

INFORMATION FOR PRACTICE MANAGERS AND GPs

Managing Cancer as a long term condition

Free Cancer Course for Practice Nurses

7 Modules incorporated into a blended e- learning course

What do we need from you?

Support from you to release **your practice nurse(s) for three face to face study days (modules 2, 3 & 7) over a period of 6 months**. The face to face sessions will be hosted locally with lunch and refreshments provided for practice nurses. We also ask that you support your Practice nurse with the E-learning modules (modules 1, 4, 5 & 6) which they will need to complete; we estimate that each module takes approximately 3-5 hours a month. Finally, the nurse will be asked to ask a GP colleague or Practice Manager to act as a 'supporter' during the course and to champion the embedding of their learning in the practice throughout the course and beyond. At the completion of the course the **Practice nurse will be a confident 'expert resource'** in your practice for both patients and staff with knowledge of local support services and have key contacts with your acute care provider and community services.

Why do we need greater cancer knowledge and enhanced practice nurse roles?

The incidence of cancer is rising with estimates that 1 in 2 people will be diagnosed with cancer at some point in their lives and more people are living longer after diagnosis and treatment. The demands on GP's and Primary Care from this group are increasing. The long term impact of cancer means that it is now being considered as a long term condition. There is evidence that at least a third of cancer survivors have five or more unmet needs following treatment and the nurses can signpost patients to services to support these needs.

The NHS is promoting a supported self-management approach to care to enable patients to cope better in the community and to live their lives as fully as they are able. The acute care patient care pathways are changing – with early direct to test initiatives, 28 day to diagnosis and with follow up changing to risk stratified care pathways. All leading to less care time in hospital and more time at home in the community. General Practice may therefore have a greater role to play in supporting the patients and their families. This course aims to assist primary care, through the practice nurses, by increasing the knowledge of cancer treatments, care and follow up advise.

Benefits to the practice

- Practice Nurses play a key role in the management of long term conditions in Primary Carer, such as diabetes, COPD and heart disease. The skills they use could also be employed with patients living with cancer and this course will enable them to do this.
- Attendance on the course will be supported by a grant from Macmillan; therefore no cost to practices
- The course will result in the participants having increased knowledge, confidence, and skills to improve the experience of care for people affected by cancer.
- A Practice nurse confident to speak with and support patients and families at times of need.
- Bring to the practice knowledge of what local resources are available to support patients and any referral processes e.g welfare benefits advise service, physical activity opportunities,
- Bring to the practice the development of new relationships and key contacts with the oncology team at the local acute care provider and so have better access to one to one advise and support for the practice
- Training Practice Nurses to undertake the Cancer Care Review will reduce work load for GP's. The Cancer Care Review is key to the 'Recovery Package' which is promoted as a group of interventions that will make a positive long term difference to the lives and recovery of people affected by cancer.

- Provide a standardised, recorded holistic approach to care for people affected by cancer
- The Practice nurse will be better able to share the increasing workload at GP practices.
- Assist the practice to be up to date with local and national cancer care initiatives
- Be a point of contact within Primary for patient with cancer
- Opportunity for practices to link up with CRUK facilitator and initiatives to assist with screening and early diagnosis
- Will potentially be able to work with practice managers to review 'systems' to better enable care to those effected by cancer.

Benefits to the practice nurse

- The practice nurse will be better prepared and able to support those 49% of patients who also have a cancer diagnosis and another long term condition (A recent Macmillan study showed 49% patients affected by cancer have at least one other chronic condition) as well as those with a cancer diagnosis.
- Increased confidence supporting patients at times of need and with 'difficult' conversations (practical communications skills training and confidence building is an integral part of the course).
- Will know where and how to access local support for patients in the community
- Will know where and how to access advise at the acute care provider
- Understand better the patient pathway to support Primary care, Acute care and the patient to ensure timeliness of care provision and achieving required national quality standards
- Ensure a systematic comprehensive approach is taken to patient care. Macmillan has developed a 'Cancer Care Review template' which will enable Practice Nurses to conduct a holistic standardised Cancer Care Review.
- Helping and influencing patients to adopt a healthy lifestyle (studies have shown that certain activities can reduce the risk of recurrence in specific cancer types)
- Become a resource for the practice and patients
- Enhance their professional development, contribute to individual's revalidation process, provide an opportunity for networking and peer support.

Previous evaluations

Many courses have already been delivered to a large number of Practice Nurses resulting in increased knowledge, confidence and skills for participants, as well as positive changes to their day to day practice and subsequently a better experience for people affected by cancer.

Evaluation of Practice Nurses who attended a course in 2013 reported:

- 76% agree the course improved their knowledge about cancer and its treatment by a great deal, with 79% feeling the same about their improved knowledge about the diverse needs of people affected by cancer.
- 73% agree the course improved their skills in communicating with people affected by cancer a great deal, with 68% reporting a great deal of improved confidence in managing cancer as a long term condition.
- 66% felt the opportunity to apply learning in practice helped to improve their knowledge, skills and confidence, and as a result of this 60% report that a fair amount or a great deal of the time they are seen as a resource about cancer by their colleagues.
- 65% report a great deal of improvement for their skills in assessing the needs of people affected by cancer.
- 85% report a great deal of improved knowledge about resources available for people affected by cancer.
- 67% agreed their skills in signposting people affected by cancer to other sources of support and information have improved a great deal (a further 30% said a fair amount)