

## Implementing an innovative survivorship navigator role to deliver the recovery package to men in Havering living with the consequences of prostate cancer

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### Introduction

Approximately 220 men in Havering are diagnosed with prostate cancer each year. Recognising that there was a lack of support close to home for men living with prostate cancer within the borough, a new role was co-designed with GP and Prostate Cancer UK involvement. The new role, a 'prostate survivorship navigator', aimed to improve patient experience across the pathway by delivering the National Cancer Survivorship Initiative recommended recovery package interventions:- holistic needs assessment (HNA), treatment summaries and health and wellbeing events.

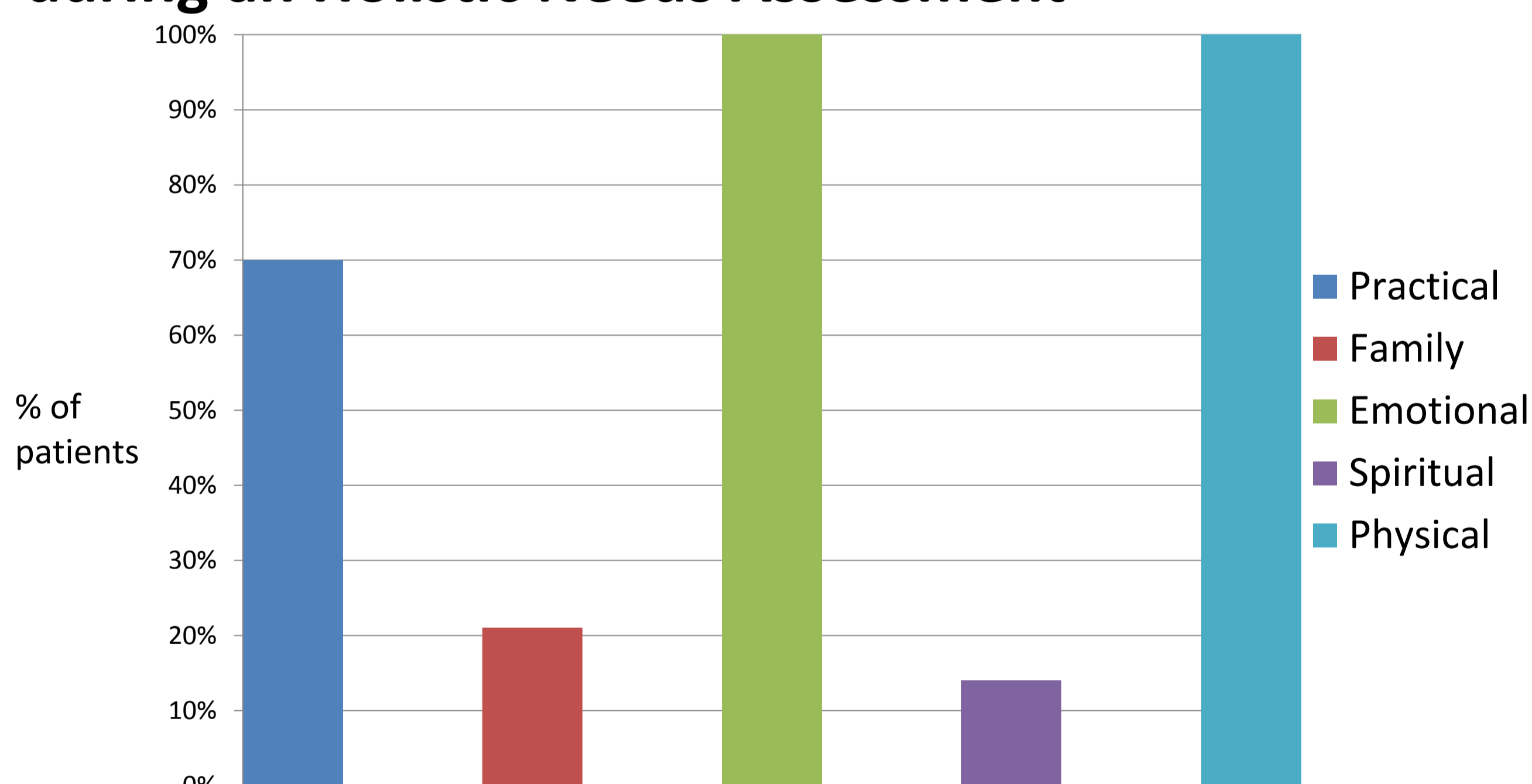
### Results

In the first year of service, 88 men have had 1 or more contacts with the survivorship navigator. The contacts have either been on an individual or group basis. During the initial scoping exercise 10% of men reported receiving an HNA. At one year, 100% have been offered an HNA and 47% received one. The most common areas of need identified being: expert advice on continence, nutrition and exercise, and psychological support. Group health and wellbeing events have been developed and tailored to the needs of the local prostate cancer population. One year into the pilot, 31% of men have attended a health and wellbeing event. Men report that attending these events has stimulated them to make changes in their physical activity levels and diet. In addition, they have accessed psychological support, continence and complementary services to address their individual holistic needs. FACT-P assessments were conducted by patients pre and post-intervention. Scores indicate that multiple contacts with the survivorship navigator have had a positive impact on quality of life.

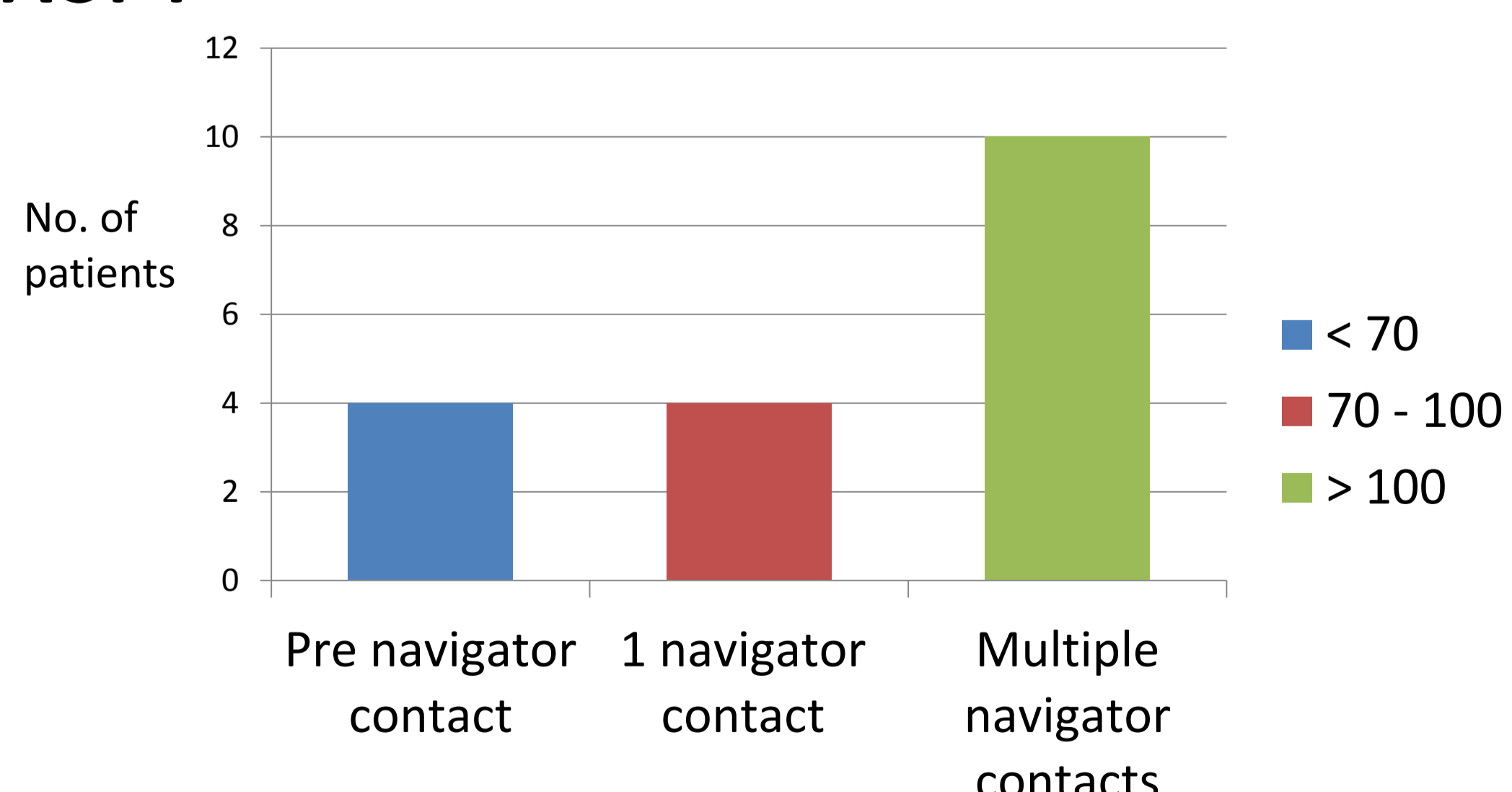
### Methods

A detailed scoping of patient and local service needs was carried out, the new role was then promoted to local men, GP's and secondary care clinicians to support adoption, and measures were developed to track progress using a quality improvement approach. Men were referred directly from the MDT, GP's or via self-referral. The survivorship navigator then delivered recovery package interventions to patients referred into the service. Effect of intervention on health related quality of life is being measured using the Functional Assessment of Cancer Therapy-Prostate validated tool (FACT-P).

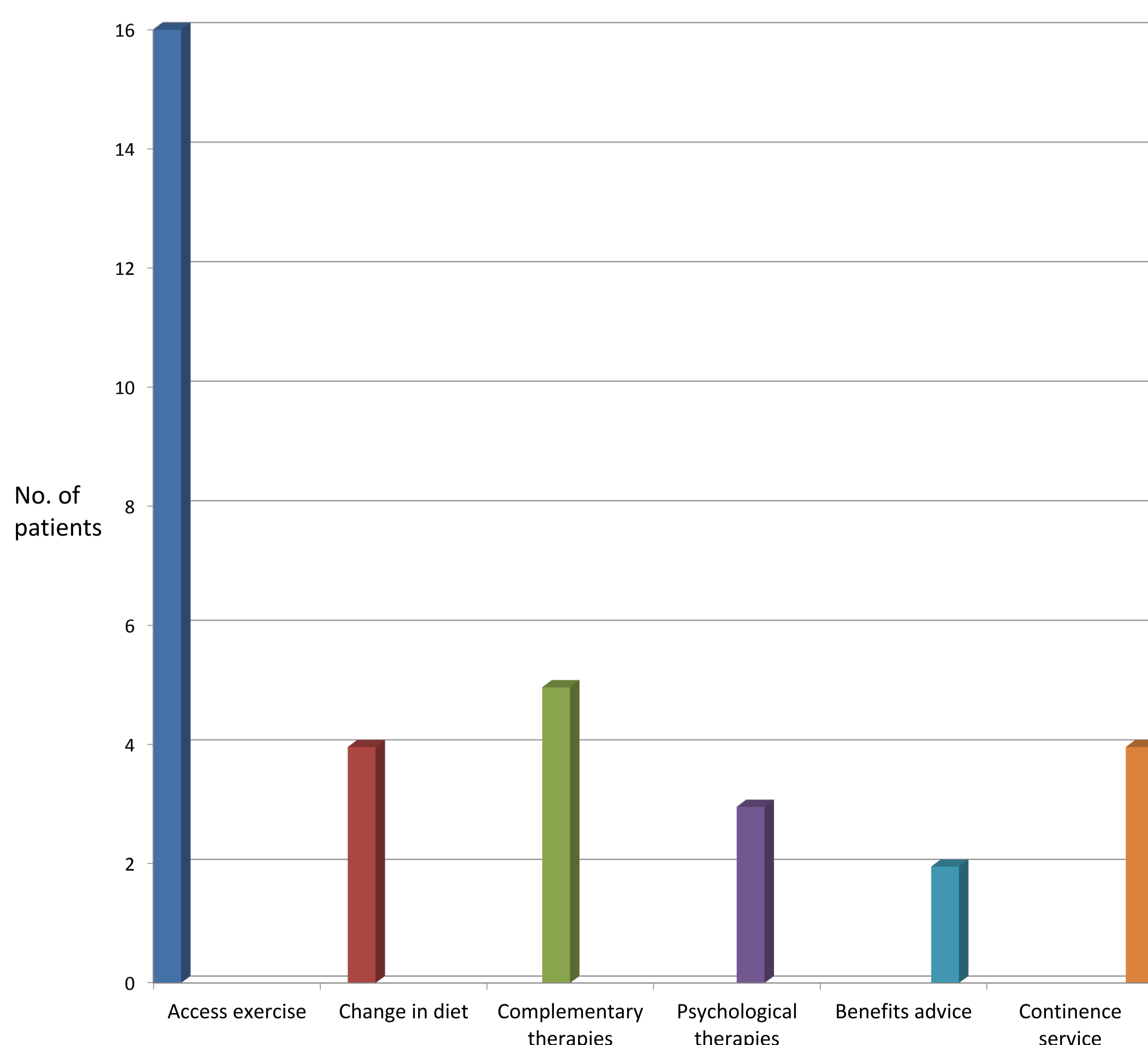
**Figure 1. Percentage of men identifying support needs during an Holistic Needs Assessment**



**Figure 2. Health related quality of life scores from FACT-P**



**Figure 3. Impact of attendance at a health and wellbeing event: Patient reported outcomes**



### Conclusions

Emerging evidence from the pilot highlights that the primary areas of concern for men living with prostate cancer are in receiving timely communication, information and support. Implementation of recovery package interventions is addressing these issues and multiple contacts from the survivorship navigator are having a positive impact on quality of life. The next year of the pilot will focus on implementation of treatment summaries and supporting local GPs to conduct cancer care reviews to ensure that men in Havering will receive all recovery package interventions throughout the cancer pathway.

### Contact

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