



**Nottingham**  
Colorectal  
Service



**Nottingham University Hospitals**  
NHS Trust

# Improving our colorectal cancer pathway patient experience.

Cancer Experience of Care Award

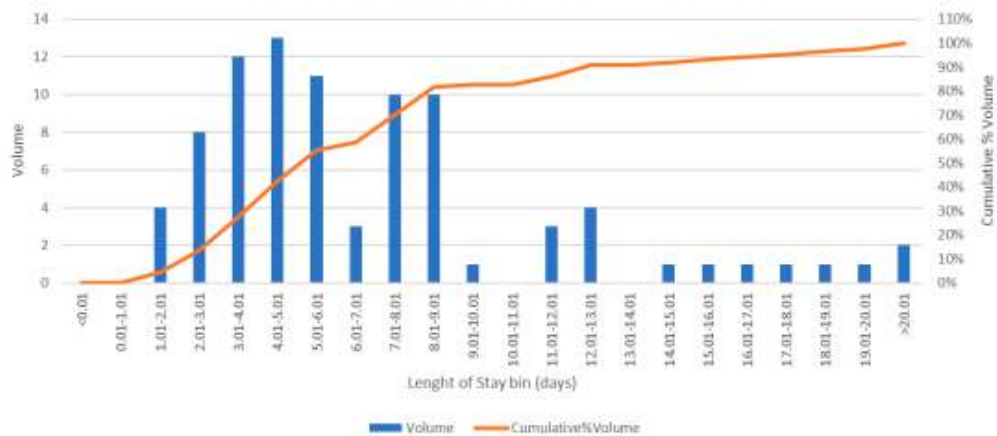


CareAdvantage | **Johnson & Johnson**  
ONCOLOGY

## Nottingham University Hospitals NHS Trust Onsite Colorectal Diagnostic Report

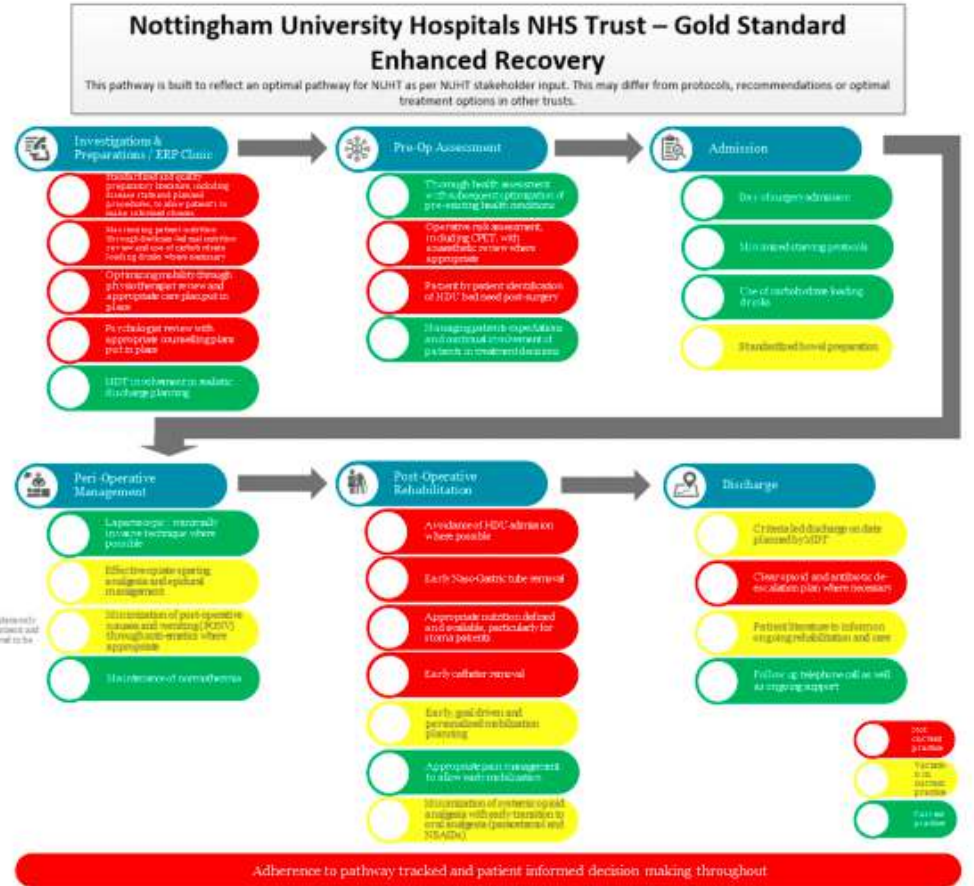
October 2019

LOS Distribution for Laparoscopic Right Hemicolectomy



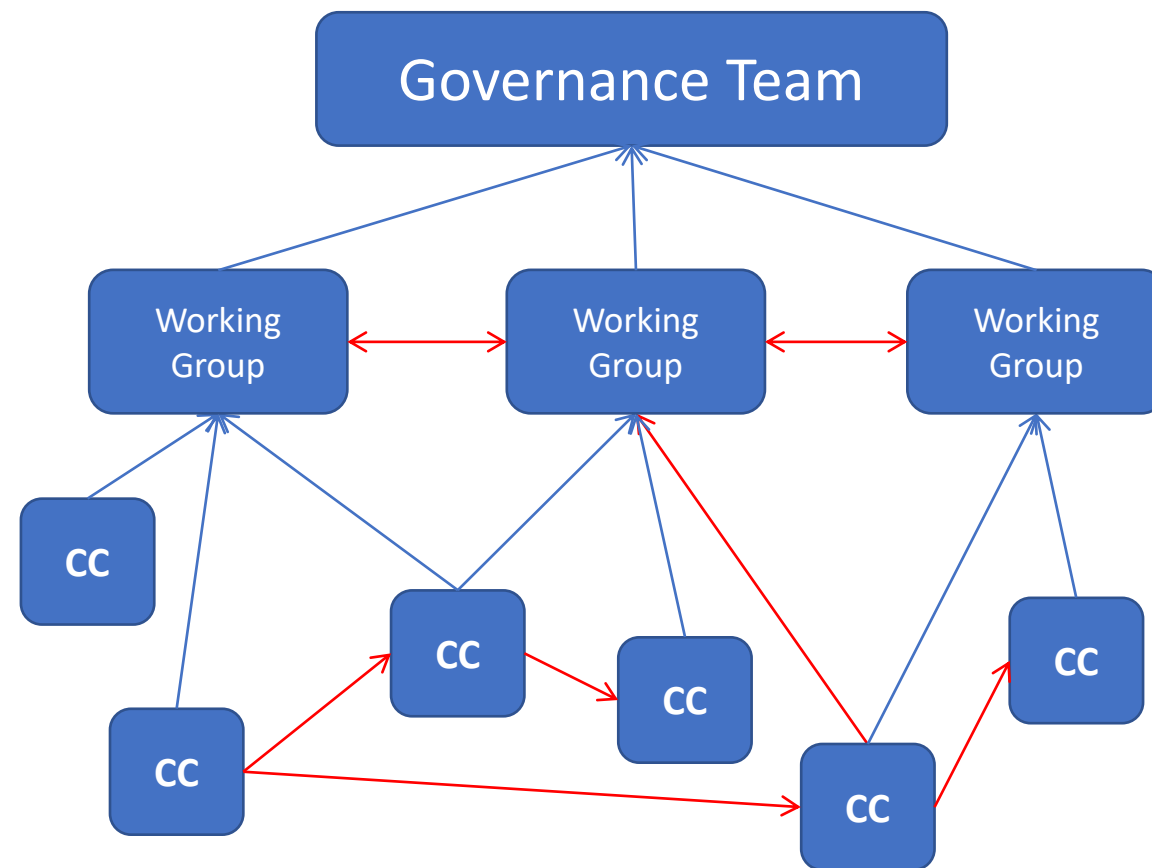
### 5.4 Current Adherence to Best Practice Enhanced Recovery Principles

6





A collage of various patient information leaflets and brochures from Birmingham City Hospital. The materials are overlapping and feature diverse designs, including photographs of patients, healthcare professionals, and text-based information. Visible titles and topics include: 'KEY QUESTIONS WE CAN ANSWER', 'WE'RE HERE FOR YOU', 'The Maximum Information and Support Service in Birmingham', 'PRESCRIPTION FOR CANCER PATIENTS', 'JUST COME IN MAGGIE'S', 'THE CANCER GUIDE', 'Eating well', 'HEALTHY EATING AND CANCER', 'Cancer registration Why it matters and what you need to know', 'HOLISTIC NEEDS ASSESSMENT', 'Your information pack', 'Going Home After Your Bowel Operation', 'Finding your way around City Hospital', 'Your operation', and 'Your information planned'. The documents are set against a background of a green and yellow patterned fabric.





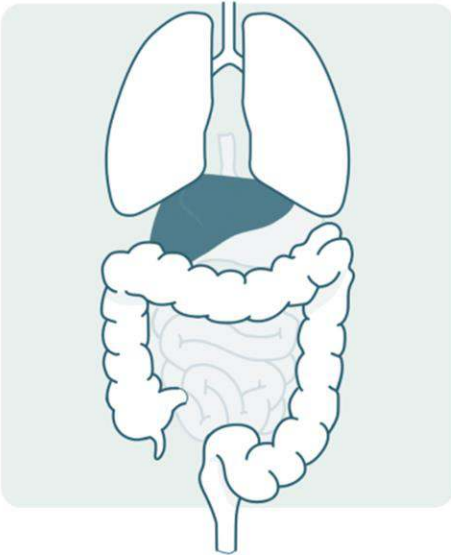


## My Diagnosis

My diagnosis is:

Location of my cancer:

My provisional staging is:



- 8 -

### SMOKING CESSATION

Nottingham City patients have access to **Stub it**. Call on **0115 8240583** option 2 or speak to CNS for more information.

And Nottingham County patient have access to **Your Health Your Way**. Call on **0115 772 2515** or speak to CNS for more information.

### ALCOHOL AWARENESS

Support regarding your alcohol use is available from NHS services, depending on why you are seeking support.

City: Nottingham Rec 0800 066 5362 [www.nottinghamhospitals.nhs.uk](http://www.nottinghamhospitals.nhs.uk)

County: Change 15 896 0798 [www.change15.org.uk](http://www.change15.org.uk)

### Lifestyle Changes

Some ideas for positive change

#### EXERCISE OR PHYSICAL ACTIVITY

5k Your Way is a community-based initiative to encourage those living with and beyond cancer to exercise. [www.5kyourway.org](http://www.5kyourway.org)

NHS Couch to 5K (free app). A 9-week set of podcasts taking you from no exercise to 5km. Download from [your phone app store](http://yourphone.app.store)

The Strength and Flex plan is a 5-week exercise programme delivered through 5 podcasts. You can find these on iTunes.

The Macmillan Move More pack includes a booklet about physical activity and cancer, flyers and a DVD. Ask a CNS about this and we can provide you with a pack.

Active 10 is a free and easy walking tracking app that monitors your walking and supports you to increase your intensity to benefit your health. [www.nhs.uk/better-health/get-active](http://www.nhs.uk/better-health/get-active)

CARE uses physical activity to help patients during their recovery and is delivered by Notts County FC. [www.nottscountyfc.co.uk/](http://www.nottscountyfc.co.uk/)

### HOLISTIC NEEDS ASSESSMENT (HNA)

We will ask you to complete a holistic needs assessment (HNA). This is a questionnaire you can fill out in the comfort of your own home. It may highlight areas where we can create a personalised care plan to meet your current needs and concerns. <https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/holistic-needs-assessment-planning-your-care-and-support>

### SUPPORT GROUPS

Cancer Care Map  
Cancer Care Map is a simple, online resource that aims to help you find cancer support services in your local area. Find out more at [www.cancercaremap.org](http://www.cancercaremap.org)

MACMILLAN CANCER SUPPORT  
Macmillan Cancer Support is one of the largest British charities and provides specialist health, care, information and financial support to people affected by cancer. [www.macmillan.org.uk](http://www.macmillan.org.uk)

MAGGIE'S  
Maggie's is a charity providing free cancer support and information in centres across the UK and online. [www.maggies.org](http://www.maggies.org)

Bowel Cancer UK  
Bowel Cancer UK provide expert information and support for everyone affected by bowel cancer. [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)


## Watch all our videos

Scan the QR code on the right to visit the **Nottingham Colorectal Service** YouTube channel.



40,000+ registered each year

Our YouTube channel is the best way to view all our informative videos and subscribe to our channel to get further content as it is released. Feel free to share these videos with friends and family to help explain the various stages of your patient journey.



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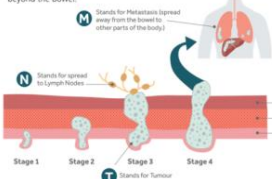


## Colorectal Cancer: Your Diagnosis

### Understanding your diagnosis and next steps

Most bowel cancers start as pre-cancerous growths or polyps which over time grow before becoming a fully established cancer, this process can take 2-3 years.

Staging a cancer describes its location, size and spread. The commonest staging system is TNM where T stands for how far the Tumour has grown through the bowel wall, N stands for the number of Lymph Nodes that might have cancer cells within them and M stands for Metastasis which assess whether the tumour has spread to other organs beyond the bowel.



We use different tests to investigate and diagnose colorectal cancer and their order may vary. Common tests include blood tests, camera tests (colonoscopy or flexible sigmoidoscopy).

All patients with a diagnosis of bowel cancer require a CT scan that examines their chest, abdomen and pelvis to look for spread of the cancer to other areas of the body.

#### Your MDT and treatment process



Your test results are discussed in a multidisciplinary team meeting (or MDT). Experts meet together and discuss each case individually. The MDT consists of Surgeons, Radiologists, Histopathologists, CNS, Oncologists. Every patient is then given a recommended treatment option which is the combined expert opinion of the MDT.

#### Prehabilitation



We aim to prepare all of our patients both physically and mentally for their treatment. Being active and making positive lifestyle changes from the day of diagnosis is beneficial whatever treatment path you follow.

Cancer treatments tend to work on short time frames. The more physical activity you can achieve, the greater the benefit.

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## Colorectal Cancer: Your Hospital Stay

### Understanding your post-operative progress

We know that the best post-operative care is underpinned by the Enhanced Recovery After Surgery (ERAS) principles. These principles can:

- Shorten your length of stay in the hospital
- Aid faster recovery
- Maintain general good health, despite stress of major surgery
- Minimise risk of complications following surgery

Our ERAS programme starts immediately after waking from anaesthetic. You should expect to be asked the following on the first day post operatively:

- ☒ To sit out of the bed
- ☒ To eat and drink normally (unless stated otherwise by the operating surgeon)
- ☒ To walk around your bed as pain allows
- ☒ To regularly perform incentive spirometry and deep breathing exercises



Get Moving



Get Eating



Get Better

### TOP TIPS

- You should aim to walk at least 10 meters three times daily.
- You should also perform breathing exercises hourly whilst awake.
- If you cannot take a deep breath or cough due to pain, you should raise this with the nursing team.
- Regular incentive spirometry reduces the risk of chest infection.
- Removing the urinary catheter helps improve mobility and reduces chance of infection.

#### Hospital stay and ERAS



Scan this QR code with your smartphone to watch the video

#### Discharge, Follow up and Survivorship



Scan this QR code with your smartphone to watch the video

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## Understanding Colorectal Cancer

### So what is colorectal cancer?

- Colorectal cancer is the fourth commonest cancer in the UK
- Over 40,000 diagnoses each year
- The majority of people are 50+ years, but it can affect younger people
- Most bowel cancers start as pre-cancerous growths (or polyps) which grow over time
- Developing a fully established cancer can take 2-3 years
- There are many ways to treat cancer, everyone's prognosis and response to treatment is different



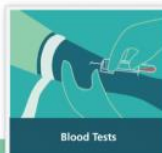
Scan this QR code to watch the video\*

#### Common symptoms

Colorectal cancer can present in different ways, such as tiredness, weight loss, or a prolonged change in bowel habit. Bleeding from the back passage is also a possible symptom. The majority of patients with rectal bleeding don't have cancer but some will. The national bowel screening program aims to detect NON-VISIBLE blood in the stool to select people for further investigation.

### How we test for colorectal cancer

We use different tests to investigate and diagnose colorectal cancer and their order may vary. The most common tests include:



Blood Tests



Colonoscopy or Flexible Sigmoidoscopy



CT Scan, MRI scan or PET Scan

\*Most modern smartphones and tablet devices have QR code readers in them. Additional free QR code reader apps are also available. Alternatively, search on YouTube for 'Nottingham Colorectal' to view all of our videos.

### Following your diagnosis...



Scan this QR code to watch the video.



Your test results are discussed in a Multidisciplinary Team Meeting (or MDT). This is a time where experts meet together and discuss each case individually. The MDT consists of Surgeons, Radiologists, Histopathologists, Cancer Nurse Specialists (CNS) and Oncologists.

Every patient is given a recommended treatment option which is the combined expert opinion of the MDT.

### Your treatment options

The main curative treatment for colorectal cancer is surgery. Surgical treatment may be supported with chemotherapy and/or radiotherapy either before or after your operation. This will depend upon the type and staging of your cancer.

Non-curative treatment is used in situations where the bowel cancer has spread to other areas of the body and where it isn't feasible to remove it all. Or in situations where the patient isn't fit enough or doesn't wish to undergo surgery. Non-curative treatment can include chemotherapy and radiotherapy aimed at controlling the spread and growth of the tumour.



Visit our YouTube channel for more videos relating to your Colorectal Cancer journey. Scan the QR code on the right to visit our channel or search 'Nottingham Colorectal' on YouTube.



## Animation sample

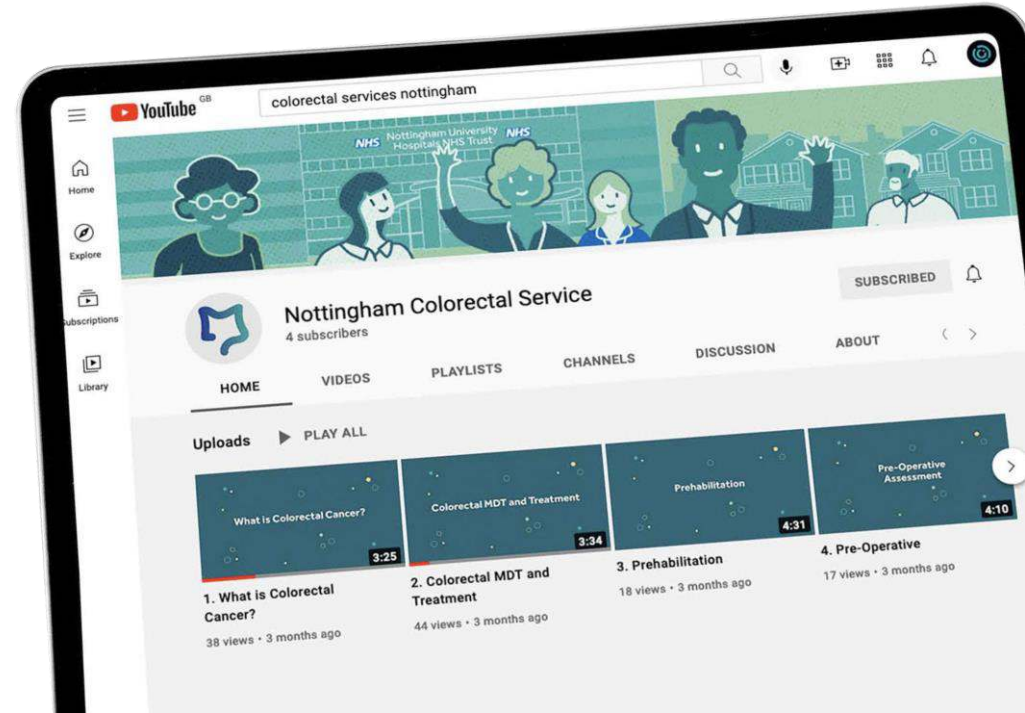
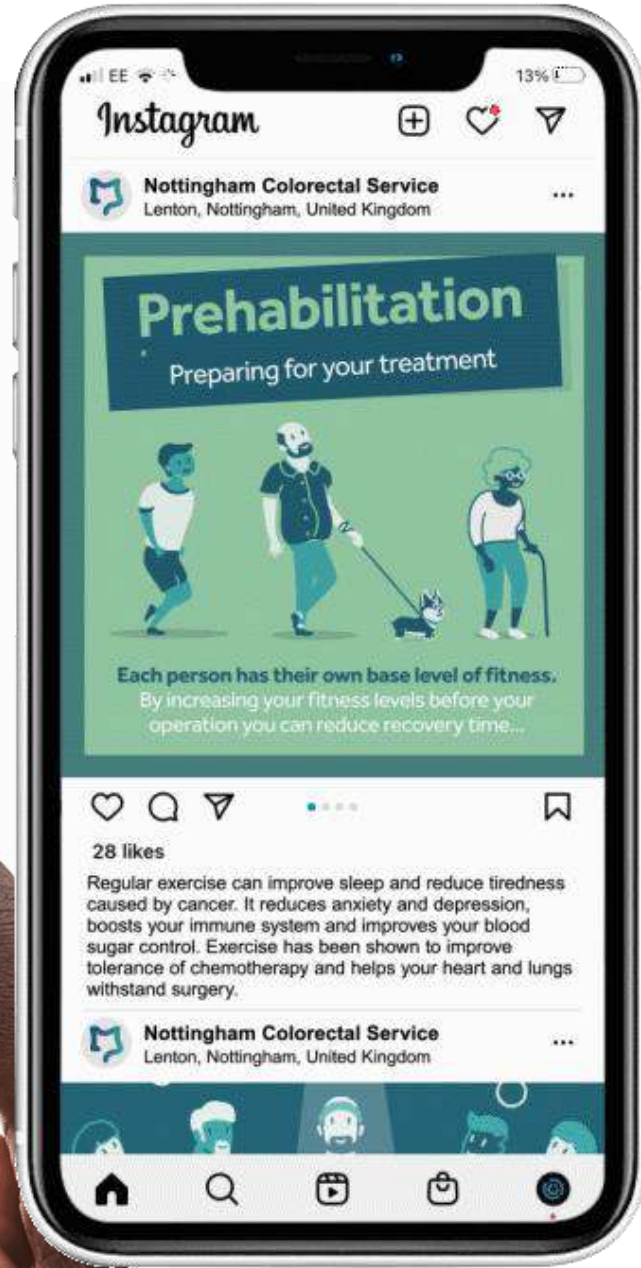
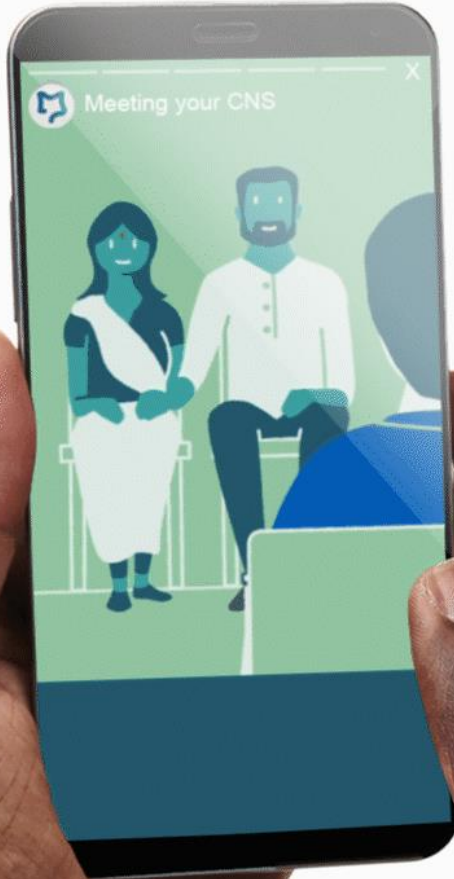


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<u>National Cancer Patient Experience Survey</u>	Baseline (2018 report)		National Average (2018)		n = 22
I completely understood the explanation of what was wrong with me	69		79		100
My treatment was completely explained	78		85		100
Any side-effects were explained in an understandable way	68		76		95
I was given practical advice and support in dealing with any side-effects	65		70		95
I had all the information I needed about the operation beforehand	90		96		100
I had full confidence and trust in the Ward nurses	64		71		95
Hospital staff gave me information about the impact cancer could have on my day-to-day activities	79		84		100
The Doctor had the right notes and other documentation with them	91		96		100
I was given complete explanation of test results in understandable way	78		81		100
I was given easy to understand written information about the type of cancer I had	70		73		100





## Overview video

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# 23%

improved positive response  
rate to 10 key questions

# 17%

higher than the  
national average

Female patient:

**“After hearing ‘cancer’ I glazed over. The booklet and videos helped me understand what was happening to me and helped me cope with the whole experience.”**







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## Thanks for listening!