerns. The 33% who did, had an average of 4 physical; 1 lifestyle & information & 2 emotional concerns.

135% reduction of total number of concerns



The total number of concerns at baseline was 33. At follow up, it reduced to 14; a reduction of 135%

36% reduction of overall level of concern



The average self-assessed 'overall level of concern' was 3 at baseline and 2.2 at follow up.

THE DIFFERENCE IT MADE

- Delivering care through Group Consultations saved 30 minutes of clinician time.
- We shifted from GP to nurse-led care for cancer reviews.
- There was minimal preparation as few biometrics are tracked in cancer reviews.
- We plan to combine cancer reviews with reviews for concomitant LTCs e.g. hypertension and deliver Group Consultations.
- Staff enjoyed delivering the Group Consultations. Within the practice, the team are now planning to expand and embed Group Consultations to more long term condition reviews.
- Patients loved Group Consultations & told us that they would have preferred this approach for all appointments following their initial cancer diagnosis.

For more information about how we can help you to set up & implement Group Consultations, please contact our team at:

info@groupconsultations.com or visit www.groupconsultations.com