

HOPE Programme

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Trust Board paper C

Executive Summary

This story is about a programme developed by Coventry University and Macmillan Cancer Support called HOPE (Helping Overcome Problems Effectively). It is designed to help people who have had/or have cancer to get on with their lives.

Ten staff from within the Trust have received specialist training to facilitate the programme. It is an interactive, group based, self-management support course, which runs for six weeks, with each weekly session lasting 2.5 hours. It is for groups of between six and twelve and is free to attend.

The course concentrates on focusing and rediscovering your inner strengths and resilience to help you cope emotionally, psychologically and practically. Time is spent in facilitated discussions, group activities, information sharing and tools to try at home in between each session.

This story shows three patients who are currently attending this course and they detail how the content has helped them and why they would recommend it to others in their situation.

Why Has This Patient Story Been Selected For Trust Board?

Statistically there are more than 360,000 new cancer cases in the UK every year, nearly 990 every day. Every two minutes there is someone in the UK who is diagnosed with cancer. These figures are set to rise by 2% in the UK by 2035.

The HOPE programme was introduced in Leicester's Hospitals in 2018 in response to patient feedback in the local results of the National Cancer Patient Survey; results published in September 2016. This National survey showed that Leicester's Hospitals needed to improve in some specific areas:

- Patients feel they did not have someone to talk to about their worries and fears
- Patients felt they required more information on discharge about what they could / couldn't do

Therefore, the Macmillan Lead Cancer Nurse and Cancer Nurse Specialists committed to training and delivering this programme.

The HOPE programme is a licenced and accredited programme that addresses the above concerns and it allows for peer support between patients who may have had different cancer diagnosis, but have similar concerns or fears.

What Are The Key Themes In The Patient Story And How Applicable Are They Across The Trust?

There are a number of elements to this story, including:

- The first lady in the film had issues with panic attacks and anxiety; she didn't feel comfortable leaving the house. This was due to the changes in her appearance due to her hair loss and the scars left from her surgery. After attending four out of the six sessions, she now has the confidence to face the world and to talk about her diagnosis with family and friends.

- The second patient is a gentleman who has found the course helpful in coping with the down times that he has experienced when the enormity of his diagnosis hits him. He has learnt little tips that assist him through these periods focusing on other aspects of his life not related to the cancer. He has also found the camaraderie of people who have the serious diagnosis such as his invaluable.
- The final lady felt depressed and when advised about the programme she decided to attend. She expresses how this programme is a really good idea, it highlights that you are not the only person with this diagnosis. She has been able to get some helpful ideas, through the programme and through talking to other people who have a diagnosis of cancer.

The common theme from all three patients is that they have found the programme helpful and would recommend it to others in their situation.

What Are The Key Learning Points To Improve The Quality Of Patient Care/Experience, And How Will They Be Measured And Monitored In Future?

Patients complete a questionnaire on week one and again at the end of the course. The questionnaire measures improvements in the patients' health and well-being as well as provide the opportunity for free text. The evaluation is aligned to the license requirements to deliver the programme with Coventry University and Macmillan Cancer Support.

The programme was launched in July 2018 with four courses supporting a total of 20 patients. The programme is also aligned to the Living With and Beyond Cancer programme in supporting the health and well-being of people living with cancer. The ambition is that the programme will be able to be delivered by trained facilitators in the community providing this programme closer to home.

This video has been developed for two purposes, the first being a promotional video for future patients, to highlight the benefits of taking part in the programme. The second purpose is to share with the clinical staff, so that they also have a greater understanding of the programme and how patients who have taken part feel that it has benefited them.

Conclusion

This programme is one of the many ways the Trust seeks to improve patients feeling that they have support for their emotional and psychological well-being following cancer treatment and care.

The programme has been well evaluated so far and there is the commitment to continue / expand this support programme by offering eight programmes in 2019 and securing training for an additional ten facilitators for the future. This programme embraces the on-going care and communication with patients who have come towards the end of their cancer treatment, to help them to live the rest of their lives, with the tools to assist them to do this.

For Reference

Edit as appropriate:

1. The following **objectives** were considered when preparing this report:

Safe, high quality, patient centred healthcare	Yes
Effective, integrated emergency care	Yes
Consistently meeting national access standards	Yes
Integrated care in partnership with others	Yes
Enhanced delivery in research, innovation & ed'	Yes
A caring, professional, engaged workforce	Yes

Clinically sustainable services with excellent facilities	Not applicable
Financially sustainable NHS organisation	Yes
Enabled by excellent IM&T	Yes

2. This matter relates to the following **governance** initiatives:

a. Organisational Risk Register	Not applicable
b. Board Assurance Framework	Not applicable

3. Related **Patient and Public Involvement** actions taken, or to be taken: This is a Patient Story and reflects patient and public involvement and partnership working.

4. Results of any **Equality Impact Assessment**, relating to this matter: N/A

5. Scheduled date for the **next paper** on this topic: June 2019

6. Executive Summaries should not exceed **1 page**. My paper does comply

7. Papers should not exceed **7 pages**. My paper does comply