

Transforming Care After Treatment (TCAT) Newsletter



TRANSFORMING
YOUR
CANCER CARE

Welcome to the last edition of our monthly newsletter

This edition comes with mixed emotions: sadness that our TCAT project has ended, pride in what we have achieved but mostly great excitement at what we have learnt and how this could be incorporated into everyday practice to improve the patient experience.



Looking Back / What Have We Achieved?

With pride we look back at our achievements over the last year:

- Sixty-one patients have taken part in the pilot
- We identified service gaps through baseline questionnaires and focus groups which went on to inform the project
- We have held three successful Health and Wellbeing Moving On Events, which have all evaluated positively
- We have held 1:1 patient interviews, gaining invaluable insight into patient experience and understanding of services available
- At our initial Launch Day back in August 2014 we made contact with a variety of stakeholders and have fostered these relationships over the course of our project which has led to improved integration and partnership working
- We have created a Directory of Services for the TD9 area which is available for use by all and have looked into ways to expand this for the rest of the Borders
- We have created a TCAT web based information centre
- We have trained staff on the use of the HNA tool and aim to routinely use these as part of our recovery package
- We have developed a template for End of Treatment Summaries, which will be explored further
- We have developed and circulated monthly newsletters
- We have participated in regional and national TCAT Learn and Share Events
- We have supported TCAT nationally, sharing our TCAT achievements and learning with our colleagues
- We have participated in the national evaluation

As a project team we have worked well together and have delivered on our objectives within agreed timescales.



WE ARE
MACPILLAN,
CANCER SUPPORT
NHS
SCOTLAND

Evaluation

We are currently working on completion of our project evaluation. This is a detailed document looking at all aspects of our project, the methodology used and the learning from this.

A first draft was reviewed by our Project Board this month and the Project Team are now working through some changes / updates which were agreed. A final version will then be signed off by our Project Board before being circulated to the wider TCAT Stakeholders.

As we are about to enter holiday period we have agreed to have the final version ready for submission during September 2015.

The evaluation will also highlight some key work areas / recommendations which we feel should be taken forward.



Recommendations

As our final evaluation is not quite complete we have not finalised all our key recommendations. We have however, agreed to look at these in 2 ways:

- What have we learned from TCAT / which work streams can we take forward within existing resources
- What have we learned from TCAT / which work streams would we like to take forward if additional resource was available

A key theme we have identified throughout the project is that people are often unsure of what has happened, what signs they should look out for and who they should contact when they have any questions. Everyone agrees that an End of Treatment Summary would go a long way towards alleviating some of these concerns and therefore we have decided that one aspect of our TCAT learning which we will definitely be taking forward is exploring the development and use of EOTS.

Our Moving On Health and Wellbeing Events have been a great success and we would like to continue these and roll them out across the Borders.

Future Plans

"Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning."

Winston Churchill

We all agree we have learned so much that we definitely do not want this to stop once the project ends and are therefore looking at practical ways in which we can take forward our key recommendations.

Our project board will not meet again until September where we will sign off the final evaluation. A key success of TCAT has been the integrated working and we would like to continue developing these relationships and ways of working better together; one idea is to continue our project board in a more informal way, perhaps quarterly.

For the moment this will be the last copy of the Newsletter but we promise to keep you all updated as much as possible. We will also try and keep the web page and directory updated as a much valued resource.



We cannot sign off without acknowledging some of the people and services without whom we would have struggled to progress TCAT within Borders. So.....

- TCAT Project board
- Healthy Living Network
- Lifestyle Advisory Support Service
- Borders Libraries
- Borders Sport and Leisure Trust
- Macmillan Welfare Benefits Service
- Lavender Touch
- Doing Well
- Carers Centre
- Hawick Baptist Church Group
- The Bridge
- Cancer Information & Support Service
- Volunteer Centre Borders
- The Red Cross
- Elaine Henderson at Live Mindfully
- NHS Borders Psychological Services
- Janice Logan
- Macmillan Cancer Support
- Napier University

and to all of those not mentioned above whether it was your contribution at our Launch Day (which helped shape our project), supplying refreshments (Debbie), IT and web support (Craig and Chris) and in any other way; your contribution has been greatly appreciated, we couldn't have done it without you.

THANK YOU!!!!!!

More information about TCAT nationally can be found on the following web pages:

<http://www.gov.scot/Topics/Health/Services/Cancer/TCAT>

<http://www.scan.scot.nhs.uk/TheNetwork/Projects/TCAT/Pages/default.aspx>

<http://www.macmillan.org.uk/Aboutus/Healthandsocialcareprofessionals/Newsandupdates/MacVoice/Winter2014/TransformingCareAfterCancerTreatment.aspx>



Remember more information about TCAT within Borders 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)/)