

# CaPS

Prosiect Cymorth  
Seicolegol Canser  
Cancer Psychological  
Support Project



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



# Background to the CaPS Project

- September 2017 - National Cancer Charity Tenovus withdrew the counselling service previously provided by the charity to Health Boards across Wales.
- March 2018 - SBAR presented to Charitable Funds Committee. Charitable funding successfully secured for 2 year pilot project (£96k per annum).
- Following initial delays due to recruitment issues, first counsellors recruited to the project in May 2019.
- Engagement with cancer teams in Summer 2019.
- CaPS Service launches in September 2019.



# CaPS Charitable Objectives

## Embedding Health Board Values



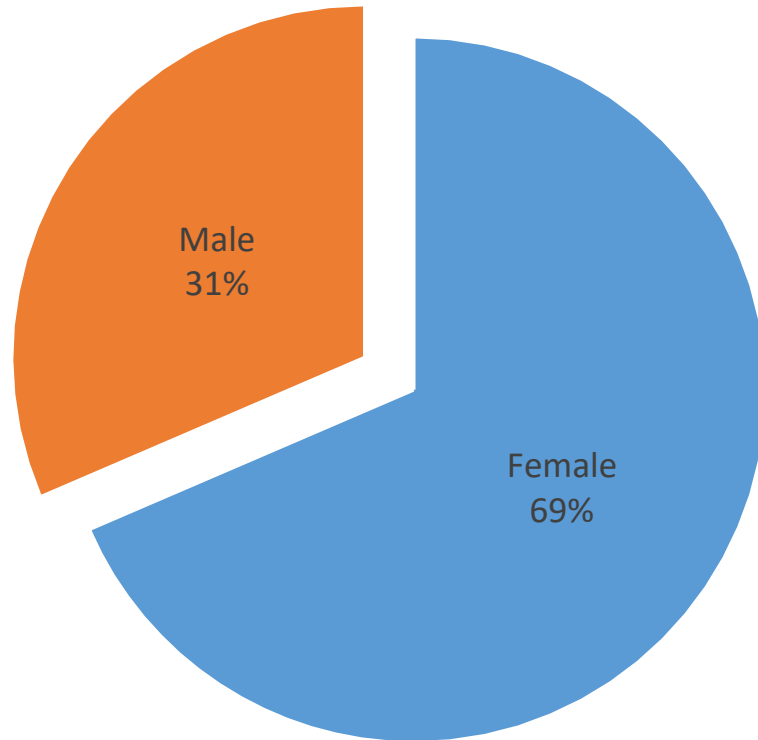
- **Supporting people with cancer** and improving the patient experience by providing a robust counselling service to support the psychological needs of people with a cancer diagnosis – *putting people at the heart of everything we do.*
- **Educating cancer professionals** through training and support, enhancing psychological skills in daily encounters with cancer patients – *striving to deliver and develop excellent services.*
- **Empowering local cancer teams** by supporting the emotional burden of the cancer workforce through supportive supervision, one to one support, team work and innovative approaches that support resilience – *working together to be the best that we can be.*



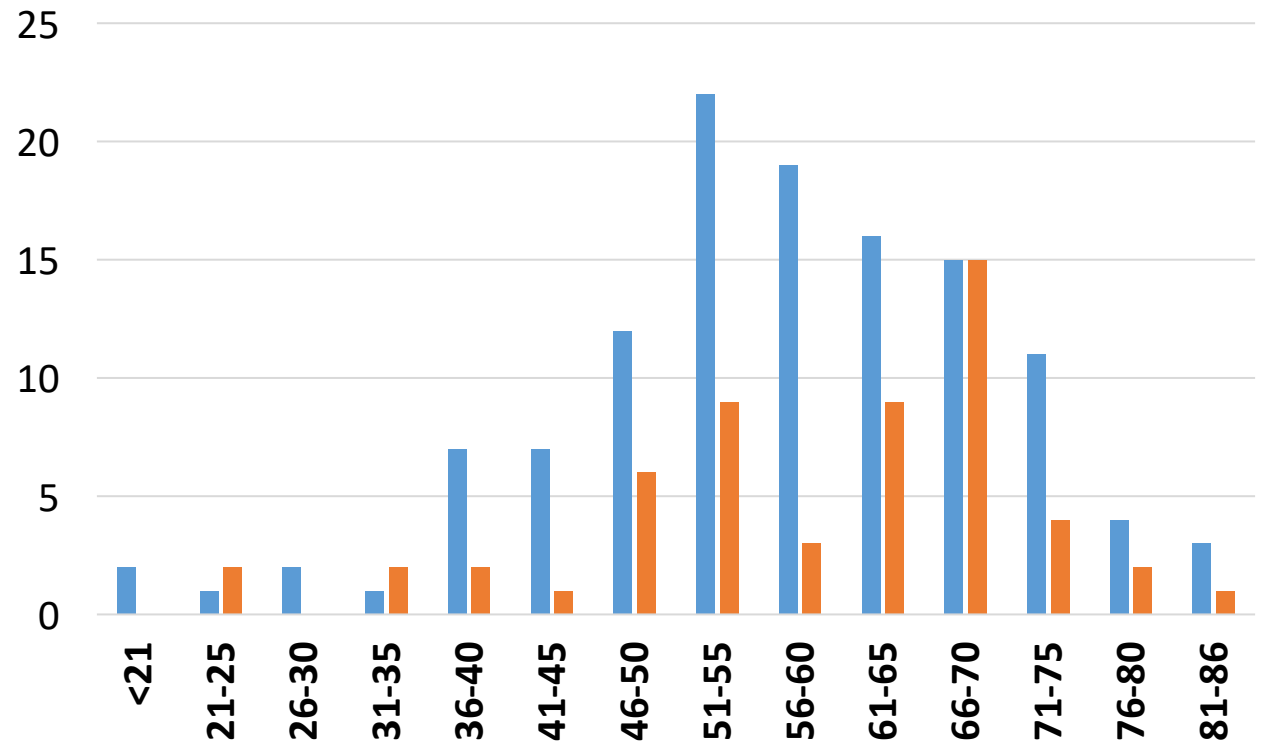
# Objective 1

## Supporting People with Cancer

**Total Referrals  
(Male/Female)**



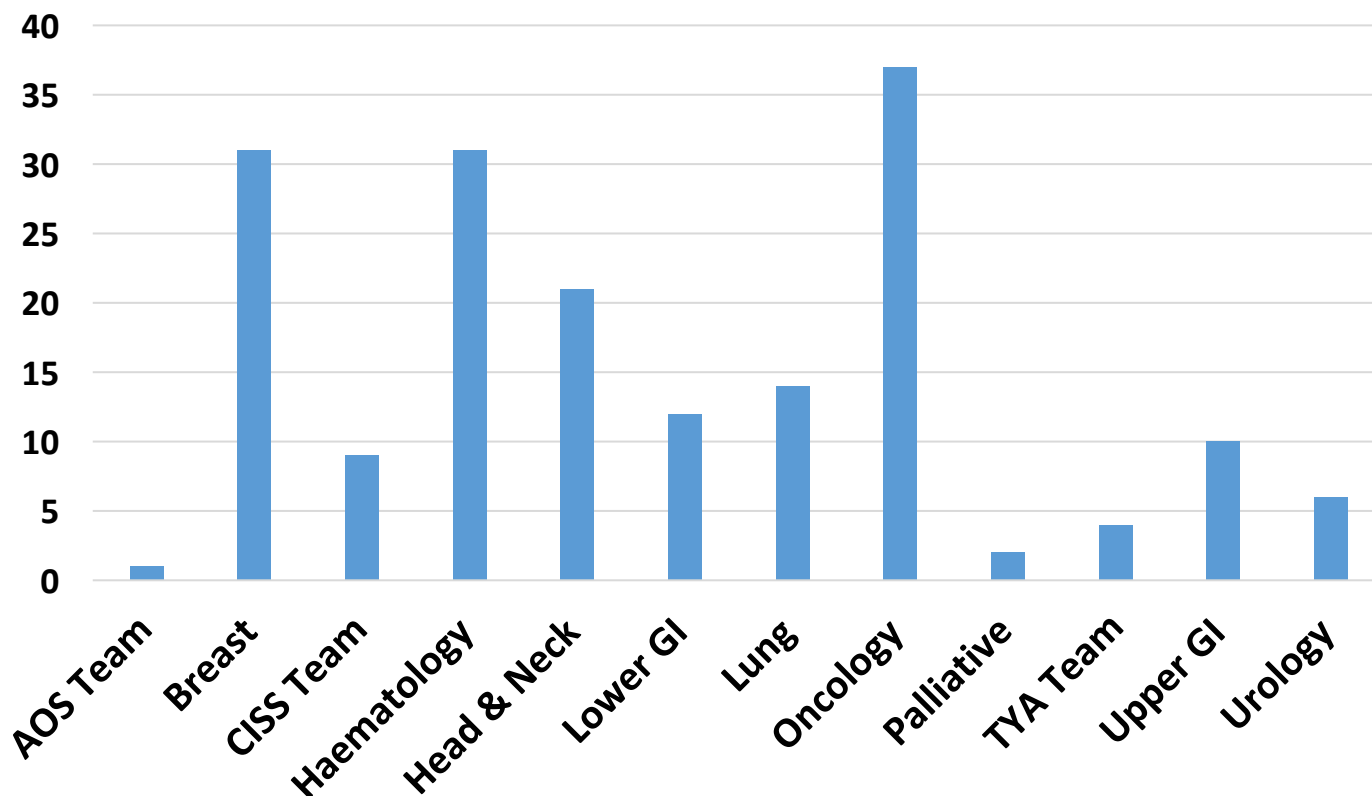
**Total Referrals Male/Female by  
Age Group**



# Objective 1

## Supporting People with Cancer

**Total Referrals by Team**



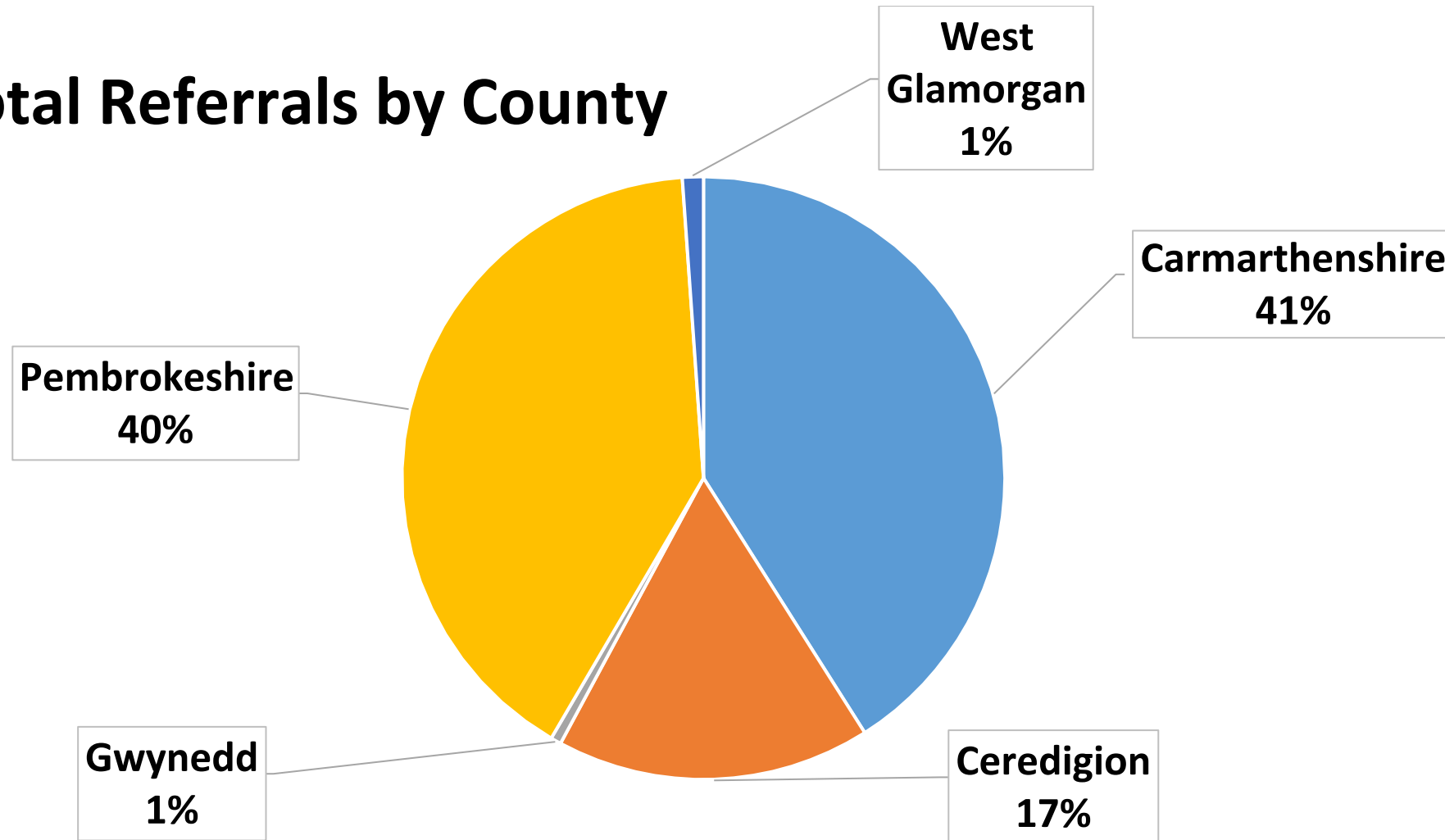
### Glossary

- AOS Team – Acute Oncology Service
- CISS Team – Cancer Information and Support Service
- TYA Team – Teenage and Young Adults (16-24 years)

# Objective 1

## Supporting People with Cancer

### Total Referrals by County



# Objective 1

## Supporting People with Cancer

*Space to talk about their diagnosis, treatment and other problems*

*I am able to trust (the counsellor) to spill out all the issues I have*

*within 4 walls like a prisoner, having someone to talk to was extremely helpful*

*helpful to “talk through feelings” with someone independent*

*positive impact on my outlook*

*helped me to manage my feelings and cope better*

*It is difficult to know who to speak to, for someone to have time or space like your service provides*

*regular and consistent*

*I look forward to the calls*



## *Patient Stories*

# Objective 2

## Educating Cancer Professionals

- 3 CaPS Away Days were held at the West Wales Wildlife Centre, Cilgerran.
  - A total of 38 cancer professionals accessed the training.
- “ A refreshing away day – interactive, informal, invaluable and provided much food for thought.” (Delegate evaluation).





# Objective 2

## Educating Cancer Professionals

- CBT Project – supporting women with cancer treatment induced menopause.
- 6 Cancer CNS's trained to deliver CBT workshops.
- No workshops held as yet due to COVID -19, however one to one virtual support has been provided to ladies.



BMJ 2015;351:h6434 doi: 10.1136/bmj.h6434 (Published 3 December 2015)

Page 1 of 1



### LETTERS

#### NICE ON MENOPAUSE

#### NICE guidance on menopause: cognitive behavioural therapy is an effective non-hormonal intervention for managing vasomotor symptoms

Myra S Hunter *professor of clinical health psychology*<sup>1</sup>, Amanda Griffiths *professor*<sup>2</sup>, Eleanor Mann *psychologist*<sup>3</sup>, Rona Moss-Morris *professor*<sup>4</sup>, Melanie Smith *clinical psychologist*<sup>5</sup>, Pauline Slade *professor*<sup>6</sup>

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The full document of the first National Institute for Health and Care Excellence (NICE) guideline on diagnosis and management symptoms.<sup>6</sup> Non-hormonal management of these symptoms is an important consideration when hormone therapy is not an

#### Cognitive behavioural treatment for women who have menopausal symptoms after breast cancer treatment (MENOS 1): a randomised controlled trial

Eleanor Mann, Melanie J Smith, Jennifer Hellier, Janet A Balabanovic, Hisham Hamed, Elizabeth A Grunfeld, Myra S Hunter

##### Summary

**Background** Hot flushes and night sweats (HFNS) affect 65–85% of women after breast cancer treatment; they are distressing, causing sleep problems and decreased quality of life. Hormone replacement therapy is often either undesirable or contraindicated. Safe, effective non-hormonal treatments are needed. We investigated whether cognitive behavioural therapy (CBT) can help breast cancer survivors to effectively manage HFNS.

**Methods** In this randomised controlled trial, we recruited women from breast clinics in London, UK, who had problematic HFNS (minimum ten problematic episodes a week) after breast-cancer treatment. Participants were randomly allocated to receive either usual care or usual care plus group CBT (1:1). Randomisation was done in blocks of 12–20 participants, stratifying by age (younger than 50 years, 50 years or older), and was done with a computer-generated sequence. The trial statistician and researchers collecting outcome measures were masked to group allocation. Group CBT comprised one 90 min session a week for 6 weeks, and included psycho-education, paced breathing, and cognitive and behavioural strategies to manage HFNS. Assessments were done at baseline, 9 weeks, and 26 weeks after randomisation. The primary outcome was the adjusted mean difference in HFNS problem rating (1–10) between CBT and usual care groups at 9 weeks after randomisation. Analysis of the primary endpoint was done

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See Comment page 227

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# Objective 3

## Empowering Local Cancer Teams



- Accessible supportive supervision for cancer professionals introduced at away days.
- Enthusiastic workforce who identified the benefit of supervision, however have been slow to engage with the support available.
- Opportunistic engagement with clinical staff during COVID-19, e.g. telephone referrals.

# Unexpected Domino Effects!



- CaPS has been referred to during interview presentations and described as a core service.
- CaPS has been identified as ‘something that went well this year’ at staff PADRs.
- CaPS was presented at the All Wales Cancer Research Forum and is partnering with Aberystwyth University in current PhD research project in Psycho-oncology.



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