Colorectal Recovery Package & Risk Stratified Pathways

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The Cancer Story is Changing

Improving the patient journey and quality of life
  • To be more efficient
  • To be more effective

WHY?
  • Ca survivors are 37% more likely to be unemployed
  • 22% suffer from loneliness
  • 30% of people reported 5 unmet needs a year after diagnosis
Aims:

Risk Stratifying the Colorectal Follow Up Pathway

Delivering the Recovery Package
Method:

- Clinic appointments redesigned to empower and equip patients
- Self-referral pathway established
- Database
- Audit
- Regular review at Colorectal Business Meetings
Colorectal Follow-up Pathway

• TRIAGE AT MDT with post op histology
• CNS to triage patients already on nurse-led follow
Risk Stratification: self-management pathway

• Patients able to understand and engage with process
• No active disease/serious/uncontrolled symptoms from treatment
• Can be for all stages of CRC (primary)

All bloods, CTs, colonoscopies undertaken as per protocol,
Risk Stratification: Shared Care

• Patients requiring physical examination
• Nurse-led clinic for those unable to engage with self management pathway i.e. due to cognitive or psychological issues
• Trials Patients (could be on this pathway or complex case management pathway
Risk Stratification:
Complex MDT Management

- Serious uncontrolled symptoms
- Complex management or intense surveillance required i.e. following metastatic resections or T1 polypectomy’s
- Palliative patients receiving treatment
- Trials patients (or on shared care pathway)
Risk Stratification:
Discharge to GP

- Very frail patients
- Patient choice
- People for whom no further active treatment would be considered
- No routine scans/bloods
- Open Access and Treat Symptomatically
Self Management Pathway: CNS Review at 3 month post treatment

• Recovery Package
  • Holistic Needs Assessment and Care Plan
  • Booking onto a Health & Wellbeing Clinic
  • Completion of Treatment Summary

• Explanation of their Follow up
• Personalised Follow-up Plan
YOUR PERSONAL FOLLOW UP PLAN

Name: 
Hospital Number: 

Your Colorectal/Stoma Care Clinical Nurse Specialist has provided you with a booklet/diary detailing the symptoms you should be aware of, and what you should do if you need to contact us. This information also contains full details of the tests you should have during the next 5 years.

Blood Tests
You have been given x8 blood forms, and will need to have bloods taken as listed below. We will write to you when we have checked the results of these, and remind you when your next test is due.

<table>
<thead>
<tr>
<th>Blood Test</th>
<th>Time After Surgery</th>
<th>Due Before</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Test 1</td>
<td>6 months after surgery</td>
<td>-</td>
<td>end MONTH/YEAR</td>
</tr>
<tr>
<td>Blood Test 2</td>
<td>1 year after surgery</td>
<td>-</td>
<td>end MONTH/YEAR</td>
</tr>
<tr>
<td>Blood Test 3</td>
<td>18 months after surgery</td>
<td>-</td>
<td>end MONTH/YEAR</td>
</tr>
<tr>
<td>Blood Test 4</td>
<td>2 years after surgery</td>
<td>-</td>
<td>end MONTH/YEAR</td>
</tr>
<tr>
<td>Blood Test 5</td>
<td>2 ½ years after surgery</td>
<td>-</td>
<td>end MONTH/YEAR</td>
</tr>
<tr>
<td>Blood Test 6</td>
<td>3 years after surgery</td>
<td>-</td>
<td>end MONTH/YEAR</td>
</tr>
<tr>
<td>Blood Test 7</td>
<td>4 years after surgery</td>
<td>-</td>
<td>end MONTH/YEAR</td>
</tr>
<tr>
<td>Blood Test 8</td>
<td>5 years after surgery</td>
<td>-</td>
<td>end MONTH/YEAR</td>
</tr>
</tbody>
</table>
**CT Scans**
Your Clinical Nurse Specialist will request your follow up surveillance CT scans as listed below. We will write to you when we have received the results of these.

- **CT scan 1** - 1 year after surgery - Due **MONTH/YEAR**
- **CT scan 2** - 2 years after surgery - Due **MONTH/YEAR**

**Colonoscopies**
Your surveillance colonoscopies will be requested and you will receive an appointment from the Day Theatre department a few weeks before the procedure is scheduled. You will usually be told the findings on the day.

- **Colonoscopy 1** - 1 year after surgery - Due **MONTH/YEAR**
- **Colonoscopy 2** - 5 years after surgery - Due **MONTH/YEAR**

You will then have further surveillance colonoscopies every 5 years.

**Health & Wellbeing Event**

Health and Wellbeing Event Date: _____________ Time: _____________

Location: ____________________________________________

This is an education and support day and forms part of your follow up plan. We will send you further information nearer the time and look forward to seeing you there.

If you don’t hear about any of your scheduled tests or your results within the specific timeframes listed above, or if you have any questions, concerns or queries regarding any of the above information please do not hesitate to contact us on 01935 384367 or by email to colorectalnurses@ydh.nhs.uk.

A copy of this plan is also being sent to your GP to keep their records up to date.
Self Management and Open Access

All bloods, CTs, colonoscopies undertaken as per protocol,

Normal Results

Results reviewed and patient informed via letter

‘Identifying Your Concerns’ HNA (paper copy and electronic link) will be sent with CT results at 1 and 2 years.

Reminder to make contact if help is needed.

Reminder of next test and their responsibility

Reminder of signs and symptoms
Self Management and Open Access

Abnormal Results / Concerns / Symptoms
Easy access into system (2 weeks)
• OPA
• MDT review
• Further tests
August 2015 – February 2017: 212 patients were triaged to self-management. 113 were transferred and 99 were new.
Audit cont:

Compliance with blood tests was good (83%) 
17% needed a reminder (phone call or letter)
All patients: Recovery Package

- Holistic Needs Assessment and Care Plan
- Booking onto a Health & Wellbeing Clinic
- Completion of Treatment Summary
Macmillan Support Worker

• Holistic Needs Assessment Clinic (within 6 weeks of treatment)
• Data Base
• Wellbeing Clinics
HNA: Top 10 concerns

40 patients (June 2017 – April 2018)

• Dry, itchy or sore skin
• Tingling in hands or feet
• Tired, exhausted or fatigued
• Diet and Nutrition
• Constipation

11 patients (27.5%) = No concerns

• Passing urine
• Diarrhoea
• Getting around (walking)
• Worry, fear or anxiety
• Memory or concentration
Wellbeing Clinics

Content Includes:

– Emotional support
– Dietary advice
– Exercise and lifestyle
– Coping with fatigue
– Bowel and sexual dysfunction
– Symptoms to look out for
– Question and answer sessions
– Marketplace for information
Wellbeing Clinic Attendance

- **Invitations**
- **Appointments**

Data for:
- Mar-15
- Oct-15
- Feb-16
- Sept-16
- Oct-16
- Feb-17
- Jul-17
- Oct-17
- Feb-18
Patient Satisfaction Rating of Welling Clinics

- Mar-15: 70% (Excellent), 30% (Good)
- Oct-15: 80% (Excellent), 20% (Very Good)
- Feb-16: 90% (Excellent), 10% (Very Good)
- Feb-17: 100% (Excellent)
- Jul-17: 100% (Excellent)
- Oct-17: 100% (Excellent)
- Feb-18: 100% (Excellent)

(Yeovil Hospital Healthcare)
Treatment Summaries

Template from Somerset Cancer Register

- Side effects
- Symptoms to look out for
- Contact details for re-referral
- Secondary care surveillance plan
- GP actions required
- Summary of information given to patient
- Information on support and lifestyle needs
Benchmarking against 4 priorities of NCSI

Recovery package (empowering people to self manage)

Redesigning follow up

Physical activity: Improving Health and wellbeing

Consequences of treatment
References:

The National Cancer Survivorship Initiative: new and emerging evidence on the ongoing needs of cancer survivors

M Richards, J Corner, and J Maher

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3251952/

[PDF] National Cancer Survivorship Initiative
1. www.ncin.org.uk/view?rid=463

[PDF] Recovery Package sharing good practice - Macmillan Cancer Support
www.macmillan.org.uk/_.../recovery-package-sharing-good-practice_tcm9-299778.p...

National Cancer Survivorship Initiative