

Welcome

Welcome to your spring edition of the East Midlands Cancer Network newsletter: keeping you up-to-date about local, regional and national NHS England key priorities.

The new East Midlands Cancer Alliance

As we left 2016 behind, welcomed 2017 in and subsequently spring, our focus remains on addressing our priorities and improving outcomes for people with cancer. The Cancer Alliance is now gaining both presence and momentum with high levels of engagement from all partners to drive forward innovation and improvement. This is an exciting time for us all, with a clear national mandate in the 'Five Year Forward View – Next Steps' on cancer with additional funds being made available for us to deliver improvements that support the delivery of World Class Cancer Outcomes for our local populations.

The Alliance Board, chaired by Dr Sonia Swart, held its inaugural meeting in early January and this is now an established board which meets regularly.

The early focus has been on the Cancer Transformation Fund Bid and the Cancer Alliance Delivery Plan, as well as pro-active engagement with colleagues working within and aligned to our 5 Sustainability and Transformation Partnerships (STPs).

The Alliance team received in excess of 80 transformation ideas for implementation from colleagues across our cancer community. This was a super response, given the tight timelines so a big thank you to all those who contributed. These proposals were then distilled into a single East Midlands Cancer Transformation Fund Bid application submitted by the Cancer Alliance, which was ratified by all 5 STP Leads. The Alliance team have received positive feedback on our bid and the national team have informed us that our bid will be scheduled into 'Phase 2'. This means that funding will be

released to us in the summer and we will be strengthening our bid proposal in the meantime through engagement directly with STPs in readiness for implementation.

The Cancer Alliance will, as a collective force, drive at a local level the changes needed to achieve the Independent Cancer Taskforce's ambition for improving cancer outcomes across the country. The national strategy sets out a 5 year course and the Delivery Plan demonstrates how we will meet the 96 recommendations by 2020/2021

The current direction from NHS England is that the Cancer Network will become integrated with the Cancer Alliance, recognising that the expertise, skills and corporate knowledge of the network will be a key component of successful delivery. Essentially, the proposed changes will result in one governance picture for cancer improvement across the East Midlands. As 2017/18 is a transition year, please bear with us as we work through all of this. We aim to do this with minimum disruption to the health system, and we will continue to work together as we have always done.

The Cancer Network functions and ongoing programme of work, with its strong clinical leadership will strengthen the broader Cancer Alliance structure and will form the delivery arm for service and quality improvement. Its core purpose will continue to be:

- Sharing best practice – including individual pathway reviews which look at eliminating any unnecessary waste in the system
- Providing expert clinical advice to facilitate change in the system through our Expert Clinical Advisory Groups
- Addressing any unwarranted variation across the region – improving patient experience and ensuring access to services is consistent across the region.

If you would like to know more about the Cancer Alliance, please contact Diane Eden, East Midlands Cancer Alliance Quality Improvement Manager on mobile: 07714 777036 or email: Diane.Eden@nhs.net who would be happy to speak with you and/or share with you a copy of our Cancer Alliance Delivery Plan.

Resources

Cancer Mind Maps

Following endorsement of the Cancer Maps by NICE (National Institute for Health & Care Excellence) and the Royal College of General Practitioners, the next stage of their development will be a pilot starting in May via the Cancer Network. Following this, we hope that it will become a nationally recognised and promoted tool.

The maps are now available **online**.

They are continually being updated and a tutorial has now been added. Ben is happy to be contacted for further information and is always eager to hear feedback via **email**.

Public Health England's Cancer in the East Midlands report is now available.

STP CCG Right Care Packs

These **packs** contain data from the **CCG Commissioning for Value Where to Look packs**, published in October 2016, but collated at **Sustainability and Transformation Partnership** (STP) footprint level. The information in these packs includes headline opportunities, improvement opportunity tables and pathways on a page showing how CCGs in each STP differ from their peers.

[See more on next page](#)

Melanoma Focus Helpline

This is a new service available to anyone in the UK who has a question about any aspect of melanoma, the most serious form of skin cancer. Just call the confidential freephone number: 0808 801 0777 or visit the [website](#).



MELANOMA HELPLINE

Are you concerned about
Melanoma?

Our Helpline is available to answer your questions – just go to
www.melanomafocus.com/support/helpline/
or use our confidential freephone number
0808 801 0777

Have you or a member of your family been diagnosed with melanoma? Do you have any questions or concerns? Our highly qualified and experienced nurses are on hand to assist you with support and information. Our team is made up of nurses who all work in major cancer centres and would be delighted to help support you.

Melanoma Focus
Queen Anne House
Gonville Place
Cambridge CB1 1ND
Registered Charity No. 1124716

MELANOMA FOCUS
www.melanomafocus.com

Commissioning and funding innovative research while providing support and information for patients, carers and healthcare professionals.

East Midlands Lung Cancer Pathway Showcase Event – Post Event Pack

The full post event pack with all presentations from the Lung Cancer Pathway Showcase Event on 23 November 2016, useful reference material, and questions and comments asked from the event together with their responses, is now available [here](#). Contact **May Giordano**, Senior Quality Improvement Manager for further information.

Focus on Primary Care:

Safety Netting

Can safety-netting improve cancer detection in patients with vague symptoms? [Click here](#) for more information. For rapid responses (i.e. electronic letters to the BMJ editor) to enable users to debate issues raised in articles published please [click here](#).

Cancer risk discussion

Incorporating cancer risk information into general practice: a qualitative study using focus groups with health professionals - Juliet A Usher-Smith, Barbora Silarova, Alison Ward, Jane Youell, Kenneth R Muir, Jackie Campbell and Joanne Warcaba

It is estimated that approximately 40% of all cases of cancer are attributable to lifestyle factors. Providing people with personalised information about their future risk of cancer may help promote behaviour change. The aim of the study is to explore the views of health professionals on incorporating personalised cancer risk information, based on lifestyle factors, into general practice.

Response: <http://bjgp.org/content/early/2017/02/13/bjgp17X689401/tab-e-letters>

QCancer

QCancer @2015-10yr Web Calculator for men: You can use this calculator to work out your risk of developing various cancers by answering some simple questions. A risk communications tool which would make advice from healthcare professionals not generic, but very individual and more powerful.

Bowelscope Update

Colorectal cancer is the third most common cancer worldwide. Previous analyses have only reported follow-up after flexible sigmoidoscopy for a maximum of 12 years. The Lancet aimed to examine colorectal cancer incidence and mortality after a single flexible sigmoidoscopy screening and 17 years of follow-up. Further information is available [here](#).

Breast Cancer Survivorship:

Key issues and priorities of care Breast cancer is the most common malignancy in women in the UK, with an average lifetime risk of 1 in 8. Although the incidence of the disease has risen by 6% over the last 10 years, mortality rates have steadily fallen, and currently 80% of patients with early breast cancer

have a projected survival of >10 years. As a result, the number of patients living beyond a breast cancer diagnosis has steadily grown; there were estimated to be 500,000 breast cancer 'survivors' in the UK in 2010 but this number is expected to reach 2 million by 2040.

Cancer Co-morbidities: Addressing the Problem of Multimorbidity in Cancer Patients and Survivors

The **report** addresses the growing problem of multimorbidity in cancer patients and survivors with the focus on how to best integrate the effective cancer care with the care of multiple chronic conditions.

Oral Cancer Toolkit

The toolkit is a free, excellent online resource for primary care clinicians and dentists. It uses high quality images, case studies and an examination skills video to illustrate key aspects of suspected oral cancer examination for clinicians. Developed by experienced clinical professionals and Cancer Research UK, it is the outstanding introduction for a systematic approach to examination and onward referral. The GP video gives a systematic approach to examination of the mouth and pharynx, while the dental video is suited to a more detailed examination. The toolkits have been viewed over 20,000 times and used as a teaching training resource by many GP and dental programmes. Both toolkits contain key prevention messages, case studies, knowledge tests and a library of images. The links to the toolkits are: **GP** and **Dental**.

UCLH Cancer Collaborative – working with GPs to diagnose cancer faster

Dr Afsana Bhuiya talks about the **UCLH Cancer Collaborative's work with GPs to diagnose cancer faster and help those living with and beyond cancer**.



Newsletters and Blogs

Julie's Blog

'Secondary 2017....back on the cancer carousel' & 'Please help me share this' are two updates from one of the Cancer Network's patient representatives, Julie Wolfarth's on her current cancer journey. Please help me share this blog looks into whether people who have lost their hair due to chemotherapy are able to access a new wig free of charge, a subsidised one with a voucher or given a second hand one. Julie is collating evidence via a survey <https://www.surveymonkey.co.uk/r/B788TVR>

The Network would like to congratulate Julie on her successful application to become a patient representative for NHS England Specialised Cancer Diagnostic Clinical Reference Group.

The Brain Tumour Charity Newsletter - #WearItOut

The charity have a new **Healthcare Professionals page** providing a wide range of resources and information, including details of a Nurse & AHP Study Day, 19 May 2017 in Birmingham and the next Family Day for children with a brain tumour on 29 April 2017 in the Peak District.

Cancer Statistics Newsletter - January 2017

For the first time ever, **local cancer statistics profiles** - handy summaries of performance statistics with analytical commentary - are now available to download directly from the website. These profiles cover a variety of different geographies and topics, including Clinical Commissioning Groups, areas covered by Multidisciplinary Diagnostic Centres and Council tobacco control.

National Council for Palliative Care & Dying Matters Newsletter



Be Clear on Cancer Campaigns

Be Clear on Cancer Abdominal Symptoms - Launched in February, Public Health England (PHE) ran a regional Be Clear on Cancer pilot campaign in the Midlands, focusing on abdominal symptoms.

PHE and the Department of Health have worked with Cancer Research UK (CRUK) to review and collate the available evidence in order to identify symptoms associated with some of the most common cancers. Engagement with experts, including clinicians, and research with a target audience found that an advertising focus around specific abdominal symptoms that last for a given period of time, could prompt people to go to their doctor earlier. Symptoms such as diarrhoea, abdominal pain and bloating can be signs of a number of cancers, including bowel, ovarian or stomach.

Funded by CRUK and hosted by the East Midlands Cancer Network, Dr Ben Noble, was the regional spokesperson appearing in and on promotional materials. The campaign ran from February to the end of March 2017, in the geographic area covered by the East Midlands and West Midlands Clinical Networks.



Be Clear on Cancer Respiratory Symptoms - There will be a re-run of the campaign launching on 18 May 2017 and it will be live for 15 weeks. The campaign will run on TV, radio, press, digital and social media encouraging people who have experienced a cough for three weeks or more, or breathlessness to visit their GP as it could be a sign of lung or heart disease including cancer.

There are a range of resources for partners to use to support the campaign including posters, leaflets, digital and social assets which can be ordered now to prepare for the campaign and spread the message through your own channels. This can all be accessed from the PHE Campaign Resource Centre:

PHE Campaign Resource Centre. For further details contact: **Selina Lavictoire**

Contact us

Jayne.chapple@nhs.net, Network Administrator and Project Officer, East Midlands Cancer Clinical Network

I know you are a doctor

This poem was written by Stephen John Hathaway to his consultant. Stephen is a Pancreatic cancer survivor and patient representative on the East Midlands Hepatobiliary Expert Clinical Advisory Group. "I hope it gives someone hope and reflection."

I know you are a doctor
 And a person just like me
 But when I'm in your consulting room
 What really do you see
 I am but another patient
 The tenth you've seen that day
 But I dread the thought of hearing
 the words you have to say
 My heart is pounding I shake with fear
 I never thought I'd face this day
 To be told that you have cancer
 Somehow I knew that's what you'd say
 You try to tell me my options
 And where we go from here
 I can see your lips are moving
 But your words I no longer hear
 My mind is blank, completely numb
 There are tears in my wife's eyes
 And I know just what she's thinking
 Am I really going to die
 But my body will fight, I know it well
 We've been a team for many a year
 But dealing with my emotions
 Now that's something I really do fear
 We talk for hours in the dead of night
 Just me myself and I
 Just trying to come to terms with
 the fact that I might die
 But my fate is in my doctor's hands
 so I trust him with my life
 And I stand here today before you
 And my cancer is nowhere in sight

Cancer Network Team

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Review of Five Year Forward View and next steps



Simon Stevens, Chief Executive, NHS England, has recently published his review of the Five Year Forward View and the key plans for the next two years. The review featured a lot of leading edge initiatives. **Click here** for a round up under the key themes and areas identified by Simon Stevens with links to services and solutions that work.

Turkey Trot Marathon – December 2016



Emma Orrock, Head of Cancer Network successfully raised over £500 for Pancreatic Cancer UK in memory of her Nan. Thank you to everyone who supported Emma.

Contact us

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