SUPPORTING OLDER PEOPLE LIVING WITH CANCER **TREATMENT-RELATED PROBLEMS**

Why is this research important?

Some people can self-manage the ongoing physical, emotional and social problems after finishing cancer treatment. For those not self-managing, we wanted to see how primary care teams could provide extra support to allow people to cope better.

What did we do?

We did three studies to understand: (1) what problems older people experience after completing cancer treatment, (2) what helps or stops primary care teams from supporting people to self-manage and (3) what a self-management support service for older people living with cancer would look like in primary care?

STUDY 1: Understanding the nature and size of the problem



STUDY 2: Knowing what helps or stops healthcare practitioners from supporting people to self-manage after cancer treatment

	REALIST REVIEW	 We involved 39 patients and healthcare practitioners to get their views on what things may allow healthcare practitioners to provide self-management support to people living with long-term consequences of cancer treatment. We looked at 20 papers and 7 practitioner surveys to learn how, why and in what circumstances practitioners provide self-management support in practice. 					
		5 things need to be in place to allow practitioners to support patients to self-man					
	KEY FINDINGS	Practitioners need to have knowledge about cancer care pathways and treatment	Practitioners need to have the skills to consult patients	Practitioners & patients need to have similar expectations and under- standing of their roles	Organisations need to prioritise self- management interventions	The health system needs to be arranged to ensure self- management support is part of routine care	
STUDY 3: Co-designing a self-management support service							
	WORK SHOPS	 We ran 3 DISCOVERY workshops with 22 general practitioners, pharmacists and nurses to understand what helps/stops them from supporting people to self-manage. We ran a further 3 CO-DESIGN workshops with 10 practitioners, patients and commissioners to design a self-management support service in primary care. 					

We co-designed a new service in general practice in partnership with our participants which has 4 steps:







Practice team follow up patients who

What next?

- We want to work with patients and healthcare practitioners to see if we need to make any changes to the proposed new service in general practice.
- We then want to evaluate this new service to see if it will help people living with ongoing cancer treatment-related problems to better self-manage and improve their health and wellbeing.
- We will do this by conducting an initial feasibility study with a view to completing a randomised controlled trial later with general practices across England.

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