Background

❖ Cancer has become a chronic condition, with an estimated 2.5 million people living with this disease in the UK
❖ 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

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

Table 2 – Sites participating in the PRAGMATIC Study

<table>
<thead>
<tr>
<th>Site</th>
<th>Recruitment target</th>
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</thead>
<tbody>
<tr>
<td>Ashford &amp; St Peter’s Hospitals NHS Foundation Trust</td>
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</tr>
<tr>
<td>Brighton and Sussex University Hospitals NHS Trust</td>
<td>25</td>
</tr>
<tr>
<td>Frimley Health NHS Foundation Trust</td>
<td>25</td>
</tr>
<tr>
<td>Western Sussex Hospitals NHS Foundation Trust</td>
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</tr>
</tbody>
</table>

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

4. Goldberg, D.P.; W., Williams, P. A user’s guide to the General Health Questionnaire.

Acknowledgments:
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