

Transforming Care After Treatment (TCAT) Newsletter

Welcome to the second edition of our monthly newsletter.

February has been a busy month for the team; we have held our second "Moving On" Health and Well Being Event, find out more over the page. 1:1 patient interviews have begun and we look forward to evaluating these and incorporating patient feedback into our pilot. The Development of End of Treatment Summaries (EOTS) is really progressing and these will be discussed in more detail in future editions of our newsletter. Having developed a detailed Directory for the TD9 area we are now exploring ways of expanding this to others NHS Borders areas.

We now have over 80 patients involved in our pilot, with more being added daily and we are working hard to raise the profile of TCAT within Health and Social Care and to patients and public.



TCAT Patient Pathway



It was agreed that the general pathway for each patient involved in the pilot would be:

- Complete 1st HNA near diagnosis
- Complete 2nd HNA once treatment complete
- Given EOTS at completion of treatment (chemo patients only)
- Invited to attend a "Moving On" Health and Well Being Event, towards the end or after completion of treatment
- Given a copy of our directory and access to our support web page and calendar of events
- Invited to attend 1:1 patient interview at the end of the process to provide feedback and patient input for our evaluation

It is thought by using these principles there will be equality within our pilot and an opportunity for patients to experience and feedback on as many aspects of the pilot as possible.

We are mindful that patients journeys change and to ensure we are as patient focussed as possible we adapt our pilot principles and patient pathway accordingly.

If there is anything in particular you feel should be included in a future edition of this newsletter please email details to:

alison.smail@borders.scot.nhs.uk

Holistic Needs Assessment (HNA)

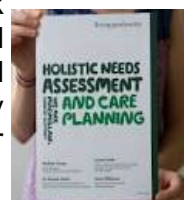
A key aim of our pilot is that all patients involved in the pilot will, with support complete an Holistic Needs Assessment (HNA) at key points in pathway.

"What is a HNA?"

A HNA is a tool used to address all areas and helps to show if you need information or support, or a referral on to another agency. Evidence has shown that effective HNA and care planning of people's needs can contribute to better identification of their concerns and enable early intervention and diagnosis of side effects or consequences of treatment

The information gathered from an HNA can also be shared with the multidisciplinary team (MDT) to improve and develop care plans. A care plan is "owned by" and supports the cancer survivor after their treatment and should cover: physical, practical, emotional, spiritual, financial, social and lifestyle concerns.

As a team we have had many discussions about the best time and the best way to complete HNA's with patients to ensure we get the most out of the process as possible and remain patient focussed, ensuring this does not become a tick box exercise. We quickly discovered that being very rigid with dates would not work as care pathways vary greatly amongst differing cancer groups.



“Moving On” Health & Well Being Event - 11th February 2015

On Wednesday 11th February 2015 TCAT took over Hawick Rugby Club to host our second Health and Well Being event. Attendee numbers were more than treble our November event and included patients, carers, family members, volunteers and Health Colleagues.

As well as listening to presentations on physical and mental wellbeing managing fatigue, relaxation and nutrition attendees were given the opportunity to browse a host of market stalls, representing Healthy Living Network, Lifestyle Adviser Support Service, Doing Well, Macmillan Welfare Benefits Service, Borders Sport and Leisure Trust, Carers Centre, Library Services, The Red Cross, Live Mindfully, Cancer Information and Support Service and Macmillan Cancer Support.

The aim of these sessions is to help support people to regain confidence and independence, make lifestyle changes, adjust to living with uncertainty and to take a fresh look at relationships and lifestyle.

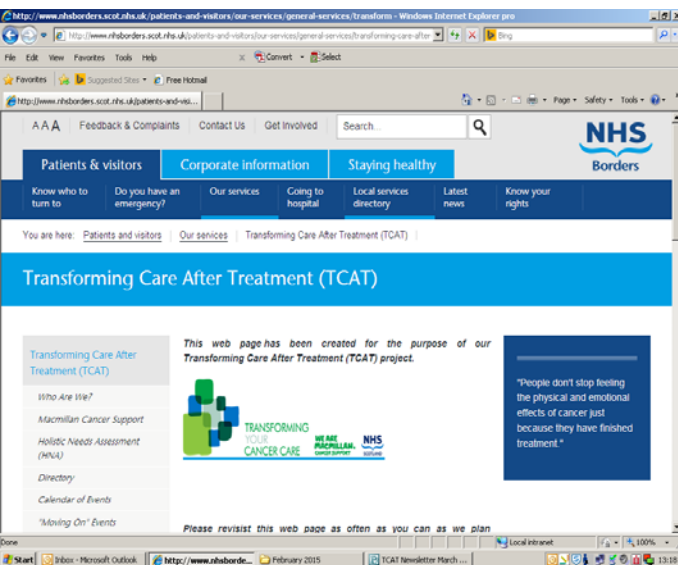


The next event will be held:
At: **Hawick Rugby Club**
On: **Wednesday 13th May 2015**
Time: **10am-12.30pm**
To book a space please contact the Cancer Information & Support Service (CISS) at the Borders Macmillan Centre on 01896 826835 or email kirsty.wallace@borders.scot.nhs.uk



“If your treatment is over, it's important to give yourself time to get back to being you again.”
Quote from Macmillan Cancer Support Website

Further Information



Remember more information about our TCAT Project can be found on our web page:

[http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/general-services/transforming-care-after-treatment-\(tcat\)/](http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/general-services/transforming-care-after-treatment-(tcat)/)

Look out for the next edition of our newsletter in April 2015!



Public Involvement

Throughout our pilot we are keen to involve the public as much as possible and endeavour to include patient and public feedback when shaping our pilot and any possible future roll out.

Some of the things we have undertaken to ensure the public are involved in our pilot include:

- Patient digital story
- Patient representation at our TCAT Away Day
- Baseline Patient Questionnaire
- Patient Focus Group
- “Moving On” Participant Evaluation
- Presented at NHS Borders Public Reference Group
- 1:1 Patient Interviews

Feedback has also been considered from members of NHS Borders Public Involvement Network when developing our Webpage, Directory and Calendar of Events.

We also aim to have as much stakeholder involvement as possible with our colleagues in Health, Social Care and supporting organisations as, we believe, the integration of services and raising awareness of available services will be key to the future success of TCAT.