

DCP Newsletter

Issue 2 – January 2019

Welcome

Happy New Year! Welcome to the 2nd edition of the Dorset Cancer Partnership Newsletter. In this issue, you will find useful and interesting news on Lymphoma UK's health & wellbeing events which have brought many benefits to lymphoma patients across Dorset, progress updates on the projects of the Dorset Cancer Partnership such as exciting developments in the Dorset Macmillan Information project and the innovative creation of a new patient portal in Dorset Care Record.

The National Cancer Patient Experience Survey results have recently been published and you can read all about Dorset's fantastic achievements on page 9. Clinical Nurse Specialists across Dorset are particularly engaged in reviewing these results and continually strive to enhance the patient experience further. Despite the pressures in healthcare services and national staff shortages, NHS staff are highly dedicated to patients in Dorset and ensure they receive the best care and support they require throughout their cancer journey.

The new Robert White Radiotherapy & Outpatient Centre has now been officially opened at Dorset County Hospital. The radiotherapy team are planning to treat their first patient on 14th January 2019 after final quality assurance and staff training has been completed. Patients attending oncology and haematology outpatients appointments are already making use of the new facilities. This will be of huge benefit to residents in the West of the county who can now receive radiotherapy treatment and outpatient services closer to home instead of previously having to travel extensively to East Dorset.

We do hope you enjoy reading the Newsletter and find its content useful.

Abi Orchard
Lead Cancer Nurse, Dorset County Hospital

Key Dates



Dry January

21st – 27th January 2019
Cervical Cancer Prevention Week

24th Jan 2019
Lymphoma UK 'Live Your Life' workshop
- 09.30am to 4pm
Wessex Royale Hotel, Dorchester. DT1
1UP

4th February 2019
World Cancer Day

March 2019 –
Public Health England launch of
national cervical screening media
campaign

Awareness Month for:
Brain Tumours
Ovarian Cancer
Prostate Cancer

13th March 2019
No Smoking Day

19th March 2019
Lymphoma UK 'Live Your Life' workshop
- 09.30am to 4pm
The Green House, Bournemouth. BH1
3AX

April 2019
Awareness month for:
Bowel Cancer
Head & Neck Cancer

Live Your Life: Living well with and beyond Lymphoma

In 2016 national cancer charity, Lymphoma Action, was awarded three years of project funding from the Big Lottery to deliver *Live your Life – Living with and beyond lymphoma* events for people across England. These one day, small group interactive workshops are lymphoma specific, and are targeted at people who have recently finished their cancer treatment or are on a 'watch and wait' or the active monitoring approach.

For those patients who receive chemotherapy or radiotherapy, the impact of lymphoma does not end when treatment finishes. There are long-term physical and psychological effects and many of these problems can persist for years after treatment. As such, lymphoma patients may struggle to resume 'normal' activities. This can cause relationship problems, mental health difficulties and social isolation. Certain lymphoma treatments also increase the risk of other serious long-term conditions and secondary cancers. The focus of each event is health and wellbeing and they are delivered as part of the Recovery Package. The aim of each workshop is to empower individual attendees to better understand their disease and improve their overall quality of life.

The charity's very first Big Lottery funded 'Live your Life' workshop was delivered at the Grove Hotel in Bournemouth in January 2017. Since then, a further **five** events have been hosted across Dorset, using venues in Dorchester, Poole and Bournemouth. Working with the specialist nurses and wider lymphoma teams at the Royal Bournemouth Hospital, Poole Hospital and Dorset County Hospital Dorchester, the Live your Life events have been provided to over one hundred people in Dorset personally affected by lymphoma.

A programme looking holistically at the specific needs of lymphoma patients post-treatment or whilst on watch-and-wait previously did not exist. The government's Cancer Taskforce guidance requires clinical nurse specialists to provide end of treatment clinics and information as part of the 'Recovery Package' and the Live your Life project addresses these gaps in healthcare provision for people with lymphoma and provides funding.

The Live your Life (LYL) programme aims to 'restore' a person's familial, professional, and social roles and functions as far as possible, and meet their needs in a way that other generic cancer programmes may not.



Dorset Macmillan Cancer Information Service

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CANCER SUPPORT**



**Dorset Cancer
Partnership**

The aim of the Dorset Macmillan Cancer Information (DMCI) Service is to ensure that cancer patients, their families and carers across Dorset are able to access information and user support in the right place, in the right way and at the right time for their levels of need. It will sign post them to appropriate services and groups meeting their treatment and holistic needs, and improving their overall wellbeing and health outcomes.

It will be designed and developed during Spring/Summer 2019 and aims to set up a sustainable information and signposting service for people affected by cancer in Dorset and will include:

- A digital portal for healthcare professionals and patients (across Wessex).
- A digital directory of services.
- A signposting service to help people find local information across the cancer pathway, and to engage with people where barriers are preventing them from accessing information.

The project team are now in a phase of engagement and co-design of these service elements. We are developing the service with patients, carers and healthcare professionals to ensure that each element delivers what is needed, that it adds value to what is already being done, and offers additional signposting support where it is most useful. We are working with the cancer workforce, including Lead Cancer Nurses, Cancer Nurse Specialists and Cancer Support Workers, as well as the voluntary and community sector representatives, cancer support groups, and patients and carers.

If you would like to be involved, here's how you could help:

- Join the Dorset Cancer Patient and Carer Group.
- Spread the word – become a DMCI project ambassador.
- Invite us to meet with you and your colleagues or groups to talk about the service.
- Advise us of any useful engagement events we could attend.
- Help us to design the service as part of the Service Design Task and Finish Group or the Website Design and Delivery Group.

For further information, please contact the DMCI team
macmillan.cancerinfo@dorsetccg.nhs.uk

DCR Patient Portal Update

Developments in Follow-Up Care

In our last edition we highlighted our plan to introduce a new system for patient follow-up, once all cancer treatments have been completed. The IT solution required to safely introduce these self-management pathways for patients at lowest risk of recurrence or future problems is to be the Dorset Care Record (DCR).

DCR is a new confidential patient record that combines information already held by both Health Service & Local Government organisations, and specific portals to be used by cancer clinicians and cancer patients are now being developed. An initial Workshop with Orion Health, who are building the system, was held at Merley House on Monday 10th December 2018. This was an opportunity for clinical staff and patient representatives to see a demonstration version of the cancer portals within DCR and to have their say as to how the systems should look and function. The DCR Team and DCP's Patient Risk Stratification Project Manager are now working closely with the Orion Health Team to ensure that a fully functional system, which is fit for purpose, is developed as quickly as possible. The target date for having a tested system onto which patients can be registered is July 2019.

For further information or to get involved in future development workshops please contact Wendy Green, Patient Risk Stratification Project Manager, email wendy.green@dorsetccg.nhs.uk





Dorset Cancer Patient & Carer Group

Patients & Carers supporting cancer
services in Dorset

The Dorset Cancer Patient & Carer Group have been involved in several projects over the last 6 months.

- Some members have been involved in consultation workshops to identify and discuss patients' requirements for the new Haematology & Oncology inpatient services that will be based at Royal Bournemouth & Christchurch Hospital.
- Two members of the group attended a workshop on the new patient portal for Dorset Care Record, and contributed ideas for the design of the system so that it works effectively for patients.
- The group have been asked to assist in reviewing clinical information for patient leaflets to ensure it is easy to read and understand for patients.
- The group provided feedback on a survey for the cancer section of the new NHS 10 year long-term plan. They were asked to think about what they feel is needed to improve cancer services and patient outcomes in the longer term, and the group provided feedback and opinions on prevention initiatives, earlier diagnosis, and improvement in care for patients once cancer treatment has ended.

The Dorset Cancer Patient & Carer Group are an independent working group that provide feedback and a patient point-of-view on cancer services in Dorset. Whilst they are not a cancer support group, you will meet a warm and friendly group of current and past cancer patients who will provide you with the support and training you need to carry out this vital role as a member of the group.

As a member of the group, you could be invited to contribute in the following ways:

- 1. Provide feedback on information, e.g. completing patient questionnaires.**
- 2. Be part of the Dorset Cancer Patient & Carer Group.**
- 3. Take part in clinical meetings for cancer services.**
- 4. Contribute to cancer projects that you may be interested in.**

If you have been affected by cancer and are interested in joining the Dorset Cancer Patient & Carer group, we would love to hear from you! **For further information, please email Dorset-CPC-Group@poole.nhs.uk**

GP Protected Learning Time Sessions

GPs from around Dorset have recently taken part in educational sessions to learn more about cancer services in secondary care settings. Sessions took place in Poole and Portland in 2018 and a further session will take place on 31st Jan 2019 at Merley House in Poole. At these sessions, clinical staff from Urology, Lung, Colorectal and Acute Oncology departments in the three main hospitals in Dorset discussed their services and gave advice to GPs on referral of patients. Each event was well-attended by over 40 GPs who found the sessions very informative and useful.



GPs can now access Gateway C, a **free-of-charge** online clinical cancer learning resource for primary care health practices. Courses are CPD-accredited and cover a range of cancer-related elements from early diagnosis through to living with and beyond cancer. 71 GPs have so far signed up to the platform.

To find out more and to register, please visit this website www.gatewayc.org.uk *(A practice code is needed to register. For those not based in a single site, please use the one you are most affiliated with).*

New FIT symptomatic testing

The Dorset Cancer Partnership is going to be working with GP practices in West Dorset to trial a new test to identify patients who are at risk of colorectal cancer. The test is called 'Faecal Immunochemical Test' or FIT. It requires patients to take a sample of their faeces and send it to a laboratory to see if there is any human blood detected. It is only for patients who do not meet the criteria to be referred for suspected cancer, but who do meet any of the following criteria:

- Aged 50 years and over with unexplained abdominal pain or weight loss.
- Aged under 60 years with changes in their bowel habit or iron deficiency anaemia.
- Aged 60 years and over and have anaemia – without iron deficiency.
- Any patient without rectal bleeding but with unexplained symptoms that do not meet the criteria for a suspected cancer pathway referral.

Because patients need to meet these criteria, the test is called a 'symptomatic' test. There is also a FIT test being launched in early 2019 which will be for screening – everyone in Dorset will be sent a FIT kit who is over a certain age. This is the same test as the symptomatic FIT, but because the screening FIT assumes there are no symptoms, then the amount of blood found in the faeces needs to be much higher to generate a suspected cancer referral. Therefore, GPs may ask symptomatic patients to do another FIT even if they have recently had a negative screening FIT result. The symptomatic FIT is due to be trialled early in the new year. For further information please contact alex.geen@dorsetccg.nhs.uk.

Robert White Radiotherapy Centre Update



The Robert White Radiotherapy Centre at Dorset County Hospital is now open and will receive its first patients this month. The centre was officially opened on 12th December 2018 by Martin Clunes OBE. 200 guests attended the opening event at Dorset County Hospital. Guests included, staff, patient representatives, charity donors and health officials.

Martin Clunes said: “It was my privilege to be able to officially open the new Robert White Centre. The incredibly generous support from the community for the DCH Cancer Appeal, as well as Robert’s generosity, leaves a remarkable legacy for patients with cancer in Dorset.”



The late Robert White, a local businessman, left a legacy which enabled the centre to be built by selling his collection of vintage motorcycles to the US chat show host Jay Leno. After receiving treatment at Poole Hospital for cancer, Mr White wanted to give something back to raise funds for cancer services in Dorset.

The centre will provide a range of radiotherapy services on the new site, using the latest Linear Accelerator (LINAC) device. This will significantly reduce the amount of travelling time that people in the north, south and west of the county face in order to undergo radiotherapy treatment. An outpatient department above the new radiotherapy facility has been funded by Dorset County Hospital Charity for all cancer patients. It is estimated that around 5,000 patients will benefit from the new services at the centre.



Our Achievements

Dorset cancer services score highly in National Cancer Patient Experience Survey

The results of the latest National Cancer Patient Experience Survey have been published, with Dorset scoring an excellent 8.9 out of 10.

The results ranged from 8.3 to 9.2, with a National average of 8.8.

The survey was completed by 1,381 cancer patients in Dorset who have attended Dorset County Hospital, Poole Hospital or Royal Bournemouth & Christchurch Hospital. The survey asked for responses on the standard of care these patients received throughout their cancer journey - from initial investigations through to diagnosis, treatment and after-care.

Patients ranked cancer services highly in a range of key areas, with all the Trusts scoring better than was expected Nationally based on previous surveys.

- 85% of patients felt that they were given their cancer diagnosis in a sensitive manner.
- 79% of patients definitely felt involved in their care and treatment and trusted all clinical staff they encountered during their care.
- 91% of patients felt that they were always treated with dignity and respect throughout their care.
- 95% of patients said that hospital staff told them who to contact if they were worried about their condition or treatment after they left hospital.
- 90% of patients felt very supported by their Clinical Nurse Specialist and were able to contact them when needed.

Some responses in the survey identified areas where improvement could be made, a key one being ensuring clear and comprehensive explanations are given to patients about surgical procedures, treatments and side-effects of treatments, particularly in regards to future side-effects patients may experience once treatment has ended.

Each Hospital Trust has reviewed the feedback and is developing plans for any areas requiring improvement.

The Dorset Cancer Patient & Carer Group, an independent group who provide a patient perspective on changes and developments in NHS cancer services in Dorset, are very pleased with the results. Paula Bull and Morag Day, Chairpersons and longstanding members of the group stated “the survey scores reflect the hard work and dedication of all clinical staff throughout Dorset - in hospitals, GP practices and local community services. As current and previous cancer patients ourselves, we have experienced first-hand the exceptional quality of care and support available in Dorset and are very happy to see that other cancer patients are also receiving this same level of care”.

Dorset Clinical Commissioning Group rated as 'outstanding' for cancer.

Dorset CCG has been awarded 'outstanding' status for achieving a range of cancer standards in a recent assessment carried out by an independent panel.

The overall rating for cancer is based on four indicators: early diagnosis, 62 day waits for treatment after referral, one year survival and overall patient experience.

Dorset exceeded the national benchmarks in all areas with the results outlined below:

- Cancers diagnosed at an early stage: 55.6%
- People with urgent GP referral having definitive treatment for cancer within 62 days of treatment: 85.3%
- One year survival from all cancers: 73.4%
- Cancer Patient Experience rating: 8.9 out of 10

Dr Tom Geldart, Clinical Lead for the Dorset Cancer Partnership, said "We are delighted with the results and would like to thank all staff for their hard work over the last year in working together within the Dorset Cancer Partnership as part of an Integrated Care System to ensure that cancer patients receive the best care and support. Cancer services in Dorset continue to perform extremely well against a series of national performance standards and a substantial amount of additional resource has been secured to support a range of exciting service developments for patients in Dorset. Hospitals in Dorset are working to ensure that these standards continue to be successfully met and cancer services remain a top priority".

Current cancer service developments include ongoing work to develop an enhanced rapid access service for patients within Dorset with suspected lung cancer. A Dorset Cancer Information Service is being established to provide additional supportive advice and information to cancer patients across Dorset, including creating a new Dorset-wide website which will provide a range of valuable information to patients, carers and healthcare staff. In conjunction with the Dorset Care Record, a new patient portal is also being developed for patients who have completed cancer treatment and who are deemed to be at low risk of their cancer returning. Where appropriate, patients will be able to access a secure system which will allow them to access test results and maintain regular contact with their medical teams instead of attending face-to-face hospital appointments.



Funding Updates

- **Lung Pathway Transformation programme.**

Significant funding has been awarded to Dorset to enable patients to be diagnosed and treated earlier for lung cancer to improve their survival outcomes and quality of life.

£950,000 will be used to purchase a new CT scanner, which will be based at Poole Hospital but this will be for the benefit of all residents in Dorset.

The remaining funds will be used to recruit clinical and administrative support staff to ensure that patients are able to be seen as quickly as possible in clinics. A 'stop smoking' intervention service, with psychological support available through LiveWell Dorset, will also be funded to enable patients to lead a healthier lifestyle and reduce their chances of developing lung cancer in the future.

- **Prostate Cancer Pathway**

You may have seen Stephen Fry and Bill Turnbull in the media recently discussing their personal experience of prostate cancer. This has led to an increase in awareness amongst men and more of them are visiting their GP to have urological symptoms investigated. £365k of national funding has been awarded to Dorset for prostate cancer services and this is being used to increase the number of clinics, increase operating capacity, enable more brachytherapy sessions to take place and improve radiology reporting time so that more patients can be investigated and diagnosed sooner.

Useful Information

NHS England has produced some short guides for front line clinical staff on how to seek feedback from patients in distressing or highly emotional situations. Please click on or visit the link below to view these guides.

<https://www.england.nhs.uk/publication/bite-size-guides-to-patient-insight>

Dorset Cancer Centre Counselling Support Group

A cancer diagnosis can leave patients feeling isolated, anxious and alone, even when amongst family and friends, so some of you might like to get together for a chat with other patients or people who just 'get it' over a cup of coffee and slice of cake.

Group sessions will be held 10am to 12pm on the following dates:

7th Feb 2019, 21st March, 2nd May, 27th June at St Mary's Church Centre, Longfleet Rd, Poole.

If you would like to attend on any of these dates, please email the following contact:

Kathryn.lett@poole.nhs.uk or 01202 448514

The Lung Club

The 'Lung Club', a local lung cancer support group, hold their sessions on the **second Wednesday of each month, 10am to 12pm, at St Mary's Church Centre, Longfleet Road, Poole.**

If you would like to attend, please contact **Helen Bradley 01202 442844, Tracy Gallacher or Alison Brooks on 01202 448338**

'Bertie' the Macmillan information bus

The bus will be out and about in East Dorset in January:

Monday 21 January – 10am to 4pm: Bournemouth, Civic Square (near Debenhams), BH2 6ED

Tuesday 22 January – 10am to 4pm: Christchurch, Saxon Square, BH23 1QA

Wednesday 23 January – 10am to 4pm: Boscombe, Christchurch Road, BH1 4BL

Thursday 24 January – 9am to 4pm: Boscombe, Christchurch Road, BH1 4BL

Friday 25 January – 10am to 3pm: Wimborne, The Square, near King's Head Hotel, BH21 1JG

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We hope you have enjoyed reading the second edition of the Dorset Cancer Partnership newsletter. It is excellent to see Dorset achieving such good results in terms of the delivery of cancer services and the experience of our patients. Patients are at the heart of everything we do and all staff are constantly working to maintain and improve the high standards for which Dorset is renowned. The Dorset Cancer Partnership brings together commissioners, providers and third sector partners, and involves representatives from all the acute hospitals in Dorset, along with local GPs and other primary/community care providers. All members work collaboratively together to ensure that cancer performance standards are achieved across Dorset, and that best use is made of our collective resources. In this way, we can ensure that services develop and evolve for the maximum benefit of our patients.

Despite the current pressure on our services, these outstanding ratings are a testament to the hard work and dedication of all staff involved with the provision of cancer services across the whole of Dorset. With this in mind, we would like to say thank you very much for the part that healthcare staff have played in delivering care to the thousands of patients affected by cancer, and supporting them and their relatives at such a difficult time.

We hope you will look out for the next edition of the DCP Newsletter in June 2019.

Debbie Fleming, Joint Chief Executive of Poole Hospital NHS Foundation Trust and Royal Bournemouth & Christchurch Hospital NHS Foundation Trust, Executive Chair of Dorset Cancer Partnership



Tom Geldart, Consultant Medical Oncologist, Clinical Lead of Dorset Cancer Partnership

