# Cancer Information, Support & Wellbeing App



The Shrewsbury and Telford Hospital NHS Trust

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### The who, what, why...

## The Shrewsbury and Telford Hospital

#### WHO:

- Foundations of the app created by Piota Healthcare
- Content developed by the team in Cancer Services at Shrewsbury and Telford Hospitals NHS Trust
- In collaboration with people living with cancer, local NHS cancer specialists, colleagues in primary care and other services and organisations within the third sector and wider community

#### WHAT:

- A non-clinical, information app available to download for free
- Divided into twelve sections to make it user-friendly

#### WHY:

- With smartphone ownership over 95%, the app provides a 24/7 platform for people affected by cancer to access
- Enabling people affected by cancer to access information about services and organisations that may benefit them
- Providing information about treatments and teams they may come across in their pathway
- As part of the Personalised Care agenda; empowering people with information



### The Cancer Information, Support and Wellbeing App





MyHealthBoost



#### **Twelve Tiles:**

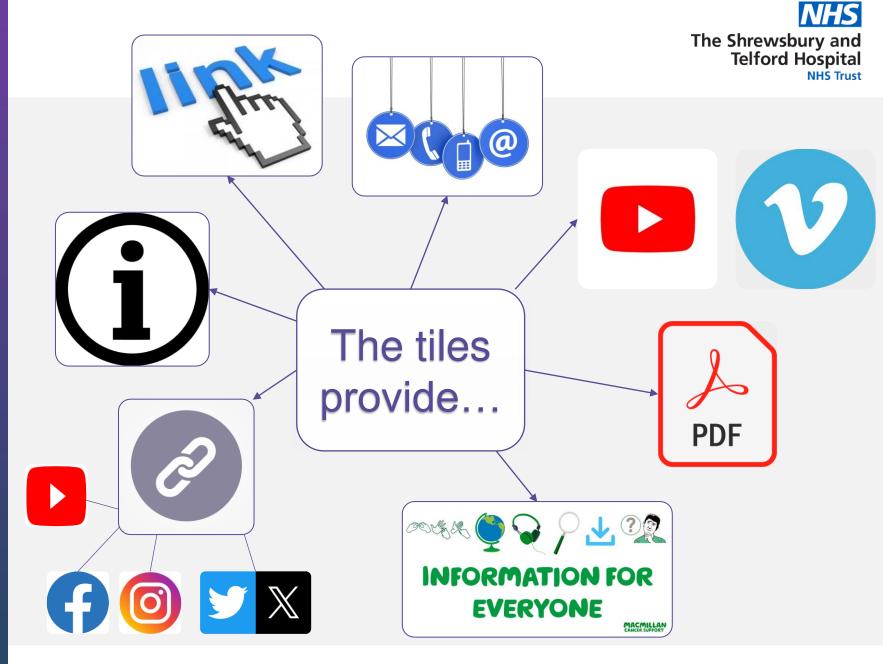
- Welcome
- News
- Events
- Living With & Beyond Cancer
- Financial Help
- Teams

- Lingen Davies Oncology Centre
- Information
- Community
- Feedback
- Alerts
- Contacts

Who is it for?

Anybody affected by cancer or supporting those affected by cancer!

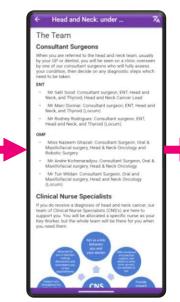


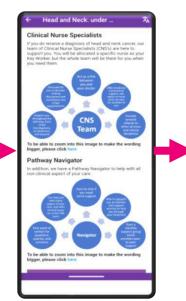


### **Exploring the app...**

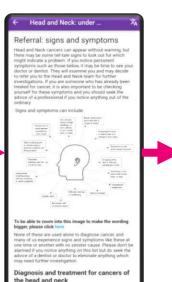


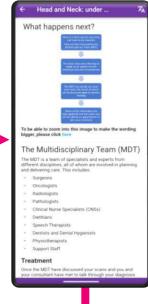








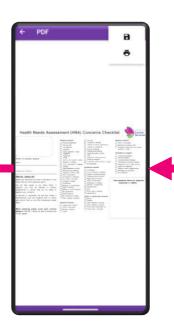
















Scanning in the Radiology Department (2.10 - 2.42)

a description of the scanner itself

appointment. This uses sound waves to produce a picture of your lymph nodes to check for any changes in size or structure. Cancer cells can travel around the body using the lymphatic system, so looking for it in the lymph nodes can often help us in our diagnosis. For more information, please visit the Macmillan website: Fine Needle Aspiration iltrasound scan, the operator may then draw off a few cells with a small needle which can be sent to the lab to examined to see if cancer is present.

Head and Neck: under \_

If your doctor or dentist does refer you to us because they

are concerned about any of the above symptoms, you will arrive on one of our consultant clinics. Here, the clinician who sees you will take a full history of you; your general

health previous medical issues, and of the specific issue which you have been referred for. They will also carry out a full visual and physical examination of the areas of

Some of the tests and procedures which may be carried out at this appointment or shortly after include:

This is especially likely if you have a neck lump and can sometimes be done on the same day as your first

First visit

Ultrasound Scan

For more information, please visit the Macmillan website:

#### Core Biopsy

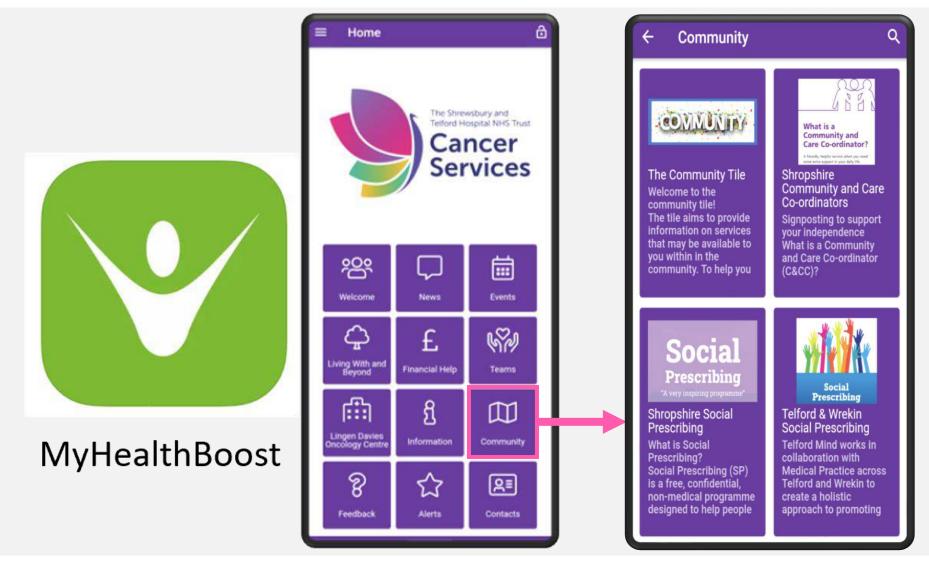
This biopsy uses a slightly larger needle to take more tissue to be examined by the pathologist to look for the presence of cancer cells. This type of biopsy can sometimes give a bit more information about the area of

#### Nasendoscopy

This is a test done during your first appointment to enable the doctor to see the tissues further down inside your nose and throat. It uses a thin flexible tube carrying a light and a carriera which is passed through your nose, down to

### Connecting with community services...





### Promotion of the app



#### Promoted at all levels within the Trust:

- Nursing
- Medical
- Administration
- Exec level at Cancer Quality & Performance Committee

The Shrewsbury and Telford Hospital



Working with other charities, service and organisations:















IMPROVING YOUR CANCER JOURNEY IN POWYS



### Promotion of the app





Your fortnightly bulletin focusing on staff & events at SaTH

# Welcome to Cascade



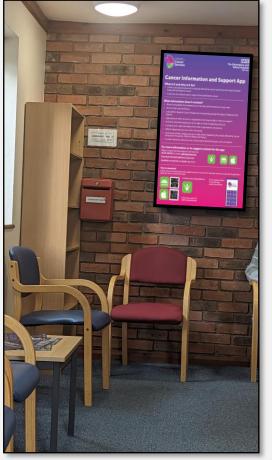
Information Bulletin



Shropshire

**Shropshire Star** 

#### **Promoted on GP Screens**



Discussed by professionals internal and external to the Trust:

- Cancer Care Navigators
- Clinical Nurse Specialists
- Cancer Care Co-ordinators (in each Primary Care Network)
- Social Prescribing Teams
- Support services
- Charities

Linking in with the other Living With & Beyond Cancer elements:

- Included in the Care Plan to support those living with cancer
- In Living Well Sessions
- As part of the End of Treatment Summaries

West Midlands Regional Living With & Beyond Cancer Group



### How it's going...



	<b>Current Numbers</b>
Number of downloads	732
Number of User Interactions	97616

"A simple idea which is going to benefit so many people affected by cancer"

"It is going to be incredibly useful for people"

"Wow! It looks so professional and more importantly informative"

"It is going to be so useful to be able to find the information I need at a time when I need it"

"I like that those in Powys have been included as well. It is great to know what is happening in the different areas"

"The way you can press a button and it goes directly to the website is very 'fancy'!"

"A simple yet effective design – easy to navigate"

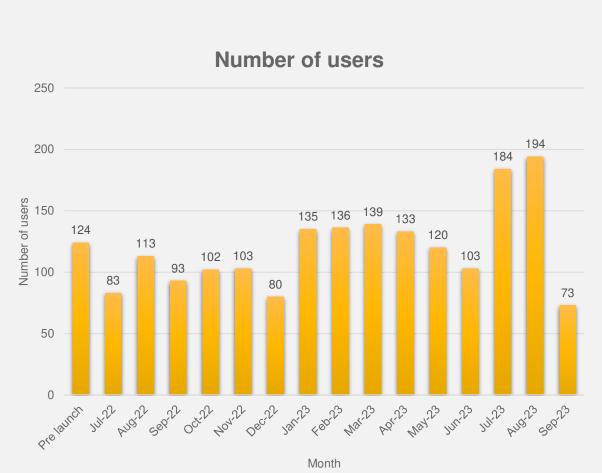
"Full of information that is local to me – just what I needed"

"I like that I can just call my team at the push of a button"

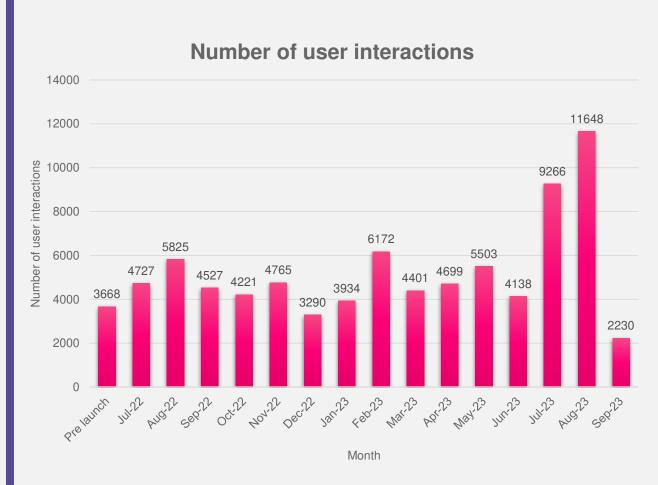


### What does the data say...





App launch: July 2022 130 downloads per month on average



#### How to download:

**1** Either click on the relevant link below (digital version) or scan the QR code (print version) to access the Google Play or Apple App Store to download the app:



https://play.google.com/store/apps/details?id=uk.co.piota. myhealthboost&hl=en\_GB





https://apps.apple.com/ app/myhealthboost/ id1607073896?mt=8



2 Install the app: MyHealthBoost



3 Open app, search for SaTH Cancer Services:



4 You should be taken to the SaTH App which looks like this:



You can also search for the app on the Google Play or Apple App Store

### How to download



Free to download!

Digital and hard copies of leaflets available; please speak with the team if you would like these sent to you

Please get in touch if you have any questions: 01743 492424

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