

# Transforming Care After Treatment (TCAT) Newsletter

## Welcome to our monthly newsletter

We've had another busy month in the TCAT camp and this month's newsletter focuses on Treatment Summaries and the importance of regular exercise after treatment.

## Future for TCAT within Borders

Unfortunately we have been unable to secure funding to continue our TCAT project with dedicated resource. Therefore, our project will officially come to an end early July 2015.

However, this will not be the end for TCAT; during our pilot we have learned so much and gained insight and understanding into ways in which we, as a service, can improve care for people after they have completed their cancer treatment.

## Recommendations

We are in the process of completing our final evaluation of the pilot. Part of this evaluation will be identifying key recommendations we feel should be taken forward as part of the wider work of Cancer Services within NHS Borders, once agreed we will share these with you.

We have already identified that one of the key themes for patients, family members, carers and health care professionals is communication and having the correct information.

One possibility to improve this for everyone which we have begun to explore in our pilot is Treatment Summaries.

## What is a Treatment Summary?

A Treatment Summary (TS) is a document produced by hospital cancer teams usually following treatment for cancer but also at other trigger points. It is designed to be shared with the patient and their General Practitioner (GP). The TS describes the treatment that a person has received, expected side effects as well as signs and symptoms of recurrence. It will also help to inform the GP Cancer Care Review and enables the GP records to be kept up to date. The TS is a key part of the Recovery Package. It is useful for:

- GPs and other health professionals in the community
- People living with a diagnosis of cancer
- Hospital staff, particularly in A&E and for unplanned emergency admissions
- Hospices, day centres and care homes
- Oncology staff have also found it helpful as an at-a-glance summary of the patient's history



"While I was having chemo, I quit doing almost everything. So when treatment ended, the challenge for me was, what am I going to do now with my life? What should I go back to doing?"

*Quote from cancer.gov*

The TS is designed to be completed by the hospital clinician usually at the end of an episode of treatment, which may be following surgery and/or adjuvant therapy. It is then shared with the patient and sent to the GP.

The TS can replace or be sent with the standard clinic letter. It may also be used when there is a referral from secondary care to palliative care or at other points in the journey, for example following treatment for recurrence. The TS will include details that are relevant to further management and care, maintenance treatment and ongoing surveillance.

It is for people affected by cancer as well as health professionals. The TS can help people understand more about their condition. They can share the information with others, for example, for travel insurance purposes.

Part of our pilot explored the introduction of these within Borders. Working with our colleagues within Cancer Service, local GP representatives, our IT (TRAK) team and using feedback from patient evaluations and interviews we have developed a TS template which holds key information regarding patients treatment, possible side effects and symptoms to look out for, who to contact, when and for what.

Initially we plan to pilot the use of these for chemotherapy patients who are treated within the Borders Macmillan Centre at the Borders General.

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

[alison.smait@borders.scot.nhs.uk](mailto:alison.smait@borders.scot.nhs.uk)

## The Importance of

# Exercise

If you're becoming more active after cancer treatment, you'll need to consider how much activity is appropriate for you. This will depend on different things, for example any side effects or symptoms you may have and your level of fitness before treatment.

It is important to set yourself realistic goals and to listen to your body. You should start with gentle and low intensity activities. You'll be able to build up progressively as you become stronger and fitter. First things first, you don't have to join a gym. Getting fit is so much easier (and cheaper) than that.



Just **walking** at a decent pace for **half an hour**, five days a week, will do wonders for your **health** and fitness. 3 lots of 10 minutes work just as well and make it easier to fit into everyday life.

## How Can I Get Active?

**Exercising and keeping active can have a very positive impact on your health and wellbeing.**

### Friendly Stroll

Going for a walk with a friend is a great way to spend an evening and a lot cheaper than going to the pub.

### Get out with the Kids

As parents, you play a vital role in shaping what your kids think about physical activity. Just making a few small changes can make a massive difference. Chasing your kids around the garden or park, or having a kick about is good for you and fun for them. Swimming is also a fun way to get you and the kids fit. The easiest way to be active every day is to make it part of your daily routine, a bit like brushing your teeth, but more fun.



### Walk more often

Try walking some of the way to and from your destination. You only need to get off the bus a couple of stops early. Over time that will make a real difference to your health and fitness, one step at a time. Get started by joining a local walking group.

### Get out at Lunchtime

Why not go to the shops or park at lunchtime instead of staying at work? The walk will also make you feel more awake in the afternoon.

### Leave the Car

When you pop out to the local shop, why not walk instead of taking the car?

### Get on up!

Draw the curtains, turn up the music and dance around the living room to your favourite songs.

### Take the Stairs

Try taking the stairs instead of the lift or the escalator.

### Gardens and Parks

Even planting flowers and growing vegetables can be good for you. Yup, even gardening counts as exercise. For those of us without one, or if green fingers aren't your thing, a walk through a park can be invigorating as well as being a much needed break from your daily routine.



Looking for ways to get active, but not sure where to start? [Active Scotland](http://www.activescotland.org.uk/) is there to get you going. Simply put your postcode or town in the search box and they'll find activities close to home, from easy to extreme. There are many ways to a more active life: choose a category for some new ideas, or explore the map and see what's available near you.

<http://www.activescotland.org.uk/>

**Remember more information about our TCAT Project can be found on our web page:**  
<http://www.nhs.uk/borders.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 July 2015!**