Personalised follow-up pathways

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The changing story of cancer

1970
Average Survival 1 year
Cancer is mostly about dying from cancer

1990
Average Survival 2 year

1990
Average Survival 2 year

2015
Average Survival 10 year
2010 onwards
Cancer is increasingly about living with cancer

2040
Average Survival 10+ year

1.2m
Living with cancer
59% aged 65+

2.5m
Living with cancer
66% aged 65+

5.3m
Living with cancer
78% aged 65+
Three cancer groups

Group 1
Many live for more than a decade

Group 2
Most similar to a long-term condition

Group 3
Survival for the majority is short term

McConnell, H. White, R. And Maher, J. Explaining the different complexity, intensity and longevity of broad clinical needs. 2015.
Half of people diagnosed with cancer live for longer than 10 years

Total prevalence:
2.5 million in 2015

Total prevalence:
4 million by 2030

Living beyond cancer does not mean living well

At least 1 in 4 of those living with cancer – around 625,000 people in the UK – face poor health or disability after treatment\(^1\)

Over 70% need emotional support\(^2\) – research shows that 2 in 5 people living with cancer are affected by depression, and 1 in 10 experience anxiety\(^3\)

1 in 5 people living with and beyond cancer may have unmet needs\(^4\)

Care beyond initial treatment predicted to cost the NHS £1.4 billion a year by 2020\(^5\)

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\(^1\) Macmillan Cancer Support. *Throwing light on the consequences of cancer and its treatment*. 2013 (1 in 4 people using estimated prevalence of 2.5 million)


\(^5\) Macmillan Cancer Support, *Cancer Cash Crisis*. 2015
Personalising patient follow-up

- **2007**
  Cancer Reform Strategy

- **2008**
  National Cancer Survivorship Initiative (NCSI) - personalised follow up at 14 test sites in England

- **2011**
  Transforming Cancer Follow Up (TCFU) in Northern Ireland

- **2013**
  Macmillan’s Recovery Package launches

- **2015**
  Gradual roll-out across NHS begins

- **2019**
  NHS Long Term Plan focus on personalised care

Lots of thinking around follow-up what is/isn’t working…
An evolving approach

Treatment Summary and Cancer Care Review

Assessment and care planning

Health and Wellbeing events
Choosing the right pathway

70–77% of breast cancer patients can self-manage from two to three months after the end of treatment, or one year after diagnosis.\(^1\)

40–45% of colorectal patients can self-manage from four to six months after the end of treatment or stoma reversal.\(^1\)

28–44% of prostate cancer patients can self-manage, usually from two years after treatment.\(^1\)

\(^1\)DH, Macmillan Cancer Support & NHS Improvement. *Living with & Beyond Cancer: Taking Action to Improve Outcomes (an update to the 2010 NCSI vision)*. 2013
Benefits

• Patients are better able to self-manage the practical, physical and emotional impacts of cancer¹

• Projected to save England £86 million over 5 years²

In Northern Ireland:

• 2,952 appointments released between November 2012 and January 2015³

• 28% reduction in breast surgical waiting lists and 4% reduction in breast oncology waiting lists³

²NHS Improving Quality. Stratified cancer pathways: redesigning services for those living with or beyond cancer. 2013
³Macmillan Cancer Support. Evaluation of the Transforming Cancer Follow-up Programme in Northern Ireland. 2015
What’s next..?

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MACMILLAN CANCER SUPPORT

We’re here to help everyone with cancer live life as fully as they can.

For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk