



Supporting The Patient In The Next Decade

Gynaecology Oncology Clinical Nurse Specialists

University Hospitals of Derby & Burton NHS Foundation Trust

Introduction

- 'Supporting The Patient In The Next Decade'
- Role of the CNS
- How did we collect information?
- Survey results
- Our vision for the future

Survey Results: Who, What & Why?

- After completing treatment, during follow up
- Aim of the survey
 - What support had they accessed along their journey?
 - What did they find beneficial?
 - What did they feel could have been improved?
 - What would be of benefit to them now and to other patients in the future?

Survey Results



How did you access your CNS for support outside your planned appointments?

Telephone 80%

Face to face 52%

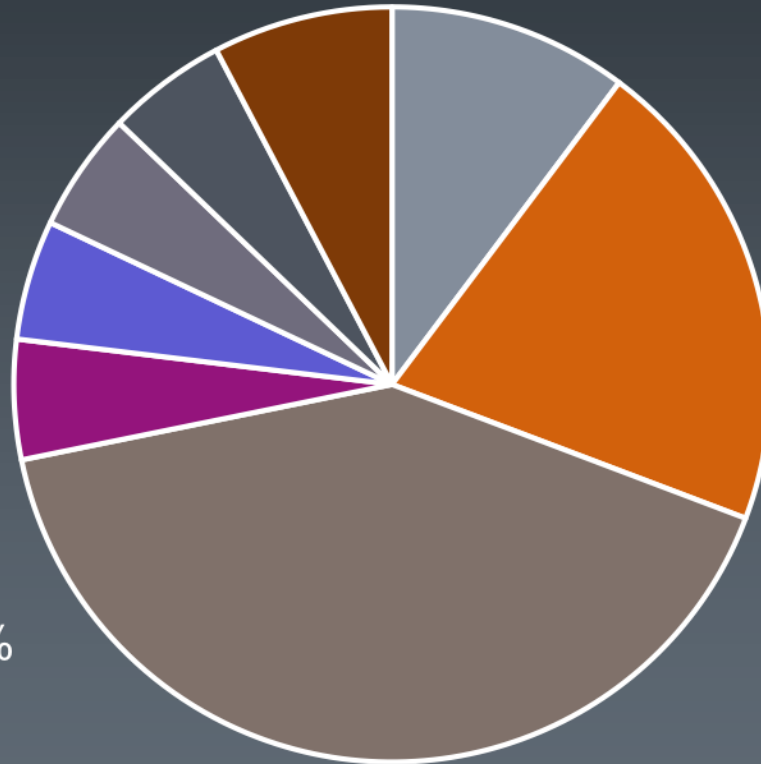
Via email 16%

Survey Results



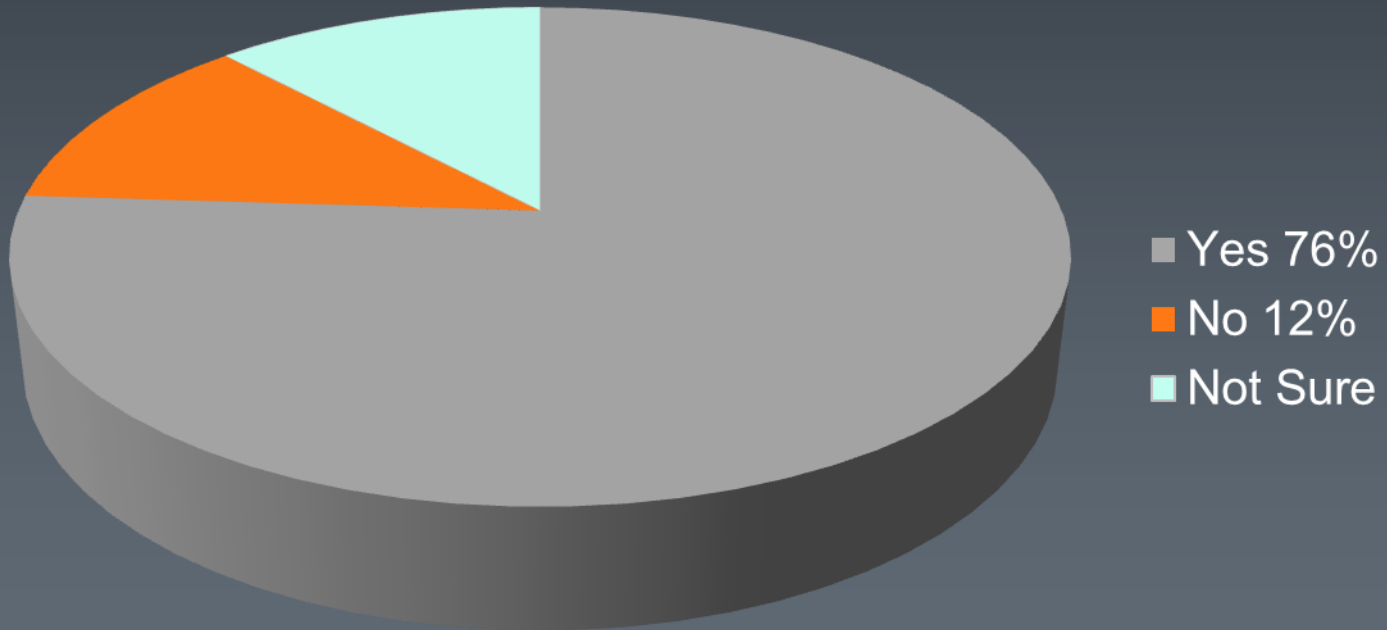
Support Accessed

- eHNA 8%
- Local support group 16%
- Macmillan 32%
- Jo's Trust 4%
- Ovacome 4%
- Ovarian cancer action 4%
- womb cancer UK 4%
- None 24%



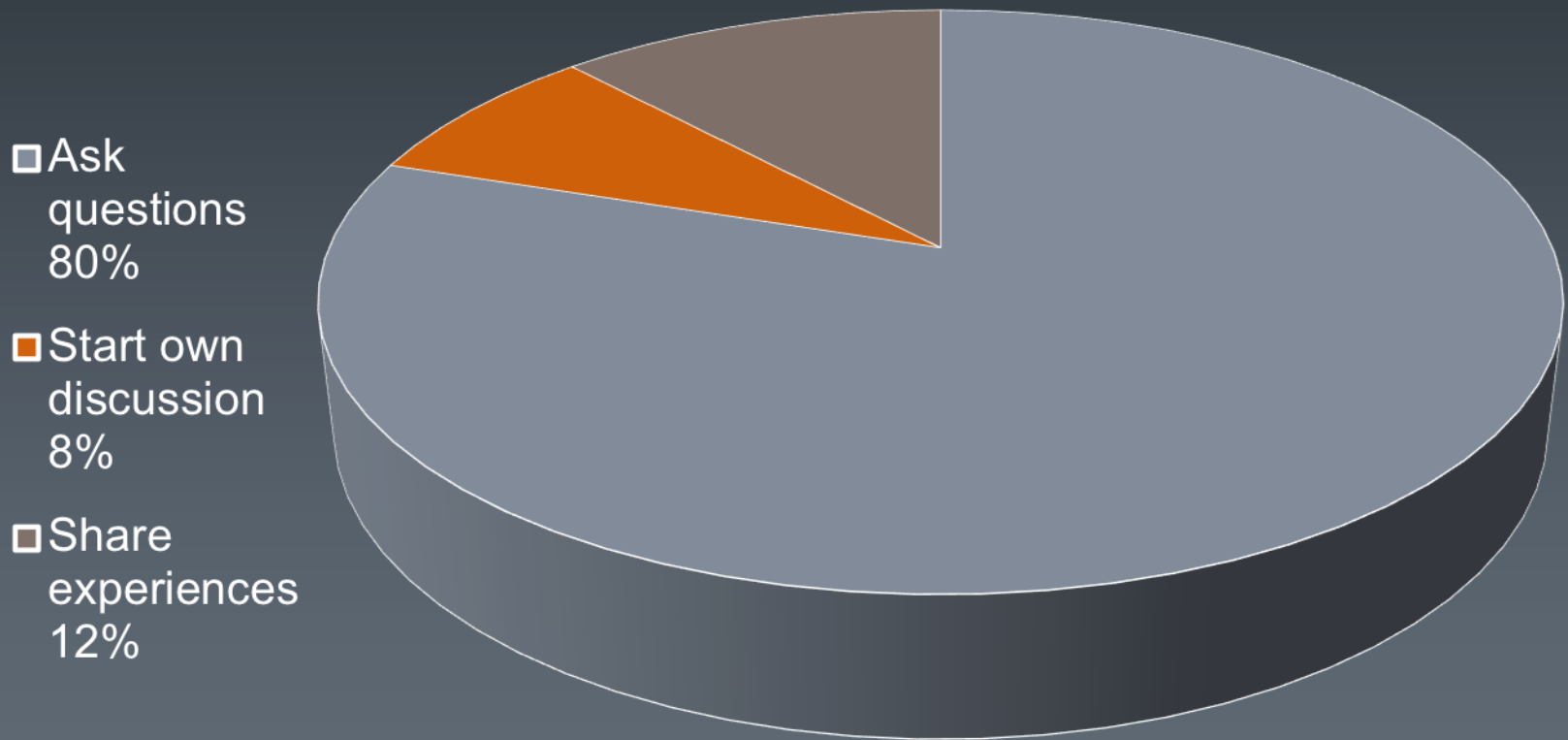
Survey Results

Would you consider accessing on line support?

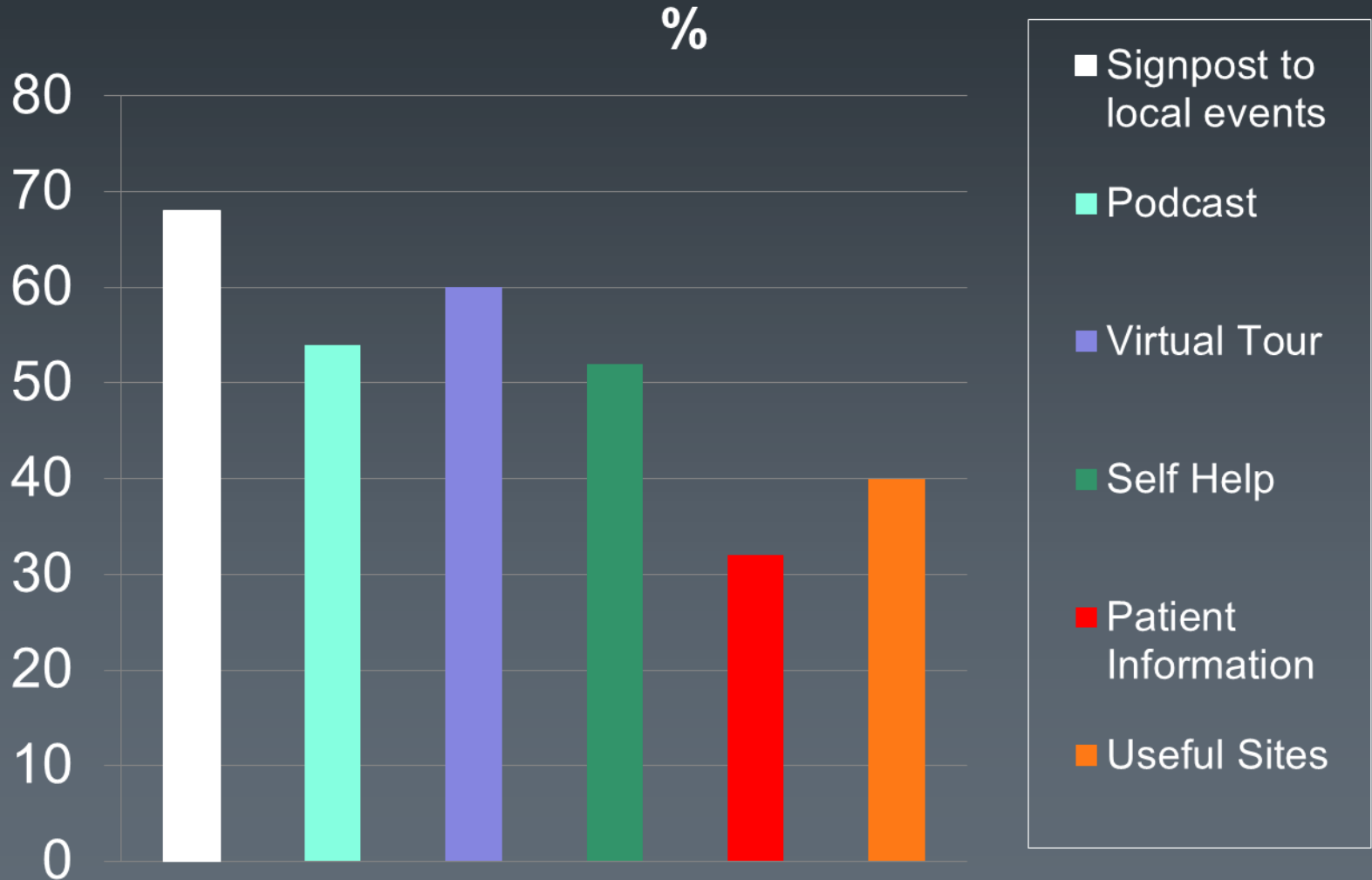


Survey Results

What would you like to be able to do on the online support group?



Survey Results



Gynaecology Oncology Webpage

- Central 'Hub'
- Informative
- Interactive
- Increasing awareness of what support is out there
- Open links
- Podcasts & Videos
- Virtual tours of departments

Gynaecology Oncology

Gynaecology ▾

Fertility Unit

Gynaecological cancer ▾

Gynaecology assessment unit

Urogynaecology

Podcasts

Podcasts to come soon



Meet the team



One Voice Group



Useful Links



My Journey

Find out where you are in your journey



Scans and Investigations

Find out more about scans and investigations



Surgeries and Treatments

Find out more about surgery and treatments



Holistic Needs Assessment



How are you feeling today?



Virtual tours of departments



Plans for the Future

- Webpage
- QR code
- One Voice Online
- Navigator

YOU'RE INVITED

Health and Wellbeing Event
 25th February, 10am – 4pm
 Pirelli Stadium, Burton

For Anyone Affected By Cancer

Come along to this event which will cover topics on Healthy Lifestyles, Fatigue, Mindfulness, Physical Activity, Financial/Benefits Advice and more.

Lunch and parking are provided

Please contact our team if you wish to attend

☎ 01332 785486
 ✉ uhdb.health@uhdb.nhs.uk

MACMILLAN CANCER SUPPORT **DERBYSHIRE**

FINDING IT TOUGH LIVING WITH CANCER OR AFTER TREATMENT?
 We can... **Help Overcome Problems Effectively**

If you are finding it hard to cope we are here for you. Nuffield Health Derby Hospital is working in partnership with Macmillan Cancer Support to provide this six week NICE course in which we can help you overcome problems, plan for your future and feel more like you again. You will meet people who understand because they have been there too. You don't have to face it alone, and the best part is it's... **FREE!** *

Join us for this six-week course, 2020 course start dates are below:

- 10th January - 3.30 - 4pm
- 20th February - 1.30 - 4pm
- 10th May - 1.30 - 4pm
- 20th June - 1.30 - 4pm
- 17th September - 1.30 - 4pm
- 8th November - 1.30 - 4pm

Derbyford Suite, Nuffield Health Derby Hospital, Ashford Road, DE23 4JW
 To book your place call 01332 540314 and speak to Julie or Rachel for further details.

* YOU DO NOT NEED TO HAVE BEEN TREATED AT THE NUFFIELD TO ATTEND

hope **Coverity**

Knit and Natter
 Monthly on Friday afternoons
 Treetops Hospice Care - Wellbeing Space

Open to anyone with a life-limiting illness from tea, coffee & biscuits.

No skills or supplies required - we've got everything you need to learn

Opportunity for informal chats with our staff & volunteers

Booking required on 01332 444 5544 or wellbeing@treetopshospice.org.uk

Treetops Hospice Care, Derby Road, Derby, Derby, DE1 2JG 01332 444 5544

The Joy of Singing

Singing group for people with a life-limiting illness

Weekly of music - open to previous experience

Monthly on Friday afternoons at Treetops Hospice Care

Booking essential:
wellbeing@treetopshospice.org.uk - 01332 940 1244

HORSES HELP with HEALING

At Spirit and Soul we help adults and children overcome the difficulties in life.

Spirit and Soul is a not for profit Equine Assisted Activity Centre based in the 5th League area of Derbyshire, where we look to help people overcome many of the most difficult aspects with the aid of horses.

Horses have a very positive impact on people's lives, increasing their self-esteem, building personal skills, increasing their confidence, Equine Assisted Therapy is the process of working with the horse to help the individual explore their own abilities.

We have a strong purpose to offer help to those affected by cancer. For an introduction to a small group, both adults and children, if you wish to see how we can help you or someone you know then please visit us at spiritandsoul.co.uk

WHAT WE OFFER

- Equine Assisted Therapy
- Interactive Learning
- Equine Assisted Learning
- Mindfulness
- Relaxation and Meditation
- And much more...

HOW CAN YOU HELP?

To find out more about our services:

SPIRIT & SOUL
 EQUINE ASSISTED THERAPY CENTRE

Wellbeing Cafe
 Every Thursday
 10am - 3.30pm

Treetops Hospice Care - Wellbeing Space

Open to anyone with a life-limiting illness or bereaved & their family members, carers & friends

Free tea, coffee & cake
 Brunch & lunch - donations welcome

Opportunity for informal chats with our staff & volunteers

Treetops Hospice Care
 Derby Road, Riding, Derby
 DE1 2JG
 01332 444 5544

TREETOPS

Ovarian peritoneal endometriosis
 Vulval fall ovarian vaginal cervical E

A psychological cancer support group for you and about you

PAMPERING THERAPY

look good feel better
 Making everyday beauty experiences
 www.hillcreek.com

active recovery

Active Recovery provides rehabilitation exercises for those living with and recovering from cancer to increase confidence, self-esteem and provide choices to exercise.

- Take part in fun strength and fitness activities aimed at all abilities
- Rebuild your confidence by exercising with people who have had similar experiences
- Feel physically fitter and more energised in day to day life
- Benefit from the professional advice and support of our coaches
- Provide advice on food choices, during and post treatment
- Encourage relaxation

For more information contact stephanie.thompson@macmillan.org.uk or call the DECT team on 01332 431148

DERBYSHIRE
 MACMILLAN CANCER SUPPORT

wellbeing for all

Wellbeing for All is a service specifically aimed at BME communities to raise awareness around cancer signs and symptoms and improve health and wellbeing.

We can help you lead a happier and healthier life by supporting you to:

- Improve your physical fitness
- Improve awareness in your community
- Reduce health risks
- Loose weight
- Stop smoking
- Recognise cancer signs and symptoms

For more information contact jamie.parkinson@macmillan.org.uk or call the DECT team on 01332 431148

DERBYSHIRE
 MACMILLAN CANCER SUPPORT

CHARITY NUMBER: 1049283

BREWERS

ACTIVE RECOVERY

REHABILITATION EXERCISES FOR THOSE LIVING WITH AND RECOVERING FROM CANCER

- Take part in fun strength & fitness activities aimed at all abilities
- Rebuild your confidence and exercise with people who have had similar experiences
- Feel physically fitter and more energised in day to day life
- Benefit from the professional advice and support of our coaches

SESSIONS ARE FREE!

FOR MORE INFORMATION CONTACT JAMIE PARKINSON
jamie.parkinson@brewershealthcare.org / 01293 620162

MACMILLAN CANCER SUPPORT
 RIGHT THERE WITH YOU

MACMILLAN RADIOTHERAPY LATE EFFECTS SERVICE

Supporting patients with long-term physical or emotional consequences of radiotherapy in Derbyshire

In partnership with **NHS**
 University Hospitals of Derby and Burton
 NHS Foundation Trust



Any Questions?