

Interventions to Address Patients Difficulties With Sleep

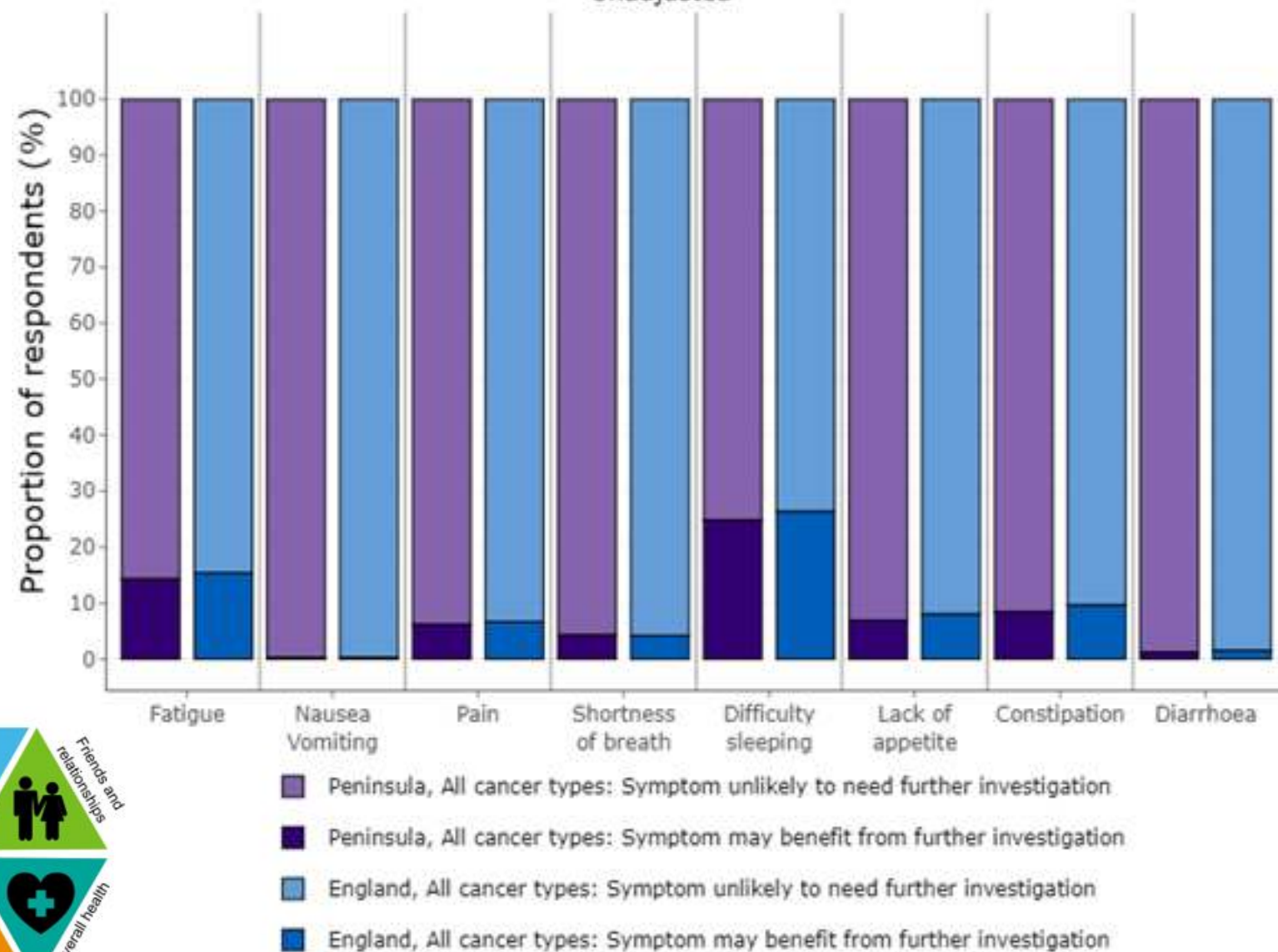
Beth Kingshott Cancer Alliance Support Manager, Peninsula Cancer Alliance

Miranda Benney Centre Manager, The Mustard Tree Macmillan Cancer Support Centre,
University Hospitals Plymouth



Operational Objective and Cancer Quality of Life Survey

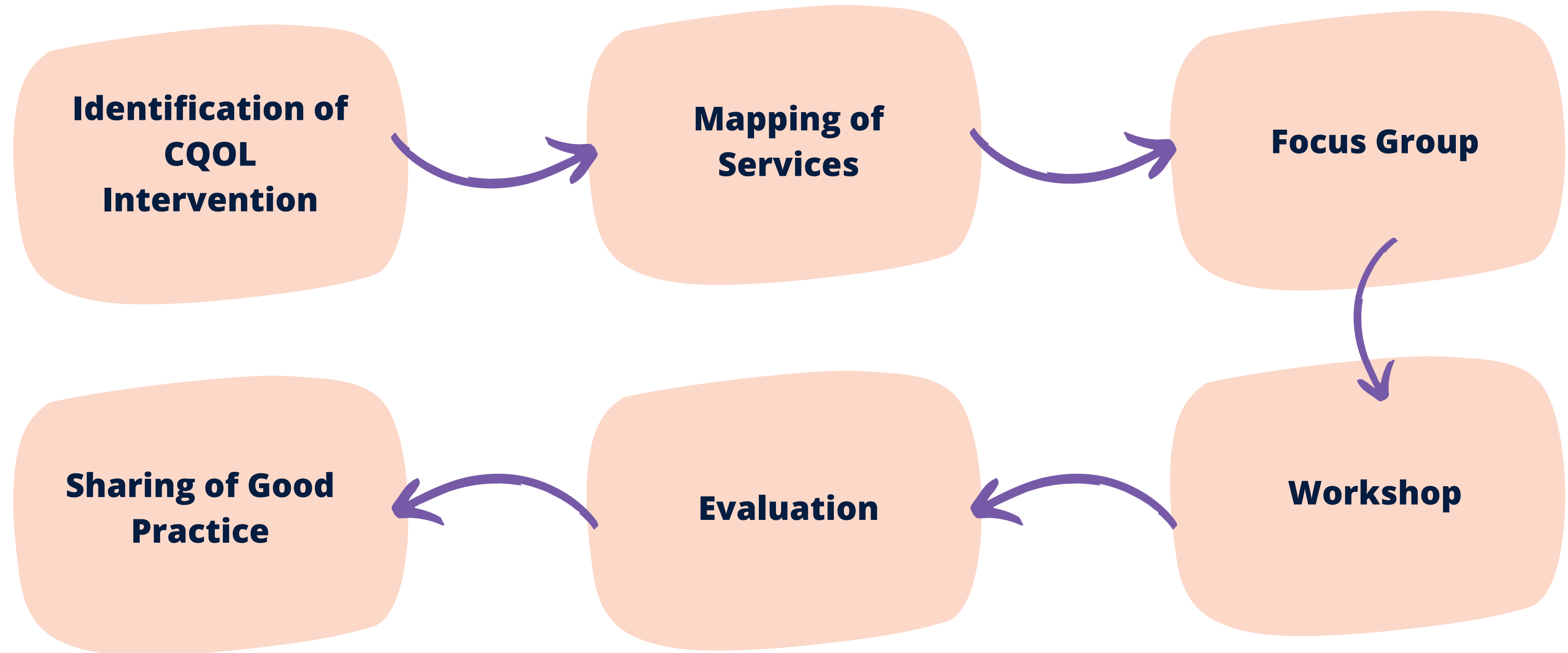
Quality of life symptom scores (EORTC QLQ-C30)
Unadjusted



Tumour Site	Peninsula %	National %
Breast	29.9	33.3
Colorectal	21.1	22.5
Gynaecological	28.3	28.4
Haematological	24.1	25.6
Head and Neck	27.2	26.1
Lung	29.5	32
Melanoma	19.2	18.5
Prostate	21.4	22.1
Upper Gastrointestinal	31.9	27
Urological	25.2	25.9
Other	22.7	23.5



Mapping



Sleep Focus Group - April 2023

Complimentary therapies such as Reiki / mindfulness

Anxiety often overpowers sleep.

Only way I manage my sleep difficulties is with medication - I rely on them and panic if I don't have them.

When caring for sick husband slept well as was constantly on the go. Now since my diagnosis I have a 2 hour sleep routine.

Sleep Boxes - similar to Chemohero Box with sprays / tea etc.

Sleeping forecast on BBC Radio / white noise machines / sleep pillow spray. Constant noise helps.

Everyone has sleep problems therefore the more support the better. Like the idea of a toolkit / QR code tree.

Sleeping was particularly challenging throughout chemotherapy and months after.

Would like guidance towards the best meditation / mindfulness videos.

Workshop

Planning
2 sessions offered to allow for flexibility (AM and PM)
Resources - staff
Advertising
Finding a sleep expert as our keynote speaker
City Centre location with good transport links / accessibility
Bath Spa University interns
Engagement with stakeholders

Delivery
Marketplace stalls
Content
Patient interaction - group tables for peer support
Cost
Capturing patient experience for sleep videos
Exercise bands, fruit, sleep information handouts

Challenges
Staff - reliance on the Mustard Tree staff for recruitment, organisation and meet and greet
Technology – using electronic forms to reduce ‘paper’ admin
Reaching those in harder to reach areas / communities
Patient and staff engagement
Maintaining the momentum with advertising
Availability of speakers
Peninsula geography



Agenda

09:45 – 10:15

Connecting physical activity to a better sleep quality

David Jenkin

Personal Trainer and Exercise Rehabilitation Instructor

10:15-11:15

How to Build and Harness the Power of Your Sleep Drive

Stephanie Romiszewski

Sleep Physiologist and Director of Sleepyhead

11:15-11:45

Nutrition and Sleep

Rosemary Martin Registered Dietitian

Rosemary Nutrition & Dietetics

11:45-12:15

Sound Bath Session

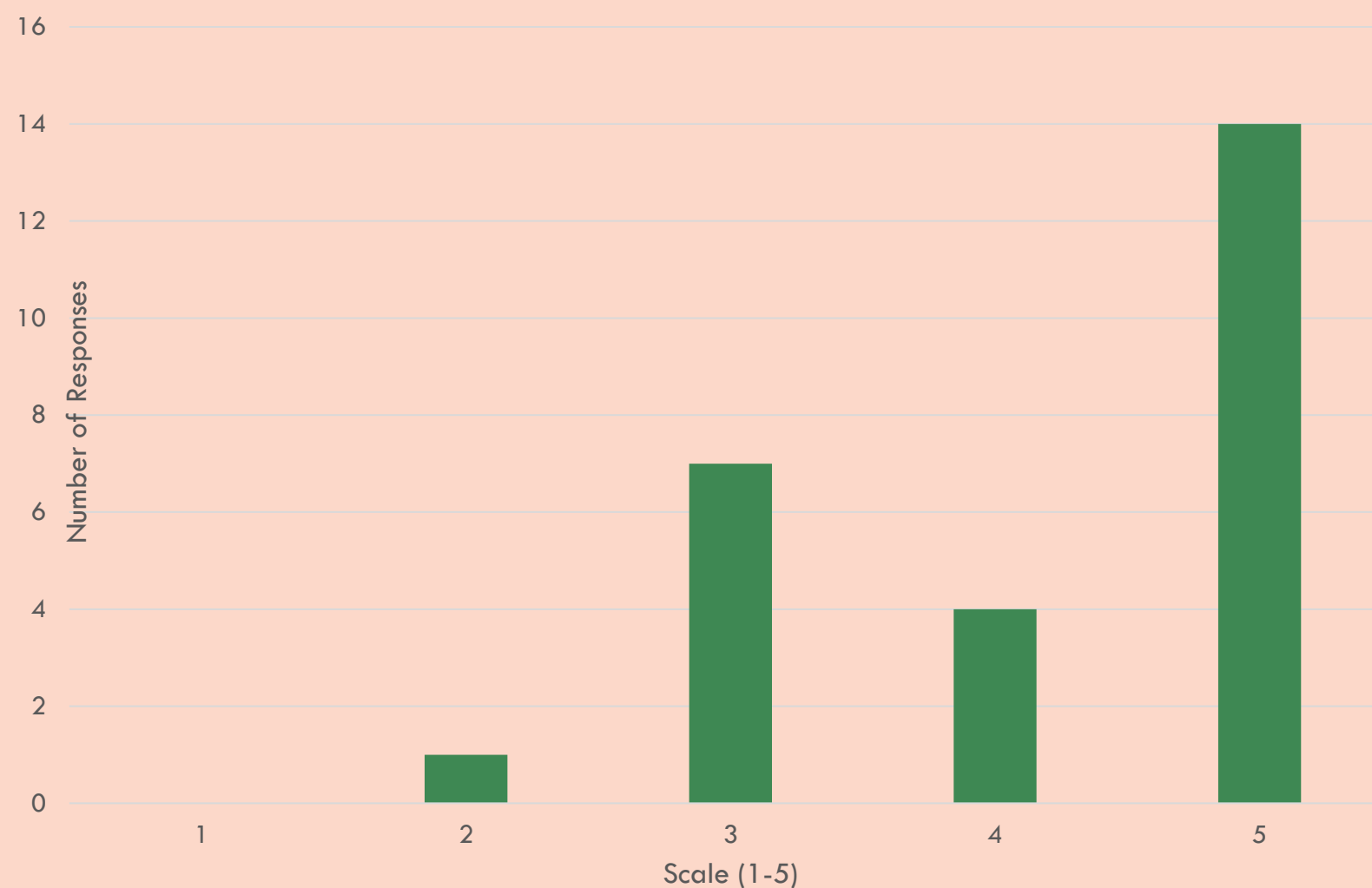
Carly Seller Healing Sound and Energy Practitioner





Evaluation - Impact and Results

On a scale of 1-5 (5 being a lot), how much do you feel your sleep has been affected following your cancer diagnosis?



Please give a brief explanation of how you feel your sleep has been affected

Stress
Nausea Dry mouth
Reflux
Chemo treatment
Bad dreams
Intrusive thoughts
Broken sleep
Can't sleep
Depression
Steroids
Pain
Overthinking
Night sweats

Have you been offered / received any support with sleep since receiving your cancer diagnosis?

Pillow support
Sleeping pills
This workshop
Medications
Antidepressants
Mustard Tree

13 stated they were not offered/received any support

Follow up - 8 weeks later

Sleep better!

I'm sleeping all night. I might have the odd night feeling restless but not often

Little change just less worry

No change

Slightly more relaxed about waking up every night

I feel more relaxed and able to fall asleep better

Being more relaxed about it

Still tired but feel better. Can go back to sleep better in the night instead of hours awake

Easier to rest now. Learning to apply strategies for wakeful nights using sug methods of breathing and relaxing into it rather than fretting over periods of wakefulness

Sleeping better through the night

I seem to be able to get to sleep easier on some nights but still not all

Some improvement seen

Key Learning Points and Next Steps

Key Learning Points
Map what is already available and promote within networks/stakeholders
Offer 2 sessions for flexibility and cost saving.
Use digital technology when organising the workshop and collating feedback
Work collaboratively with local groups, in particular social prescribers that link to the community and hard to reach areas
Share learnings with wider teams
Capture further lived experience and follow up on patient improvements to measure impact

Next Steps
Promotion of 2 sleep videos
Explore development of sleep toolkit via MySunrise App and the PCA website
Training opportunities within primary and secondary care
Training for professionals to support them with insomnia.
Better promotion of the Sleepio App
Opportunities to work with the wider Personalised Care Agenda and other long-term conditions.
Further workshop planned for spring



THANK YOU

Please check out the videos



**Sleep and Insomnia –
Managing Difficulties with
Sleep Exercise, Nutrition
and Sound**



**Sleep and Insomnia –
Managing Difficulties
with Sleep Sleep
Physiologist**

