PENNA Awards

The H.O.P.E Team

#hello my name is...

Richard Moody
Macmillan Information and Support Officer

Tracy Robinson
Macmillan Head and Neck Nurse Specialist
University Hospitals of Leicester NHS Trust

Twitter @macmillLeics
@Leic_hospital

One team shared values
Who are the H.O.P.E. Team?

One team shared values
Personalised Care and Cancer (Recovery Package)

The evolution of the National Personalised Care and Cancer agenda lead to much debate as to how as a Trust team we could support patients living with cancer and living with the consequences of their cancer treatments especially as the patients come towards the end of their treatment.

The Macmillan Lead Cancer Nurse, Cancer Nurse Specialists and Allied HealthCare Professionals committed to training and delivering the H.O.P.E. programme.
What is the H.O.P.E. Programme?

- The Helping Overcome Problems Effectively (HOPE) Programme developed by Coventry University and Macmillan Cancer Support.
- Designed to help people who have had/or have cancer to get on with their lives.
- Programme is for six weeks with sessions lasting 2 ½ hours.
- Programme concentrates on focusing and rediscovering inner strengths and resilience to help you cope emotionally, psychologically and practically.
- Time is spent in facilitated discussions, group activities, information sharing, tools to try at home between each session.
Why?

- There are currently over 31,000 people in Leicester, Leicestershire and Rutland living with or beyond cancer and this is set to rise to around 49,000 by 2030.
- Evidence suggests that more needs to be done to meet people’s needs and support them to live well.
- As part of the health and wellbeing element of the Personalised Care and cancer interventions and the results of the National Cancer Patient Experience Survey, it was decided that as a team we would develop a team of trained facilitators to deliver the H.O.P.E (Helping Overcome Problems Effectively) programme.
What we have done so far.....

• To date we have 15 CNS’s and AHP’s who have trained to be H.O.P.E. Facilitators.
• Courses are coordinated by the Macmillan Information and Support Officers at Leicester Royal Infirmary.
• The team have delivered a total of 18 courses across the three hospital sites to improve accessibility.
• Trial of HOPE in the community.
Patient Feedback.....

“The HOPE course helped me come to terms with my new life and slowly, session after session, it reinstated my confidence.”

“This was the first thing I learnt thanks to HOPE was that it's OK not to be OK! I have learnt how to handle stress and fatigue which made a massive impact on my life. I now incorporate meditation into my daily routine; something I never thought would work!”
I am able to get support and share my experiences with others which makes me feel less isolated.
I have the skills to improve and self-manage my life after cancer treatment

One team shared values
I can make plans and achieve goals that are important to/for me

One team shared values
Next Steps

• Pilot of virtual H.O.P.E. courses
• Explore H.O.P.E for carers model
• Continue to share the learning with other UK HOPE facilitators
Thank you for listening