

Supporting People Affected by Cancer to Live Better

Moyra Mills, Annette Mawhinney,
Norma Adams, Diarmaid McAuley,

4th June 2019

*To deliver excellent integrated services
in partnership with our community*

**MACMILLAN
CANCER SUPPORT**



The Role of the Clinical Nurse Specialist (CNS)



*To deliver excellent integrated services
in partnership with our community*

**MACMILLAN
CANCER SUPPORT**

COMPASSION



C

OPENNESS



O

RESPECT

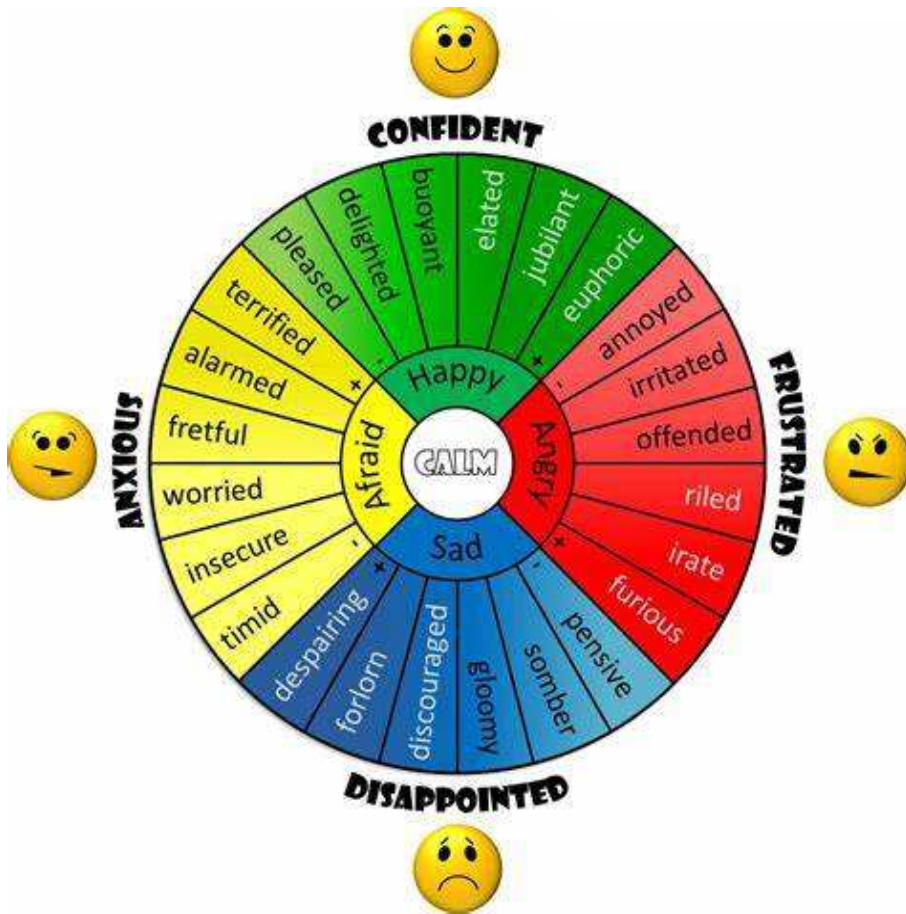


R

EXCELLENCE



E



*To deliver excellent integrated services
in partnership with our community*



*To deliver excellent integrated services
in partnership with our community*





*To deliver excellent integrated services
in partnership with our community*

COMPASSION



C

OPENNESS



O

RESPECT



R

EXCELLENCE



E

Health & Wellbeing Events

<http://www.nhsctcancerservices.hscni.net/>

*To deliver excellent integrated services
in partnership with our community*



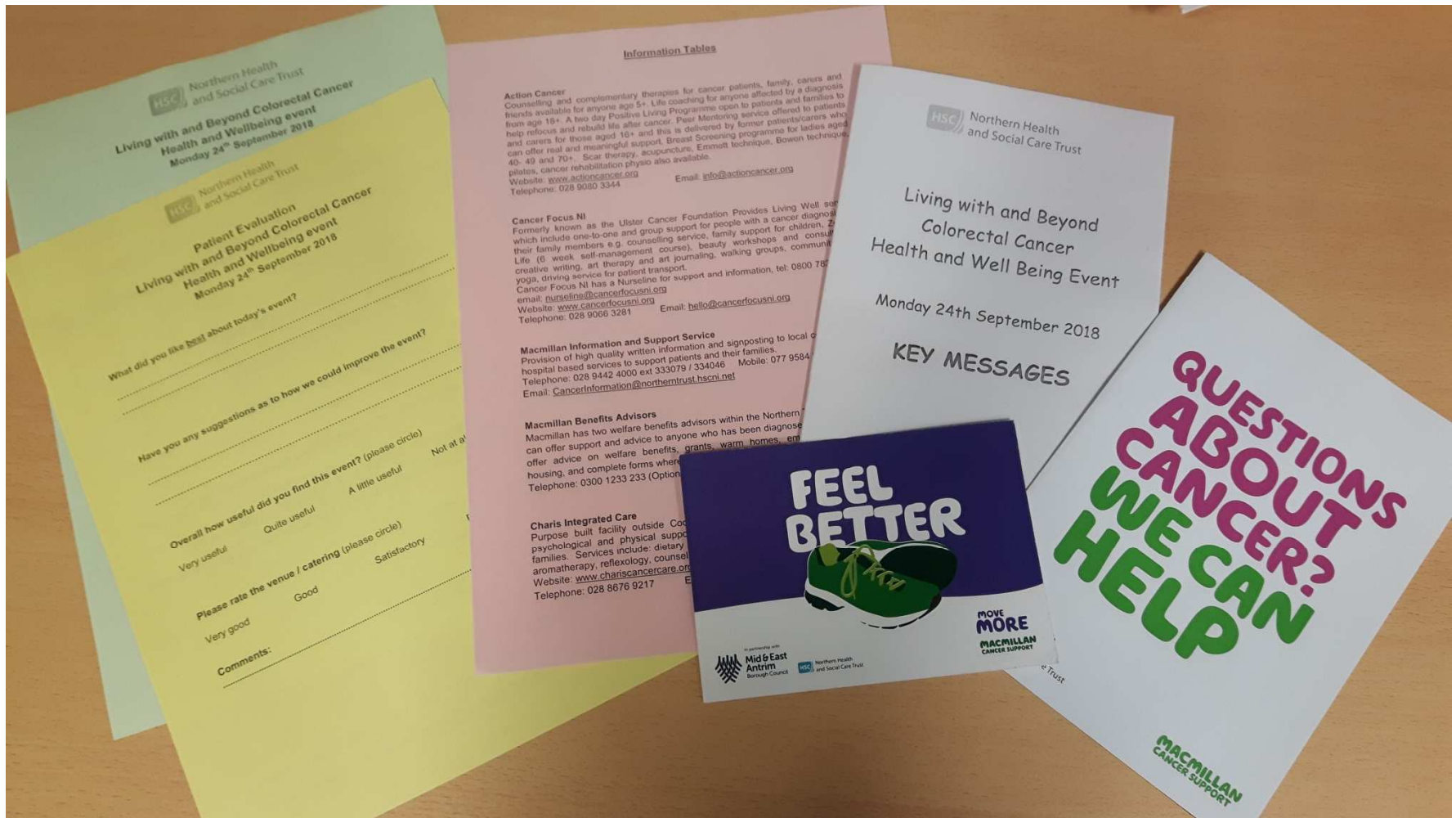
Aim of HWBEs:

to enable people to take back control
of their lives

- Better informed.....
- Know what's normal.....
- More confidence.....
- Feel reassured.....
- Motivated.....
- Feel less anxious / isolated.....

*To deliver excellent integrated services
in partnership with our community*





**To deliver excellent integrated services
in partnership with our community**



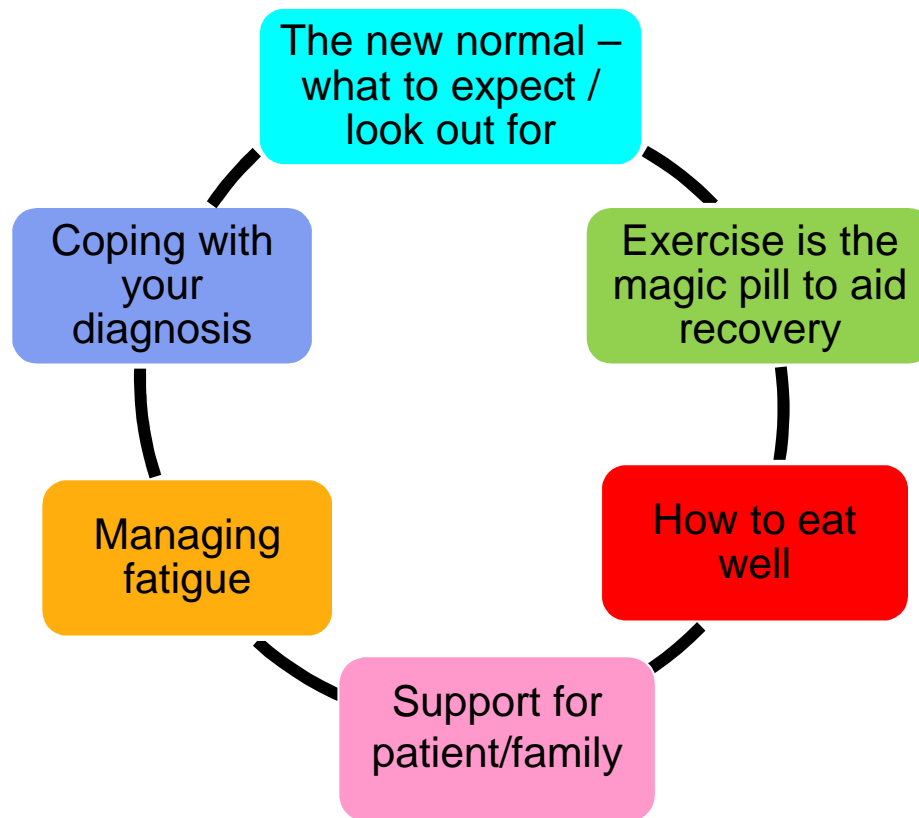
1.30pm	Arrival & Registration	
1.45 pm	Welcome	Norma Adams Macmillan Information and Support Manager
1.55 pm	Colorectal Cancer – What’s next?	Mr Bill Campbell Consultant Surgeon
2.15 pm	Living Well	Annette Mawhinney Macmillan Colorectal Clinical Nurse Specialist
2.35 pm	What can I eat now?	Heather Owen Macmillan GI Dietitian
2.55 pm	Tea & Coffee Break <ul style="list-style-type: none"> • Time to visit information stands • Opportunity to chat to other patients & families 	Macmillan Benefits Advisor, Macmillan Cancer Support, Action Cancer, Cancer Focus NI, Boots, Charis, Colostomy Assoc., Ileostomy Assoc., Bowel Cancer UK, Physical Activity Co-ordinator
3.30 pm	Support for carers	Claire Campbell NHSCT Carers Co-ordinator
3.40 pm	Looking after yourself	Valerie Magowan Cancer Focus NI Counsellor
4.00 pm	Managing fatigue	Judith McCullough Occupational Therapist
4.10 pm	Exercise following bowel cancer	Janice Allen Specialist Physiotherapist
4.20 pm	Move More	Alan McCausland Macmillan Move More Co-ordinator
4.35 pm	Round up & Close	Norma Adams Macmillan Information and Support Manager



*To deliver excellent integrated services
in partnership with our community*



Key Messages



COMPASSION



C

OPENNESS



O

RESPECT



R

EXCELLENCE



E

*To deliver excellent integrated services
in partnership with our community*



To deliver excellent integrated services in partnership with our community

What people liked best about our events:

"The reassurance and inspiration I received from the whole team. I feel much more confident moving forward. Thanks to all"

"The variety of sessions. Overall gave me an increased awareness of what my partner is going through."

"I know now I am not alone"

"The craic and the scones!"

"Chatting with other people and the opportunity to chat to representatives at the information tables."

"I realise my fatigue is normal and what everyone else feels...and that I can do things to improve it."

COMPASSION

OPENNESS

RESPECT

EXCELLENCE



C

O

R

E

*To deliver excellent integrated services
in partnership with our community*





*To deliver excellent integrated services
in partnership with our community*

**MACMILLAN
CANCER SUPPORT**

COMPASSION



C

OPENNESS



O

RESPECT



R

EXCELLENCE



E

"THE UNDERRATED WONDER DRUG"

**"EXERCISE IS SAFE
BOTH DURING AND AFTER
MOST TYPES OF
CANCER TREATMENT."**



Reduces the
consequences
of treatment



Reduces
co-morbidities



Reduces
Disease
Progression



Decreases
mortality



Decreases
recurrence



COMPASSION



C

OPENNESS



O

RESPECT



R

EXCELLENCE



E

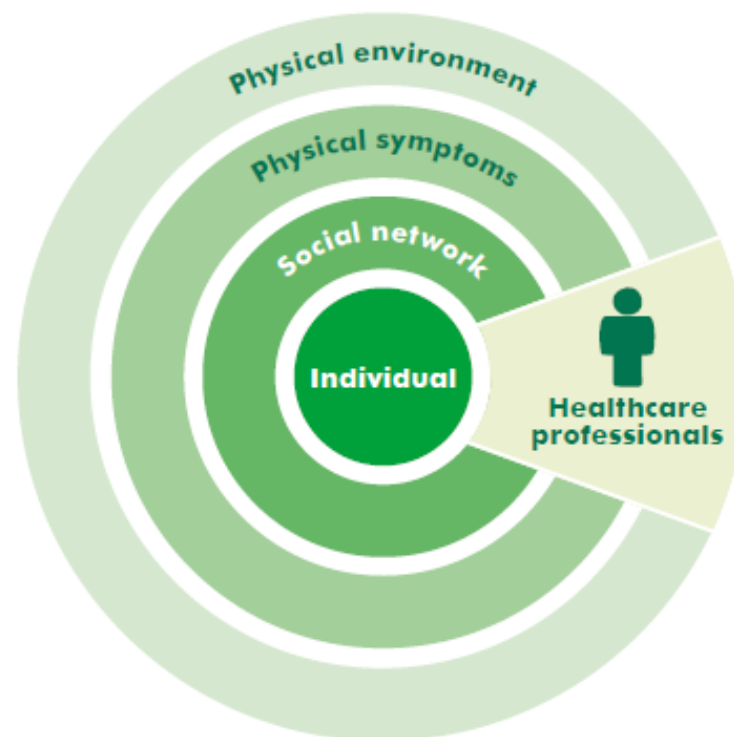
*To deliver excellent integrated services
in partnership with our community*

HOW MUCH & HOW OFTEN?

	Be active To keep your heart and mind healthy	Build strength To strengthen muscles, bones and joints	Improve balance To help reduce your chance of falling
How often?	150 minutes of moderate activity a week or 75 minutes of vigorous activity a week	2	2
Walk			
Sit less	TV	Sofa	Computer
Break up long periods of sitting down to help keep your muscles, bones and joints strong.			

77%
OF PEOPLE LIVING WITH CANCER
ARE NOT ACTIVE ENOUGH

THE BARRIERS & MOTIVATORS



To deliver excellent integrated services
in partnership with our community

WHAT IS MOVE MORE NI?



**CONSULTATION WITH
TRAINED
SPECIALIST**

**DIVERSE MENU OF
PHYSICAL ACTIVITY
OPPORTUNITIES TAILORED TO YOUR NEEDS**

**MINIMUM OF
12 MONTHS
FOLLOW UP SUPPORT**

**WALKING, SPORTS,
GYM, SWIMMING
ACTIVE AT HOME**

**GROUP-BASED
OR
INDIVIDUAL**

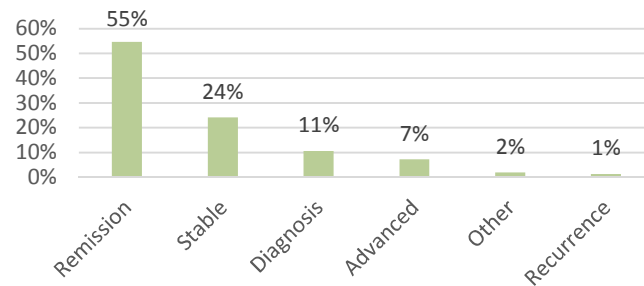
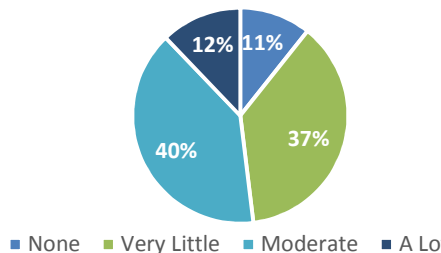
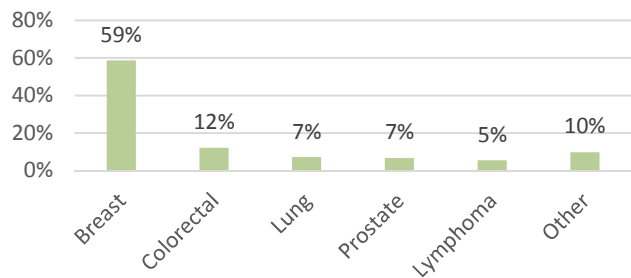
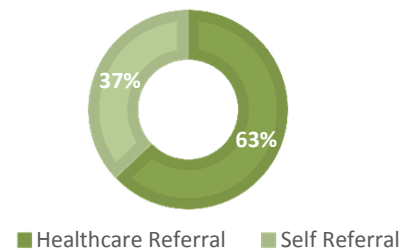
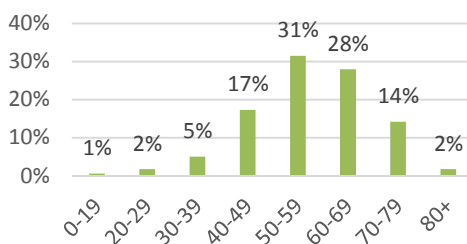
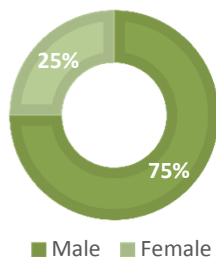
**CANCER SPECIFIC
OR
NON-CANCER
SPECIFIC**

**INCENTIVES:
FREE SESSIONS,
DISCOUNTED RATES,
MOVE MORE EVENTS**



*To deliver excellent integrated services
in partnership with our community*

WHO IS GETTING INVOLVED?

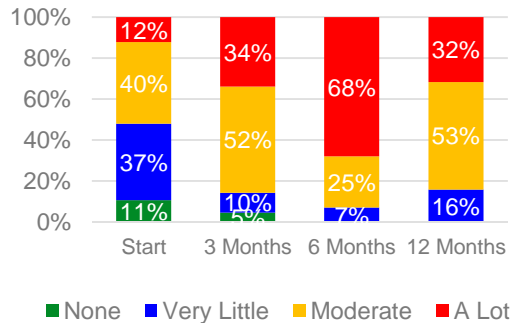


*To deliver excellent integrated services
in partnership with our community*

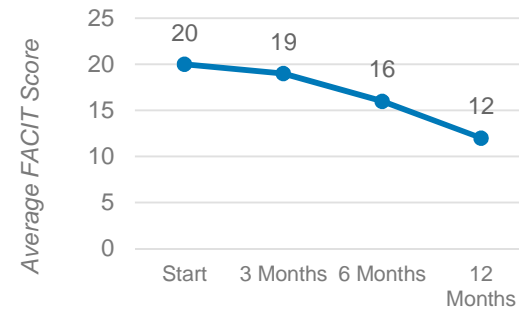


HOW ARE THEY BENEFITTING?

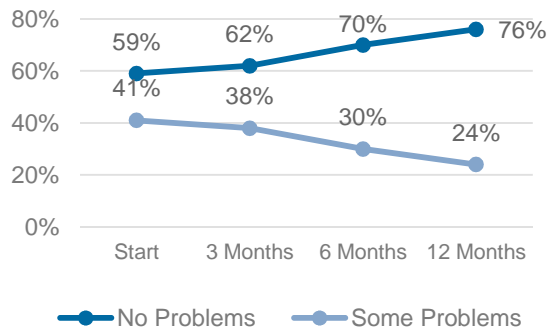
Increased Physical Activity



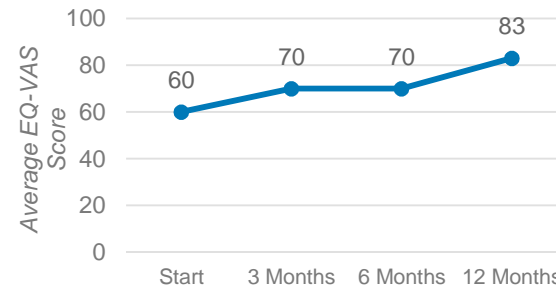
Reduced Fatigue Levels



Improved Mobility



Improved State of Health



*To deliver excellent integrated services
in partnership with our community*

LET'S HEAR FROM THE EXPERTS...



*To deliver excellent integrated services
in partnership with our community*

COMPASSION



C

OPENNESS



O

RESPECT



R

EXCELLENCE



E

Evaluation of Health & Wellbeing events

*To deliver excellent integrated services
in partnership with our community*



Proposed Benefits of HWBE

- Increase knowledge & understanding
- Increase confidence
- Improve physical wellbeing
- Enable management of emotional distress
- Access to range of services
- Opportunity to meet others



*To deliver excellent integrated services
in partnership with our community*

Survey results

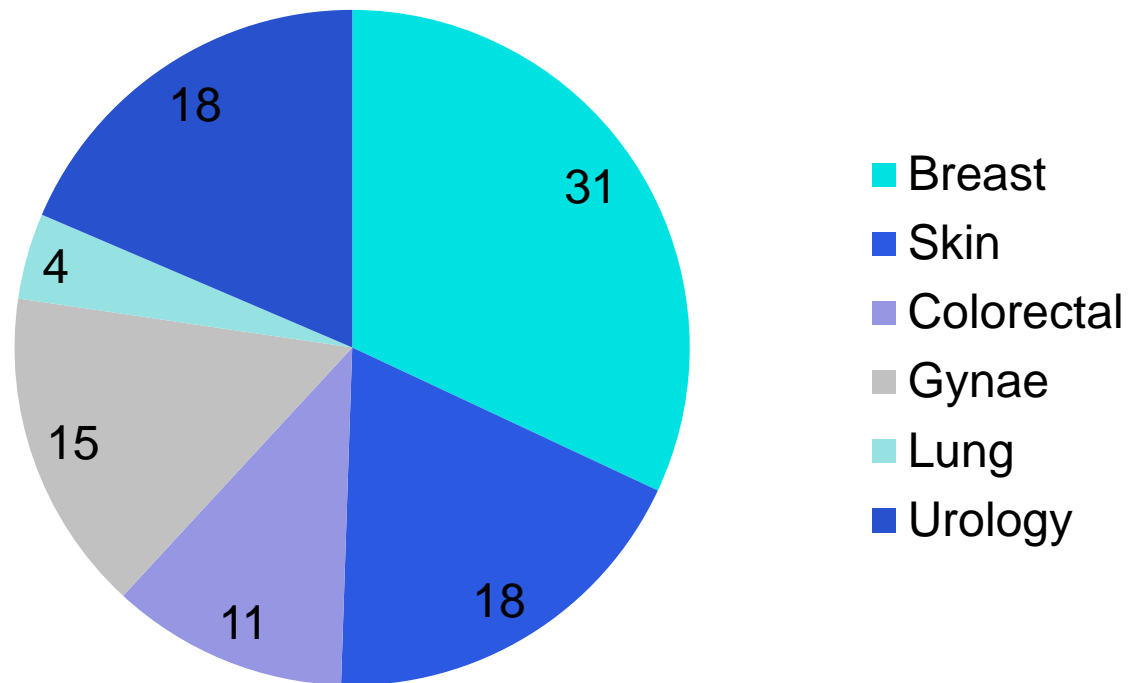
- 316 Postal survey in 3 Trusts
Southern, SET, Northern
- Patients who had attended Jan-June 2018
- Mix of closed and open-ended questions

*To deliver excellent integrated services
in partnership with our community*



Respondents

- 131 returned (42% response rate)
- 65% female

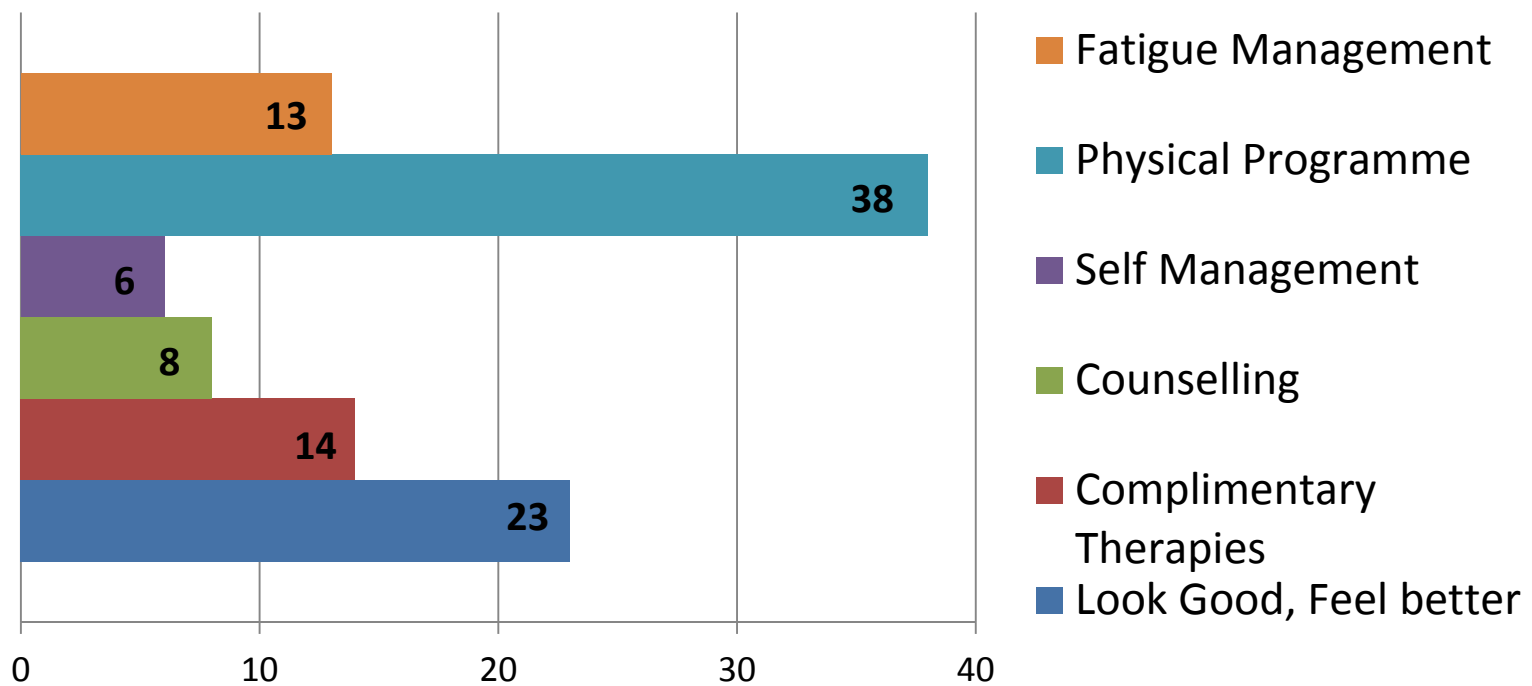


*To deliver excellent integrated services
in partnership with our community*



Post event

- 47% attended programmes or activities



*To deliver excellent integrated services
in partnership with our community*

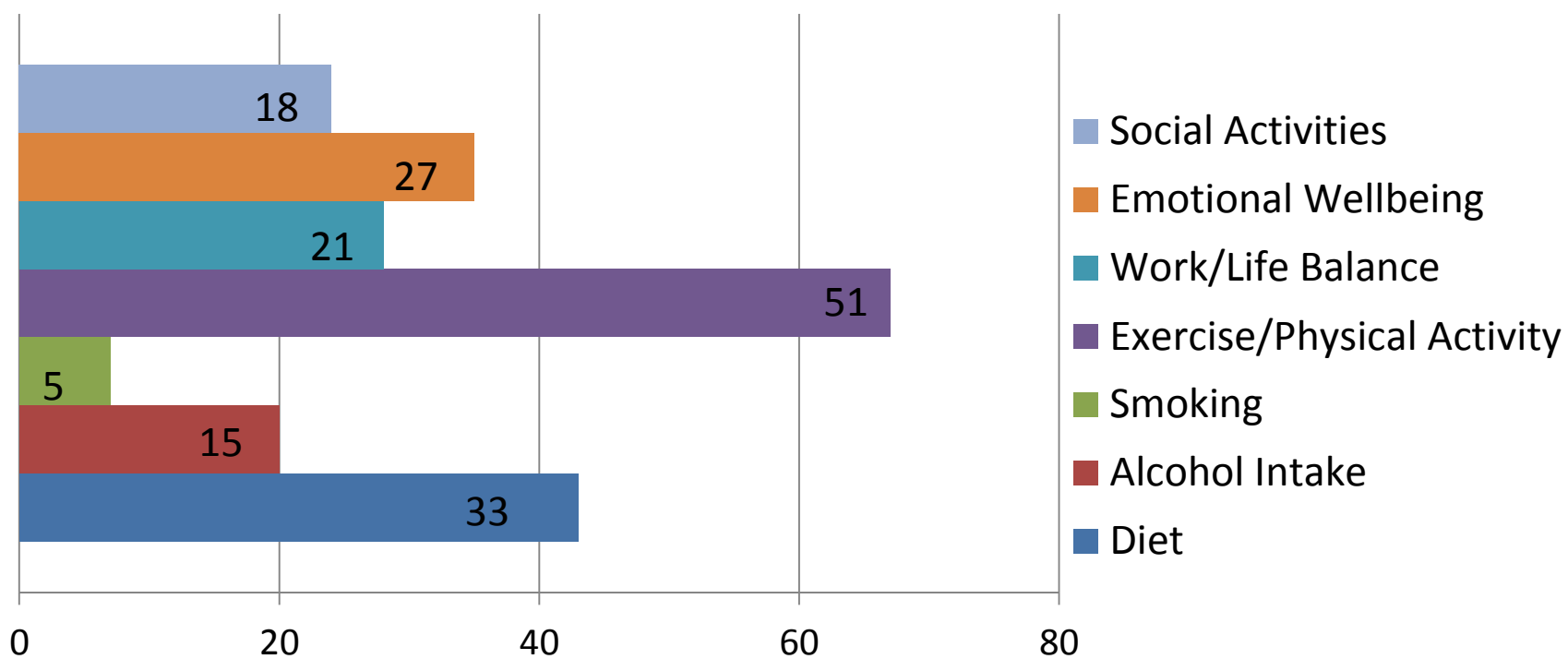
Post event

- 46% contacted support services



*To deliver excellent integrated services
in partnership with our community*

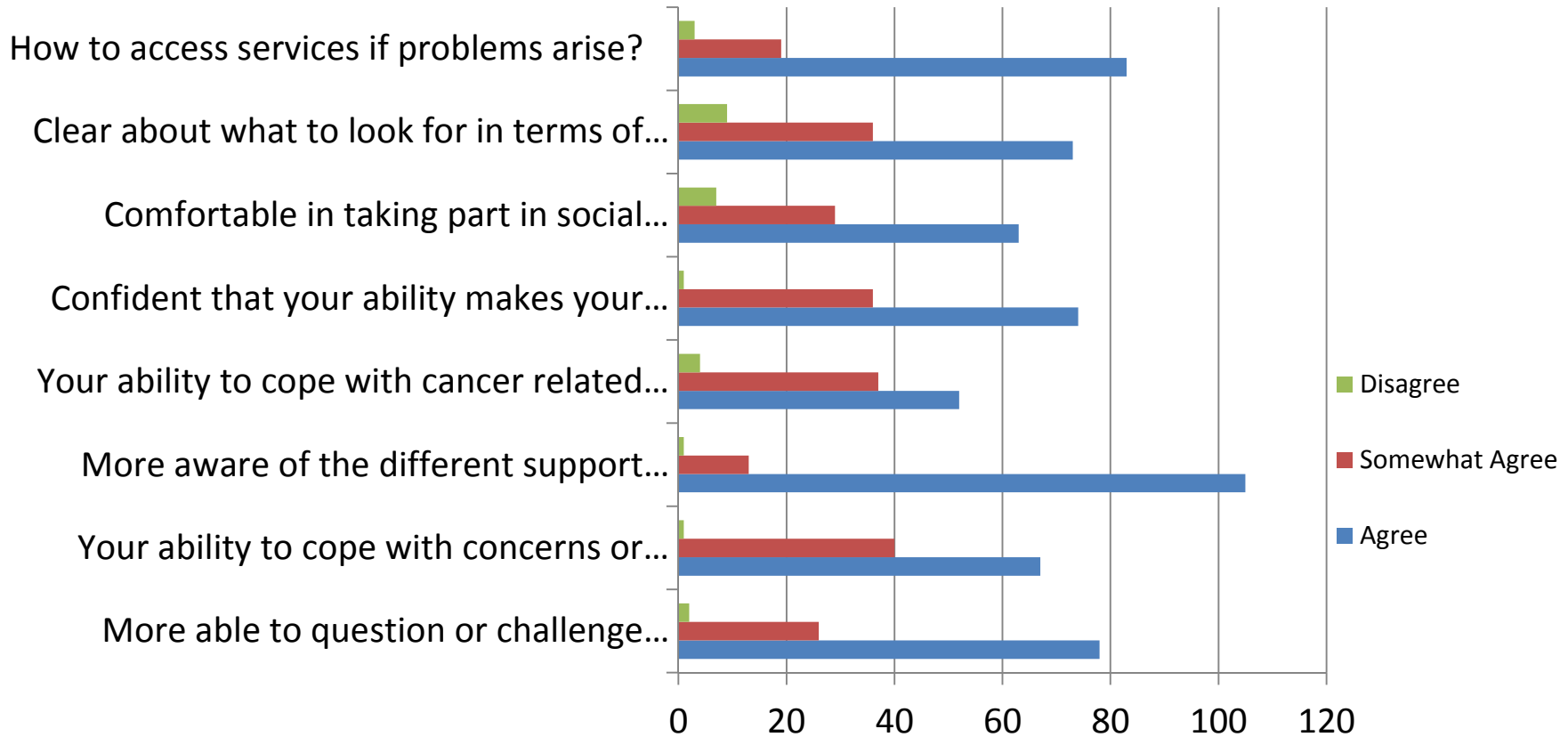
Changed Lifestyle Post - event



*To deliver excellent integrated services
in partnership with our community*



Increased Knowledge



*To deliver excellent integrated services
in partnership with our community*





Thank you for listening
Any Questions?

*To deliver excellent integrated services
in partnership with our community*

**MACMILLAN
CANCER SUPPORT**

