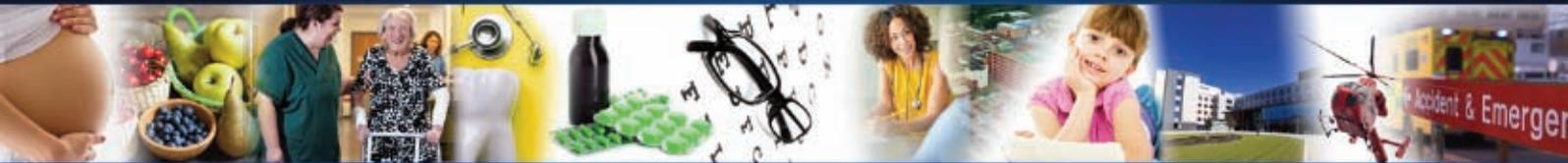


Spotlight On...

Cancer Services

ISSUE 3: 05/07/21



Throughout June, we have been shining a spotlight on Cancer Services. We have looked at different types of cancer, risks, treatment and talked to patients and our cancer teams. We have rounded all the information up below...

Cancer is a condition where cells in a specific part of the body grow and reproduce uncontrollably. The cancerous cells can invade and destroy surrounding healthy tissue, including organs. Cancer sometimes begins in one part of the body before spreading to other areas. This process is known as metastasis. 1 in 2 people in the UK will get cancer in their lifetime. There are more than 200 different types of cancer, and each is diagnosed and treated in a particular way. Thanks to research, many people are cured.



This informative video from Cancer Research UK explains what cancer is and how it starts https://www.youtube.com/watch?time_continue=160&v=tsXnVu3kUnM&feature=emb_logo

Further information <https://www.cancerresearchuk.org/about-cancer/what-is-cancer/how-cancer-starts> <https://www.nhs.uk/conditions/cancer/>



Signs and symptoms

Changes to your body's normal processes or unusual, unexplained symptoms can sometimes be an early sign of cancer.

Finding cancer early means it's easier to treat, so tell your doctor if you notice anything that isn't normal for you.

For full details on signs and symptoms of cancer and what to do if you have a concern, visit our website abuhb.nhs.wales/clinical-futures/spotlight-on/cancer-services/



Can cancer be prevented?

4 in 10 UK cancers can be prevented and there are things you can do to make getting cancer less likely. This includes not smoking; eating a healthy diet and keeping a healthy weight; reducing the amount of alcohol you drink; regular exercise; and staying safe in the sun.

By taking steps to improve your health, you can make a difference to your cancer risk in the future. For further information visit cancerresearchuk.org





Mouth Cancer

In the UK, around 8,300 people are diagnosed with mouth cancer each year. Smoking, chewing tobacco, increased alcohol use and infections with the Human Papilloma Virus (HPV) may increase the risk of mouth cancer.

For a list of symptoms, how to prevent mouth cancer and what to do if you need advice and help, visit abuhb.nhs.wales/clinical-futures/spotlight-on/cancer-services



In the UK, about 1 in 8 men will get prostate cancer in their lifetime. More than 2,500 men are diagnosed with prostate cancer every year in Wales.

To check your risk in 30 seconds, visit <https://prostatecanceruk.org/risk-checker>

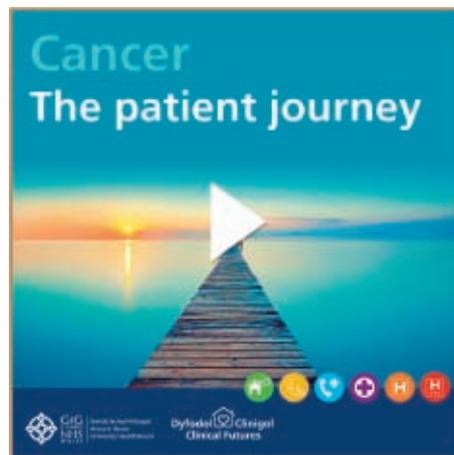
Cancer Screening

Screening is for people who feel healthy and don't have any symptoms. It can save lives by finding cancers at an early stage, or even preventing them. Screening is not the same as the tests a person may have when doctors are diagnosing or treating cancer.



To be invited for screening, you need to be registered with a doctor. People become eligible for the different screening tests at different ages. To see when you'll be invited, visit: <https://www.cancerresearchuk.org/about-cancer/screening>

For more information about the importance of screening, watch the video on our website abuhb.nhs.wales/clinical-futures/spotlight-on/cancer-services



The Patient Journey explains the cancer healthcare pathway abuhb.nhs.wales/clinical-futures/spotlight-on/cancer-services

In the Spotlight

Our Cancer Services Spotlight stars include:



Louise
BREAST CANCER NURSE



Rebecca
LUNG CANCER NURSE



Alison
MYELOMA SPECIALIST



Tracey
HAEMATOLOGY SPECIALIST



Sarah
ONCOLOGY PHARMACIST



Rhian
DIETETICS CANCER LEAD



Joseph
CANCER TRACKER

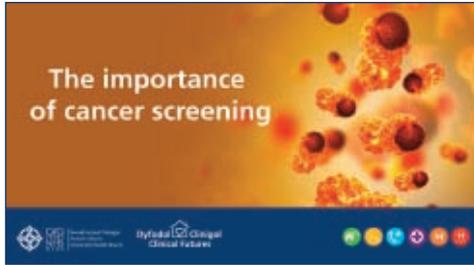


Sarah
CONSULTANT CLINICAL PSYCHOLOGIST

You can view their profiles at <https://abuhb.nhs.wales/clinical-futures/spotlight-on/cancer-services/>

Cancer Services Explained

Our experts from different areas of cancer services have shared some helpful information and advice.



The following videos can be found on our website:

[Need help to quit smoking?](#)

[Spotting the signs and symptoms of cancer](#)

[The importance of cancer screening](#)

[What is chemotherapy?](#)

<https://abuhb.nhs.wales/clinical-futures//spotlight-on/cancer-services/>

Positive Feedback

It was a pleasure to meet Sandra, who was having treatment at our Chemotherapy Day Unit at the Royal Gwent Hospital.



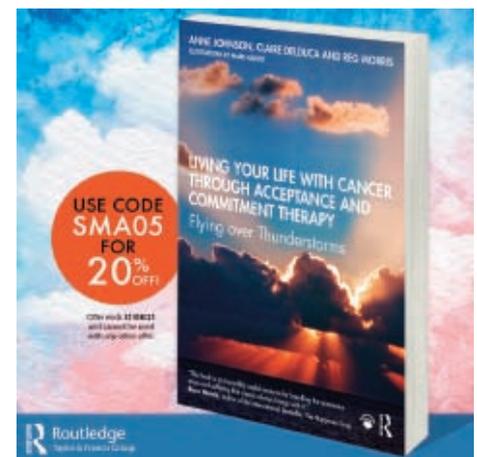
Living Your Life With Cancer Through Acceptance and Commitment Therapy

Our Health Board's Lead for Paediatric Psychology, Anne Johnson, and Senior Clinical Psychologist in Critical Care, Claire Delduca, have published a book, entitled "Living Your Life With Cancer Through Acceptance and Commitment Therapy". The uplifting book is aimed at providing emotional support for those living with cancer, and includes a foreword written by the CEO of Macmillan Cancer Support, as well as being clinically endorsed by an array of highly acclaimed clinicians and cancer experts.

Lead for Paediatric Psychology, Anne, who has an extensive background in Psychology within Cancer Services said: "Claire and I are passionate about the book and are keen that it helps the people that it was designed to support. It was a true co-produced book with the Patient Advisory Group at Velindre heavily involved in feedback, and it was also used as a clinical tool in a research project that is due to come out in a few months."

You can purchase a copy of the book here:

https://www.amazon.co.uk/Living-through-Acceptance-Commitment-Therapy/dp/0367549247/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=



To find out more about cancer services visit our website at:
<https://abuhb.nhs.wales/clinical-futures/spotlight-on/cancer-services/>

What is a Cancer Tracker?

Cancer Tracker, Joseph, explains more about his role...

Once a patient is referred into the Health Board, they must be tracked and treated under the Single Cancer Pathway Guidelines within 62 days. Essentially, the role of a tracker is to monitor and keep a patient's pathway moving in an organised and timely manner from first appointment, to diagnostics, diagnosis and to first treatment.

Currently, there are 15 different tumour sites, consisting of 3,350 referrals being tracked by the Health Board.

Due to the continuous and constant changes involved in the pathway process, one of our main priorities is to highlight any potential bottlenecks before they happen. This could be delays in diagnostic dates (scans or scopes) or patient unavailability to any appointments.

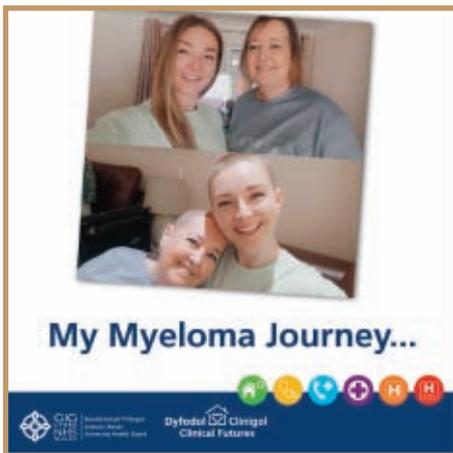
In fulfilling this role, we contribute to the overall service to patients by making sure we accurately document and track all of their individual pathways, which ultimately helps those who directly deal with each patient to diagnose and treat as efficiently as possible.

In the Spotlight



Name:	Joseph
JOB TITLE:	CANCER TRACKER
Experience:	12 years' experience of working in the Health Board in various departments 4 years in Cancer Tracker post Undertook Cancer Tracker post briefly in the Specialities of Gynaecology and Upper GI Currently covering Cancer Tracker role for the Head & Neck Specialty
Role:	One of 10 Cancer Trackers in the Health Board Attention to detail is critical in accurately documenting an individual patient pathway Organisational skills are also key in ensuring a patient moves through the pathway in a timely manner Highlighting any potential causes for delay in the pathway process Attending daily / weekly tracker meetings Ensuring tracker information is kept up to date and accurate using various Clinical Applications systems Discussing patients on the list Escalating any issues

"I like the fact that I'm helping someone albeit in an indirect role. I am functioning as part of the wheel that forms overall patient care. We never see the patient but we play a pivotal role in helping and supporting the patient journey and experience. It's important to me to treat every individual patient pathway in a way that I would want to be treated."



My Myeloma Journey...

Joanne's Myeloma journey started in March 2020 when she awoke with chest pain. She saw her GP and was sent for an x-ray, where it was confirmed she had fractured her rib.

Myeloma is a type of cancer arising from plasma cells that are normally found in bone marrow. Common problems include bone pain and fractures.

You can read Joanne's full story on our website <https://abuhb.nhs.wales/clinical-futures//spotlight-on/cancer-services/>

The Chemotherapy Bell



The Chemotherapy Bell can be found on the Chemotherapy Day Unit at the Royal Gwent Hospital. It is a symbol of hope and positivity for both patients and staff.

Myeloma Specialist Nurse, Alison explains more in a video on our website

<https://abuhb.nhs.wales/clinical-futures//spotlight-on/cancer-services/>

