



North Bristol
NHS Trust

The Breast Care Approach to health and wellbeing events @ NBT

Naomi Day

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What we offer to patients.....

- Living Well Day
- Living Well Course
- 4 week post surgery follow-up

Living Well Days – the progression.....

- Initial set-up 2009
 - 1 whole day per year
 - Approx 100 attendees
 - End of treatment
 - Facilitated by CNS
 - Breast specific topics
 - Breast Consultant support
 - Well evaluated
- Now alternate months
 - 0930 - 1400
 - 30-50 attendees
 - End of treatment
 - Facilitated by CNS
 - Breast specific topics
 - Breast Consultant support
 - Well evaluated

Living Well Days

- “excellent information in a nice setting”
- Very informative, particularly the Consultant Q & A session – thankyou all for the wonderful service & care”

Living Well Course

- Breast specific
 - Available at end of treatment
 - 30 since set-up 2010
 - 5wks/2.5hr sessions
 - 3 month follow-up
 - Co-facilitated by CNS, clinical psychologist & trained patient tutor
 - 12-20 attendees
- Offers a proactive approach to maximise recovery using a self-management model
 - Topics include, fatigue, body image, self examination, fears, values, goal-setting, action planning, mindfulness,

Living Well Course

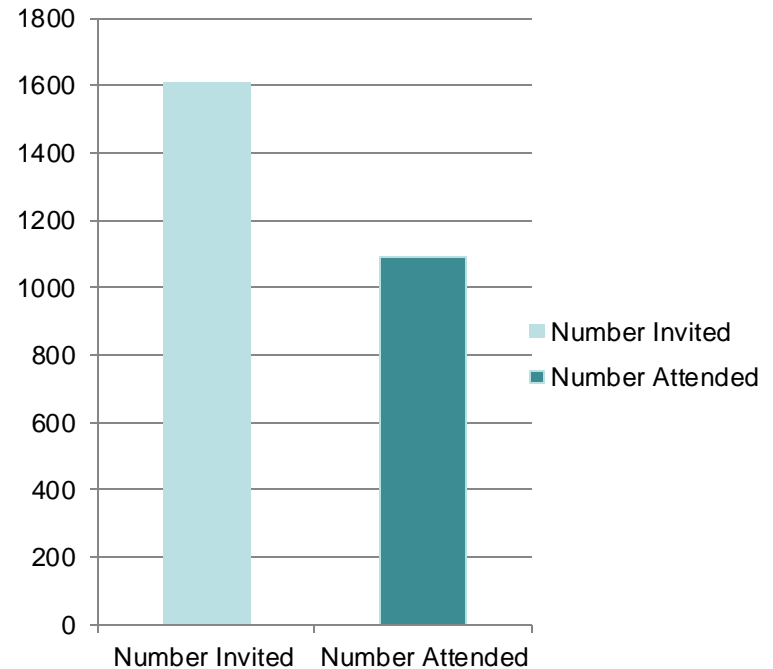
- Psychological outcomes measured pre/post using a variety of methods including HADS, FACT-G and the Patient Activation Measure
- Comparisons showed statistically significant improvements for all comparisons
- Qualitative feedback strongly supported the benefits of the Breast LWC & evaluations have shown that its delivery can help women move forwards with their physical & emotional recovery following treatment for breast cancer

Living Well Course

- “an excellent course I would recommend to anyone in a similar position, health professionals and volunteer have been wonderful – please keep them going for others. Thank-you”
- “extremely insightful – highly recommend”
- “the course has made me feel much calmer knowing I am not alone, realising I am a new me which I have to be friends with after cancer and the treatment, and learning to cope with the thoughts and worries in a mindful yet positive way – thank you so much”

4 week post surgery group

- Set-up July 2015
- Weekly nurse-led session
- 5-22 patients
- Replaced nurse-led 1-1's
- Tailored information relating to follow-up & managing patient expectations, self examination, open access (self referral), signs & symptoms of recurrence, signposting,



4 week post surgery group

- Formulate treatment summary
- Well evaluated
- Initial introduction to group setting/LWD/LWC's and more likely to attend

Consultant feedback from BHOC and NBT that more appropriate self referrals via open access, and also increased awareness & understanding of long-term follow-up

“wonderful information”

“educational & reassuring”

“nice being with others the same”