



Multi-Professional Breast Cancer Pre-habilitation: Education and Self-Empowerment

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Overview

- Background to the pathway
- Aims of the pathway
- How the pathway works
- Key development principles
- Key outcomes
- Key summary points
- Questions for the future
- Future plans

Background to the Pathway: Key Documents

- 2011 Transforming Your Care
- 2012 Transforming Cancer Follow Up
- 2012 Macmillan: The importance of physical activity for people living with and beyond cancer: A concise evidence review
- 2013 National Cancer Survivorship Initiative (NCSI) report 'Living with and beyond cancer: taking action to improve outcomes'

Background: Patient Focused

- Only 32% of breast cancer survivors participate in the recommended levels of physical activity at 3 years post diagnosis
- Survivors have been shown to have a VO_{2max} 20-30% lower than healthy aged-matched women due to deconditioning, notably loss of muscle mass and long term effects of cancer therapies

Background: Patient Focused

- 2016 patient focus group feedback:
“The physical activity element should be earlier in the process”
- Early intervention at the point of diagnosis or soon after is the time patients are most receptive to new ideas and ways of living. Described as the *‘teachable moment’*
(Prof Jane Maher, Macmillan Cancer Support CMO)

Aims of the Pathway

- Educate breast cancer patients, from the point of diagnosis, on the benefits of physical activity
- Educate patients on potential barriers to physical activity eg lymphoedema, fatigue, cording, reduced range of movement and muscle strength, pain
- Provide timely self-referral access to Physiotherapy and Occupational therapy if required
- Support patients in carrying out physical activity throughout their treatment including access to tailored physical activity programmes
- Provide patients with the information and self-efficacy to continue with this activity independently, long-term, in their own community

How the Pathway Works

1

- Patient diagnosed with breast cancer and surgery recommended

2

- BCN give the patient a letter asking them to attend a pre-habilitation education session, as part of their overall treatment pathway

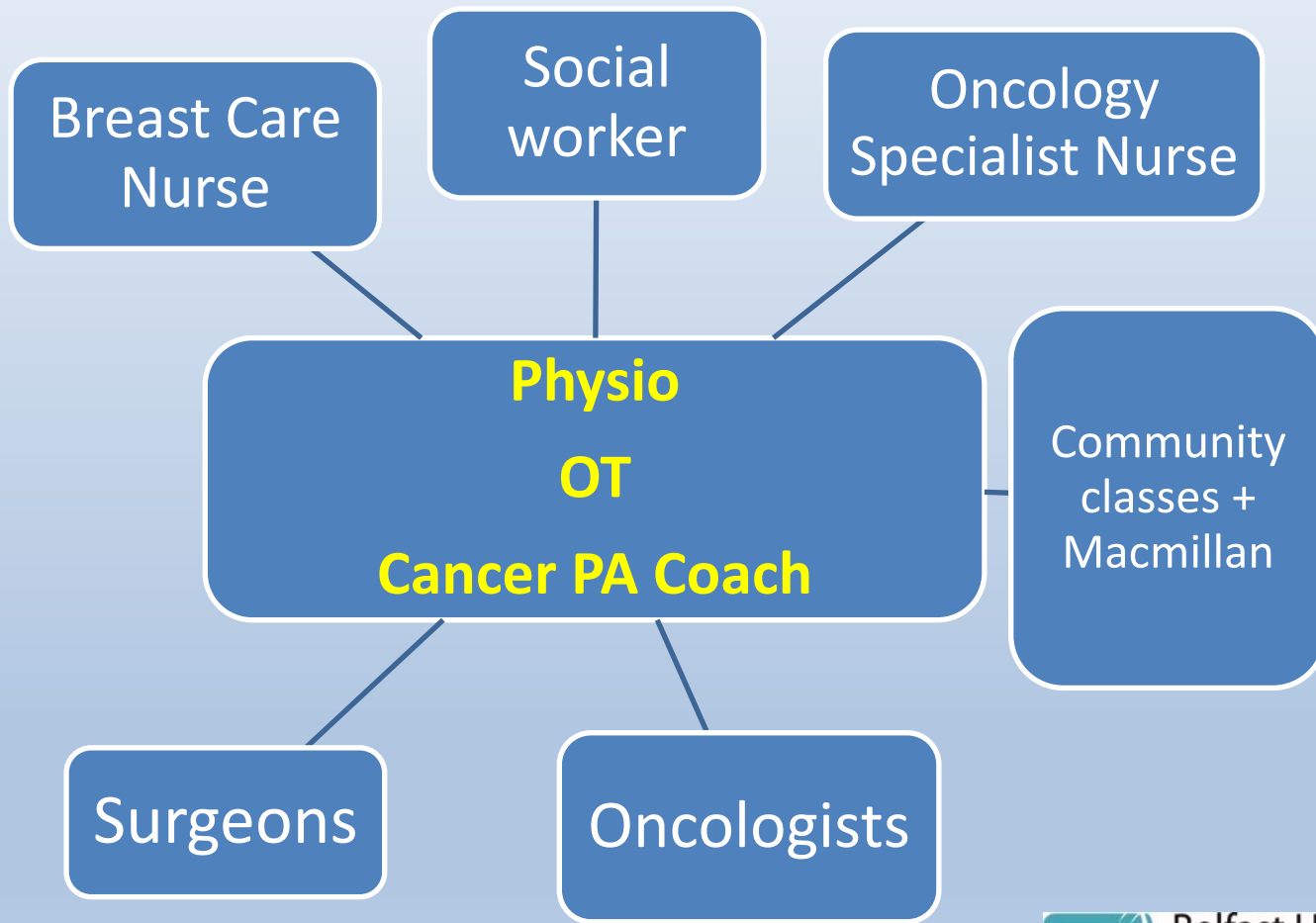
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- Patient attends education session, ideally pre surgery. Education focuses on importance of PA and potential barriers to being PA as a direct result of cancer treatment modalities

4

- 6 weeks post surgery all patients are sent a letter to 'opt-in' to Physiotherapy, Occupational Therapy or Cancer PA Coach. Patients can access these HCPs for up to 12 weeks post completion of all treatment

Who is Involved?



Education Session

- Post-surgical exercises
- Importance of PA in improving QOL, rehabilitation and preventing recurrence
- Recommended levels of PA (DHSSPS, 2011)
- Barriers to PA and how to manage e.g. cording, lymphoedema, fatigue
- Work place issues and financial support
- Other support available - fatigue management classes, PA coach, exercise classes, Macmillan information centre

Key Development Principles

- Redevelopment of Physio breast cancer service
- Changing culture and embedding practice
- Partnership working
- Correct skill mix
- Standardised approach for all patients
- Patient education and self-empowerment
- Patient self-referral
- Peer support

Key Outcomes

- Attendance rates at education session = 60.4% of those asked to attend
- Percentage of patients phoning up for follow up with Physio , OT or Cancer PA Coach =16%
- 100% of those who attended felt it was an important part of their treatment plan

Key Outcomes

- Positive feedback from 2017 Patient focus group
- Of those patients who attended the physical activity sessions – Psycho-social scores and 6 min walk test scores improved
- Cost savings from timely self-referral process - including reduced GP appointments and timely management of the more acute issues (and not chronic stages)

Key Summary Points

- Gain full support from Surgeons, BCNs and Oncology
- Educate patients at the 'teachable moment'
- Focus on survivorship through patient self-efficacy especially now with self directed after care
- Have robust PA support in place and timely access to Physio and OT when most needed

Questions for the Future

- Does the pathway improve early intervention for lymphoedema thus reducing the need for intensive treatment and reliance on services?
- Is there an increase in physical activity during and post treatment in this patient group?
- Does it improve QOL, return to work?

Future Plans

- Partnership with Friends of Cancer Centre to purchase 'pulleys' to further aid self-managed range of movement
- Sharing with other breast cancer teams via local Physio and OT specialist clinical interest groups
- Intra-trust rollout of weekly education model for other tumour groups

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