

TAMESIDE & GLOSSOP RECOVERY PACKAGE NEWSLETTER

WE ARE
MACMILLAN
CANCER SUPPORT

Hello and welcome to the second issue of our Recovery Package project team newsletter for people affected by cancer. We have been very busy telling people about what the Recovery Package is and how it will be put into place across Tameside and Glossop. Here is an update on what we have been up to .

TEAM UPDATE



L-R, Aoife Isherwood, Darian Galloway, Lenny St Jean

Lenny and Darian took part in a event in April at Tameside Hospital which focused on service improvements which are taking place locally. They shared details of our project with hospital staff & how the Recovery Package will help people affected by Cancer. It was a good day and lots of people got to know about our role!



We are proud to say that all of the Clinical Nurse Specialists have been trained to use the electronic holistic needs (eHNA) system!

The eHNA is an assessment that gives you the chance to think about your concerns and discuss possible solutions. You firstly complete a concerns checklist which leads to the development of a care plan with your nurse.

Now that the nurses have been trained, each team will be looking at how the system will be used in order to meet the needs of their patients.

Our very own Darian ran the Manchester 10k race on Sunday 20th May. She raised £292.20 for Macmillan Cancer Support. She ran the 10k in just 58 minutes!
Well done Darian!!

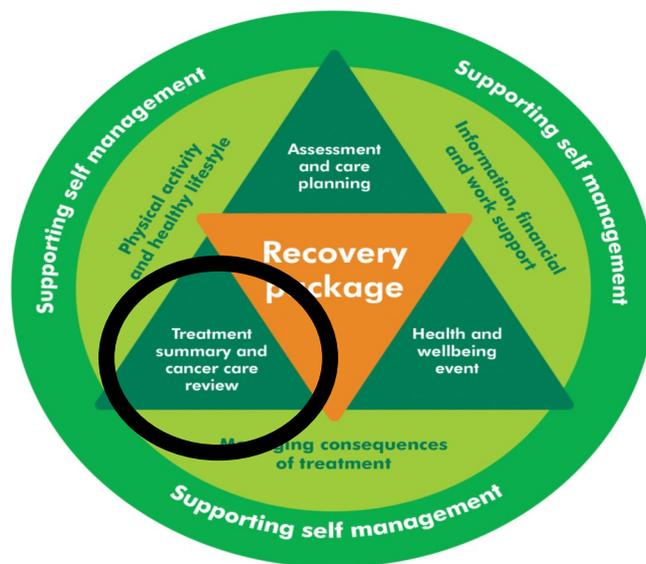


THE RECOVERY PACKAGE

The idea of the Recovery Package grew because more people than ever before are living with and beyond a cancer diagnosis. The impact of cancer does not stop when treatment is over. The aim of the Recovery Package is to assist people living with cancer to prepare for the future, identify their own concerns and support needs. This would then assist people to return to as near a normal lifestyle as possible once treatment is over. The Tameside and Glossop team are working with staff and patients to see how this will fit into local services in order to address and meet unmet need. One of the key parts of the Recovery Package is a Treatment Summary.

FOCUS ON... TREATMENT SUMMARY

At the end of each course of treatment the patient's hospital care team should create a Treatment Summary which includes alert signs for possible relapse, the effects of treatment, potential future issues, suggested actions for the GP and a key contact in the hospital for any questions or concerns. This is a key tool in patients self-management. The summary is sent to the GP as well as the patient so that the GP is aware of their role in providing continued care.



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The first service to offer Treatment Summaries in Tameside & Glossop will be Breast Cancer and this will happen within the next couple of months. The Treatment Summary will be a key part of a new Breast Cancer aftercare pathway. In this new aftercare pathway, some patients will continue to have scheduled face to face or email contact with the hospital healthcare team. Others will be given information, help or support to self manage. They will be able to contact their hospital healthcare team for help if and when they need it. This will be based on individual need and patients will have a say in which pathway they wish to follow.



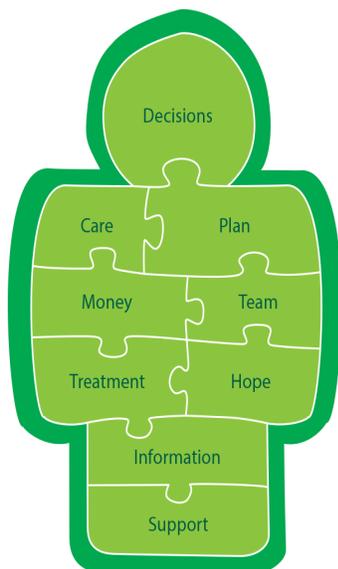
USER INVOLVEMENT ACTIVITY

Greater Manchester Cancer is working on a standard Treatment Summary template that will be used across the region, however what the Treatment Summary will look like might be different from Trust to Trust based on their IT systems and other needs. Aoife has spent time with User Representatives looking at Treatment Summary templates to have input into how the Tameside & Glossop version will look.

It was agreed that it is important for the summary to include:

- ◇ A simple layout design
- ◇ A reference to the eHNA Care Plan
- ◇ Contact details for people who can support patients, both within the hospital and the community
- ◇ Use of plain language and not too much jargon.

This feedback will be shared as part of the overall Treatment Summary document development and we will work alongside the Trust's IT department.



Aoife helped out at the Macmillan Bus in Hyde Market on 16th May 2018, gathering views about the Recovery Package. The bus travels across the region and provides information and support about cancer.



HOW TO GET INVOLVED

The Project Team needs your help to improve the outcomes for patients living with and beyond cancer. By sharing your experiences and opinions, you can help shape how the Recovery Package is implemented in Tameside & Glossop.

There are lots of ways to get involved and you can decide how much time you want to give. Your contribution could mean taking surveys, reviewing leaflets or acting as a patient representative at meetings. Either way, all of your actions will make a big difference to the project's work.

For more details, or to arrange a meeting, please contact Aoife on 0161 922 6749 or Aoife.Isherwood@tgh.nhs.uk Thank you.



NEAL'S STORY

“My wife, Martha, and I have been married for 42 years and have done everything together. I am her partner, her best friend but now I am taking on the new role as her carer. This was very daunting to me and I am not ashamed to say I struggle to cope a lot of the time.

There's so many appointments, so many specialists, so many new people to meet and figure out how they will be in our lives during this already difficult time. It has been a minefield! I was feeling worried about how to support my wife. I'm not a professional carer and worried I

was doing everything wrong. My children have been great support, but there is only so much they can do.

Then we met the Macmillan nurse. She raised the difficult questions about Martha's cancer that I didn't want to hear at the time. She helped us to look at all the needs we had, not just in relation to the cancer. This was confronting but definitely needed. She also helped me to think about what support I needed. The focus had always been on Martha, as it should be, but it was good to know I would be supported too.

The GP and practice nurse have also been fantastic. Home visits have been offered to help keep

an eye on how Martha is doing which has been really helpful for us. They also gave us details about local support services and groups which I have found a really helpful lifeline.

To say this has been a difficult time is an understatement, but finding out about the support available has been great. This means that we are able to be there for Martha as her family, not just as her carers, which is how things should be. “



Dates for the diary this June-July



Greater Manchester

Bowel Movement

19th June

11.30am-1pm

Men's Health Week

11th—17th June

Sarcoma Awareness

week

2nd-6th July

JUNE IS CANCER IMMUNOTHERAPY AWARENESS MONTH

JULY IS ETHNIC MINORITY CANCER AWARENESS MONTH



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