Cancer Survivorship Programme

A successful pilot focusing on living after treatment for cancer has now been extended as part of the Trust’s vision to improve the care and support provided for patients living with and beyond cancer.

An increasing number of people are surviving cancer longer, with survival rates for all major cancers better in Bournemouth and Poole than anywhere in the South West. While this is good news, there is evidence to suggest that often the support that is available for survivors does not address the full range of their needs.

As more people are surviving cancer, longer term and late adverse effects of treatments such as Chemotherapy, Radiotherapy and surgery, may become apparent.

As a result, the need to ensure a normal future, physically and emotionally, is crucial for all recovering from cancer.

The Bournemouth Cancer Survivorship Programme is a joint venture between The Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust, the Littledown Centre, NHS Bournemouth and Poole, Macmillan Cancer Support, Dorset Cancer Network and Bournemouth University, it is designed to help respond to the needs of those living with and beyond cancer.

The project has been developed to support patients, enabling them to get back to their regular lifestyle through a rehabilitation programme which aims to:

• Improve the health and well-being of survivors by promoting regular follow-up appointments and routine screening tests.

• Educate patients, their families and healthcare professionals about the long-term effects of cancer treatment and encourage self care among survivors.

• Provide referrals to a range of specialists where appropriate.

The programme includes the delivery of a three month physical activity programme for cancer survivors who had been treated by the Trust. Those taking part are assessed by experts from the Littledown Centre, who tailor an exercise plan to each individual’s needs and preferences, helping them to regain their confidence when exercising.

Success is measured by the feedback from participants before, during and after the programmes. Results from the pilot programme have clearly showed the survivors benefited from taking part. Participants recorded excellent improvements in their health such as improved blood pressure, weight loss, enhanced fitness and a renewed sense of health and well being.

If you are currently a cancer patient and would like further information on
the programme, please contact your clinical nurse specialist.

Sue Higgins, Lead Cancer Manager at the Royal Bournemouth and Christchurch Hospitals