

**Background** **Methods & PRAGMATIC Study Flow Chart**

- ❖ Cancer has become a chronic condition, with an estimated 2.5 million people living with this disease in the UK<sup>1</sup>
- ❖ The routine clinical follow-up of such large numbers is hugely problematic in the NHS
- ❖ Traditional breast cancer (BC) follow-up involves clinic visits that may be impractical for many
- ❖ The NHS is prioritising support pathways to help survivors live well beyond their diagnosis
- ❖ Supportive Self-Management (SSM) allows patients to report symptoms as and when necessary
- ❖ Some hospitals in Surrey and Sussex have implemented SSM pathways for BC but not formally assessed the impact for patients

**Aims**

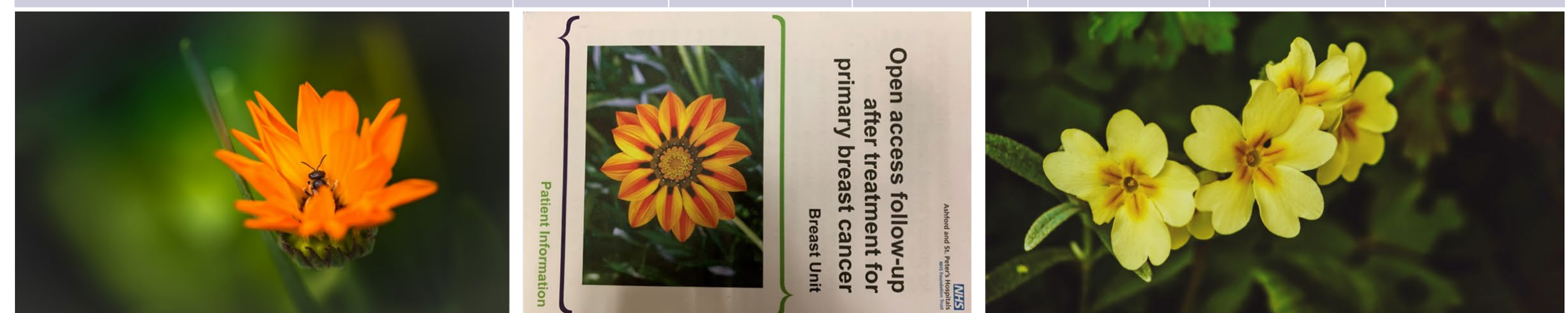
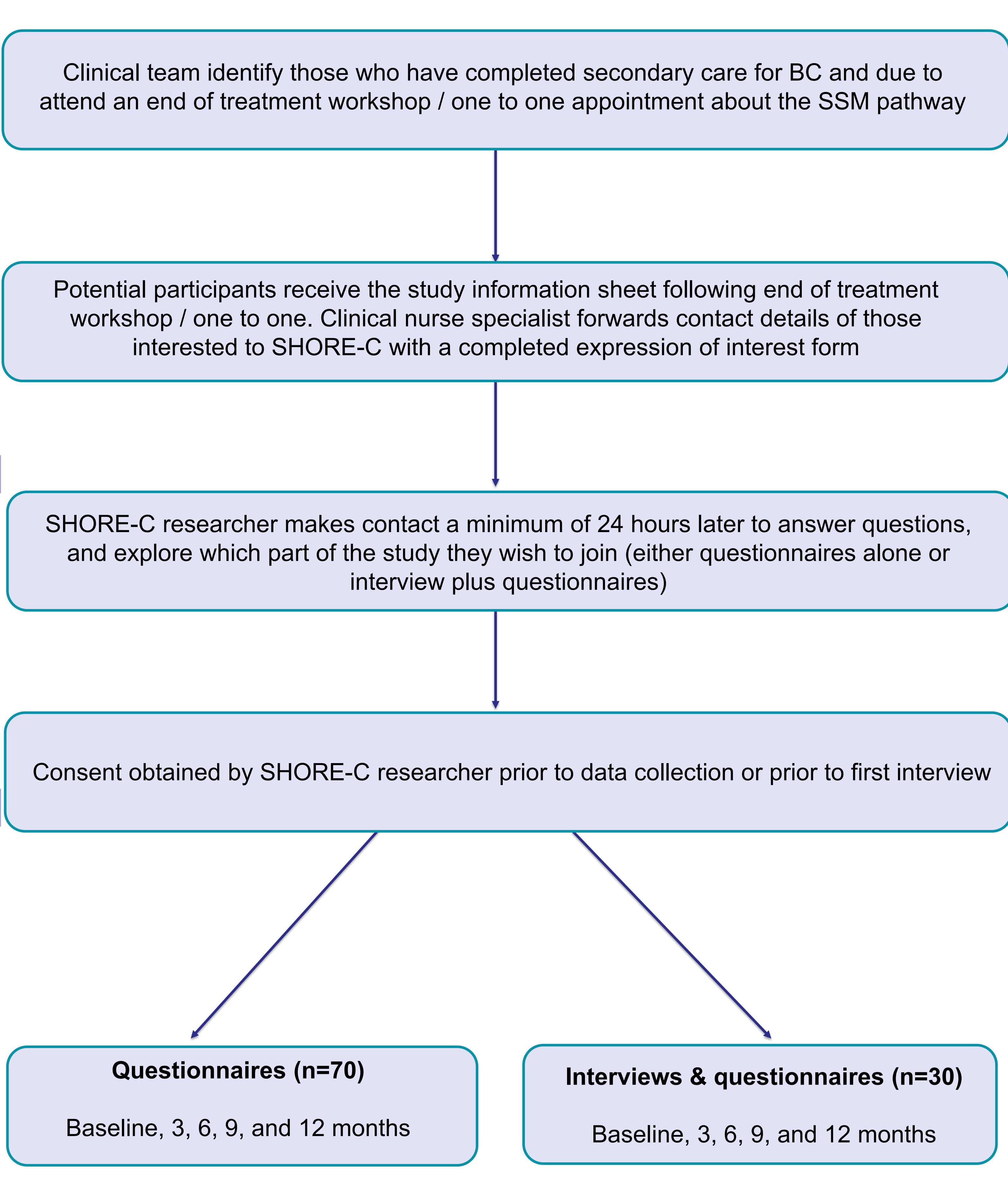
- ❖ To describe the Surrey and Sussex SSM pathway in BC at the 4 centres in Table 2, in terms of :-
- ❖ Patient experience
- ❖ Quality of life (QoL)
- ❖ Confidence and ability to recognise and report symptoms related to BC
- ❖ Resource implications and costs

**Patient population & Inclusion Criteria**

- ❖ 100 BC patients (women/men) who have completed hospital treatment
- ❖ Attended an end of treatment workshop or one to one appointment prior to SSM
- ❖ Stratified by age & treatment – one third chemotherapy, two thirds endocrine therapy
- ❖ Able to read & understand English, willing and able to provide consent

**Table 1 –Measures and time points**

Measure	N	Baseline	3 months	6 months	9 months	12 months
Functional Assessment of Cancer Therapy-Breast (FACT-B) <sup>2</sup>	100	✓	✓	✓	✓	✓
Patient Roles and Responsibilities Scale (PRRS) <sup>3</sup>	100	✓	✓	✓	✓	✓
General Health Questionnaire-12 (GHQ-12) <sup>4</sup>	100	✓	✓	✓	✓	✓
Generic Health Related Quality of Life EuroQoL-5D – 5L (EQ5D-5L) <sup>5</sup>	100	✓	✓	✓	✓	✓
General Self-Efficacy Scale (GSE) <sup>6</sup>	100	✓	-	-	-	✓
Service use questionnaire	100	-	✓	✓	✓	✓
Interviews	30/100	✓	✓	✓	✓	✓



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**Table 2 – Sites participating in the PRAGMATIC Study**

Site	Recruitment target
Ashford & St Peter's Hospitals NHS Foundation Trust	25
Brighton and Sussex University Hospitals NHS Trust	25
Frimley Health NHS Foundation Trust	25
Western Sussex Hospitals NHS Foundation Trust	25

**Results**

The study will:

- ❖ Describe the challenges and benefits of the SSM pathway
- ❖ Generate patient experience data
- ❖ Provide QoL data
- ❖ Identify those who are more comfortable with recognising BC related symptoms and reporting them
- ❖ Identify the characteristics of those who need more support
- ❖ Provide further details about areas that need to be addressed to ensure that the pathway functions smoothly and to the benefit of patients

**Conclusions**

- ❖ There are few data on patients' experience and their emotional and psychosocial well-being in a self-management pathway
- ❖ The information generated in this study will provide a valuable insight into patients' interpretation of the SSM pathway

**References**

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