

ROC Late Effects Clinic

Presenter: Kate Beyer
Clinical Nurse at ROC Toowoomba





*"I don't care what you say, the radiation
is Not making you glow in the dark!"*

Survivorship

- ▶ Cancer care -Shift towards a chronic disease model
- ▶ Goals include: -
 - ▶ 1) prevention of recurrence, new cancers and late effects
 - ▶ 2) surveillance for cancer spread, recurrence or 2nd cancers; assessment of medical and psychosocial late effects
 - ▶ 3) intervention for the consequences of cancer and its treatment
 - ▶ 4) coordination between specialists and primary care providers to ensure that all of the survivors health needs are met.

Survivorship

- ▶ 1986 National Coalition for Cancer Survivorship founded in the US (Dr Fitzhugh Mullan co - founder)
- ▶ 2007 National Cancer Survivorship Initiative founded in the UK (Macmillan Cancer Support and Dept Health)
- ▶ 2011 NSW Cancer Survivors Centre (2015 renamed to National Centre for Cancer Survivorship - UNSW + leading clinical and research groups)
- ▶ 2013 Australian Cancer Survivorship Centre founded (Peter MacCallum Cancer centre and Dept of Health)



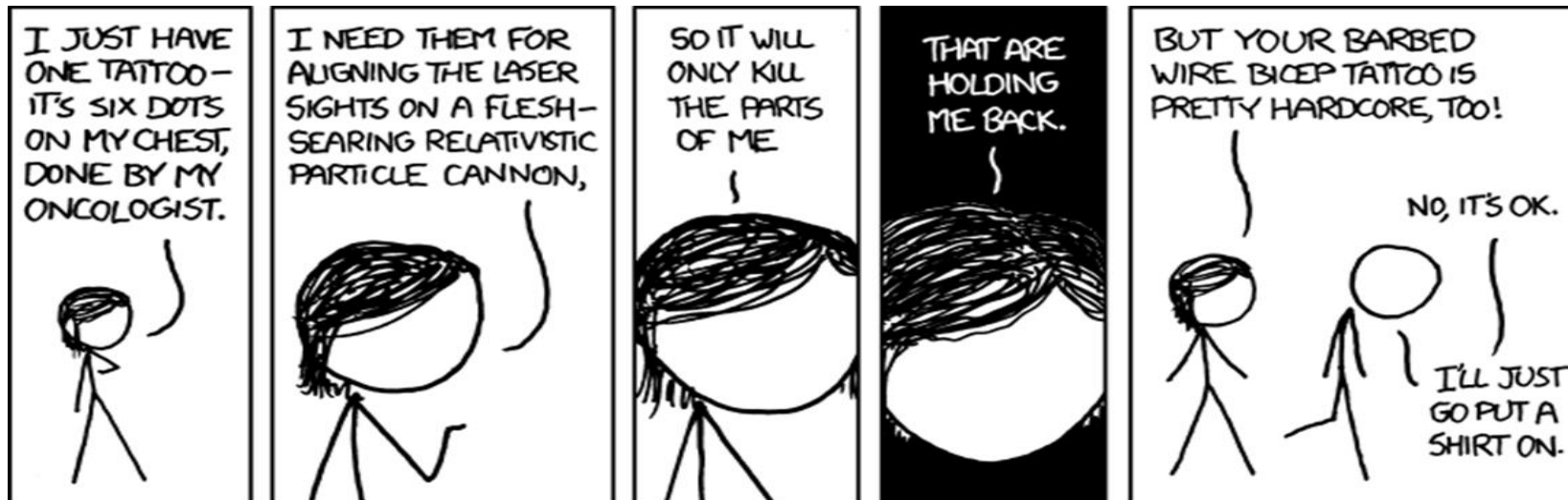
What can I do?

- ▶ We are not a major metropolitan centre
- ▶ We deliver radiation treatment 70-80 patients a day on 2 linacs
- ▶ We service public and private patients from rural and regional areas in SE and SW Queensland
- ▶ How do I help my patients?



WHAT IS A LATE EFFECTS CLINIC

- ▶ Designed to help people manage possible late effects of cancer treatment by:
- ▶ Coordinating referrals to allied health professionals
- ▶ Education people about improving their health to help minimise risks of long term effects
- ▶ Liaising with patient's RO/GP for any further follow up of conditions- care plans



LATE EFFECTS OF RADIATION TREATMENT

- ▶ Can be described as the effects that have not been recovering after treatment or developing after completion of treatment and are permanent.
- ▶ An example of late side effects include:
 - ▶ Lymphoedema
 - ▶ Dry mouth
 - ▶ Swallowing difficulties
 - ▶ Fatigue
 - ▶ Bowel or Bladder Issues
 - ▶ Sexual dysfunction
 - ▶ Psychological

ROC LATE EFFECTS CLINIC

- ▶ **The purpose of this clinic is to assist patients in managing the late effects of their radiation treatment.**
- ▶ Our aim is to improve the quality of care that ROC Toowoomba provides and therefore patient outcomes
- ▶ Is coordinated and run by one of the ROC Toowoomba nurses on a fortnightly basis
- ▶ Eligible patients generally those that are 6 months post treatment

Clinic is free to attend.



Starting a clinic in regional Queensland

January - May 2015

- Applied for a grant - Regional Development Australia and Carbal Medical Centre for just over \$10,000 (training, supplies, cost of me)
- Training involved a visit to Peter MacCallum Cancer Centre in Melbourne, a survivorship course in Belgium and a Nursing Assessment course in Brisbane.
- Preparations for the clinic were to start promoting the clinic which was done by creating a brochure that was mailed to patients already completed treatment and given to patients on their last day of radiation treatment.
- Promotion of the clinic has also been via an article in the local newspaper, by speaking at an ROC survivorship group meeting and as an invited guest at a Cancer Council Queensland survivorship forum





CHALLENGES

- ▶ Applying for funding
- ▶ Educating staff and patients
- ▶ Promotion to general public, GPs, MO/RO, surgeons, support groups



The LATE EFFECTS CLINIC

- ▶ The clinic first saw patients on 1st June 2015 as planned
- ▶ The referrals -from radiation oncologist or patients.
- ▶ Satisfaction survey was mailed to patients that had been to the clinic within the first 3 months.
- ▶ The feedback was positive so the clinic continued



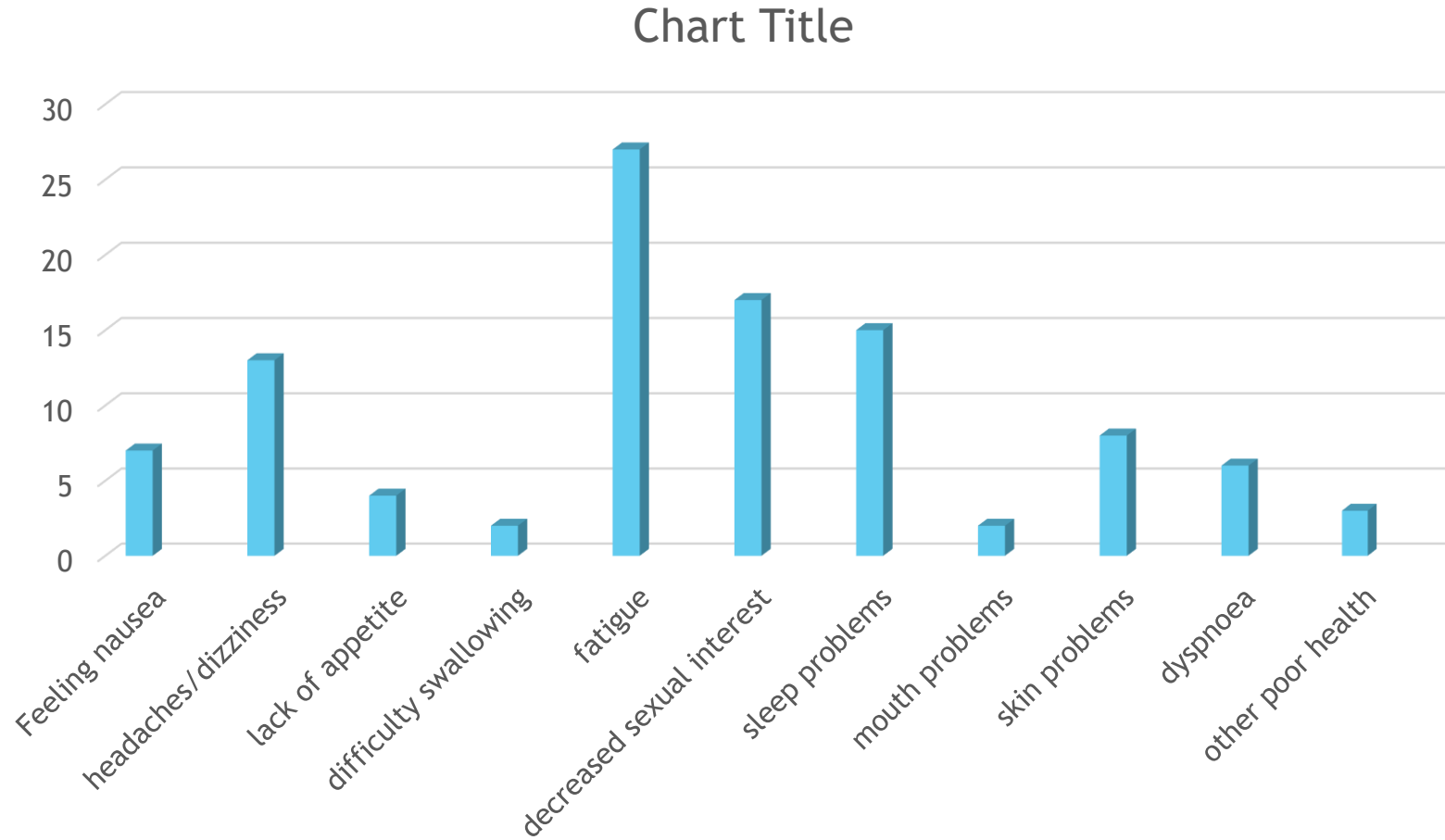
The patients

- ▶ 44 patients seen
 - ▶ 16 Prostate
 - ▶ 9 Breast
 - ▶ 9 Head and Neck
 - ▶ 3 Lung
 - ▶ 7 Soft Tissue
-
- ▶ On arrival patients complete a Supportive Needs Analysis form and all patients completed a EORTC - QOL questionnaire.



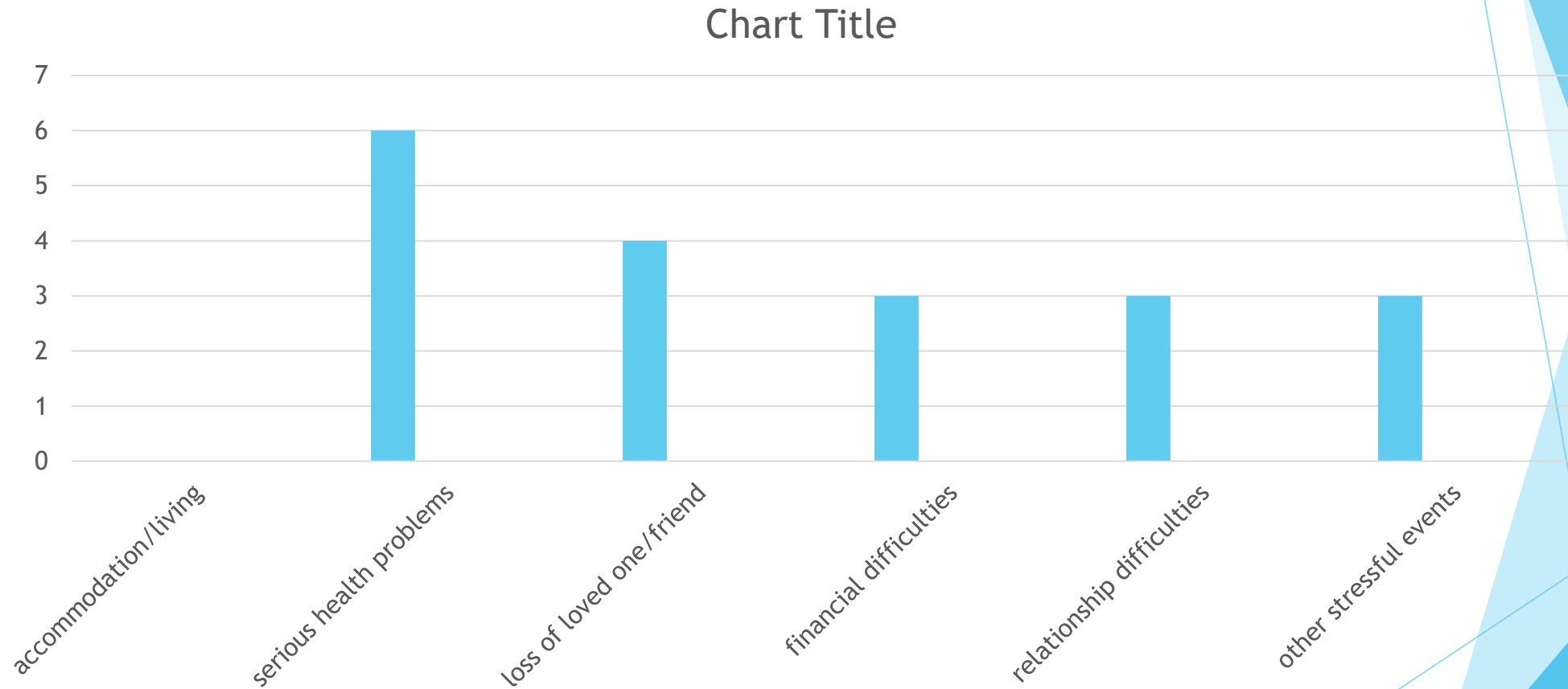
Patient reported late effects

► Supportive Needs Assessment- Based on 31 patient reports



Patient reported late effects

► Support and coping



CARE PLANS

Nurse Led Late Effects Clinic Summary

Dear

Re:

Your patient has now completed a review with the ROQ nurses and a summary of their treatment and ongoing management plan are outlined below.

Diagnosis:	Date of Diagnosis:	Organ/Staging Local/Distant
Summary of Treatment and relevant dates:		Treatment Aim: Curative
Treatment late effects and to address at subsequent review: •		Private/Public Patient (please circle)
		Cancer Care Coordinator: N/A
		Primary Care Provider:
Symptoms that require referral to other medical/allied health team:		Service referrals made: (delete as nec)
Ongoing Management Plan: (tests, appointments etc)		Advise entry onto palliative care: No
Required GP actions in addition to subsequent review (e.g. ongoing medication, osteoporosis and cardiac screening)		
Summary of information given to the patient about their cancer and treatment/future needs:		
Additional information including issues relating to lifestyle and support needs:		

Completing Nurse: Kate Beyer

Signature:

Date: 13/ /15

HEALTH PROMOTION EDUCATION

- ▶ Regular exercise
- ▶ Healthy Eating
- ▶ Stop smoking
- ▶ Minimise stress

Dear Mind, please stop
thinking so much at night,
I need to sleep.

WARNING

**Daily Exercise
and
Healthy Eating
leads to
Increased
Awesomeness**

The results

- ▶ EORTC QLQ-C30 V3 Responses >2
 - ▶ Q 26 Has your physical condition or medical treatment interfered with your family life? *17% answered higher than 2*
 - ▶ Q27. Has your physical condition or medical treatment interfered with your social activities? *13% answered higher than 2*
 - ▶ Q28. Has your physical condition or medical treatment caused you financial difficulties? *13% answered higher than 2*
- ▶ Patient referral compliance
 - ▶ Compliance with attendance at recommended referrals >95%



The Future and Priorities

- ▶ The potential for research - streamline the processes
- ▶ Under negotiation - electronic version of EORTC cancer specific questionnaire and also the CTCAE grading tool - clinician and PROs
- ▶ Promotion
- ▶ Multidisciplinary approach
- ▶ Ensure that the patients with high needs eg rural and remote and private patients are flagged.
- ▶ Funding for the clinic on an ongoing basis is minimal.
- ▶ There is a need to train other staff



THANK YOU!

