

[Subscribe](#)[Past Issues](#)[Translate](#)

ACPOPC Autumn 2022

[View this email in your browser](#)

Autumn Newsletter 2022

Dear ACPOPC Members,

Welcome to the ACPOPC Newsletter. It has been another busy few months for the committee, continuing our efforts to represent members on national committees, in guideline development and in strategic NHS meetings.

It's great to see more training courses, both virtually and face to face being offered again as we return to 'normal' post pandemic. Remember if you have been a member of ACPOPC for 2 years or more you can apply for a grant to cover the cost of education. As a reflection of the increasing cost of courses and travel we have increased the amount you can claim to £500 per course. We really hope to see more members utilising this grant. Please get in touch if you have any questions



about it. We are planning our conference for Spring 2023 and will share details of this with you as soon as we have them.

As always please get in touch with us if you have any questions, ideas or anything you think it would be useful to share with other members.

With kind regards
Emily
ACPOPC Chair

ACPOPC News

Call for ACPOPC Committee Members

We are seeking new members to join the ACPOPC Committee. This is an opportunity to get more involved with the work of ACPOPC and help to develop your CPD. Benefits include free attendance at ACPOPC Study Days and the opportunity to represent ACPOPC at relevant national events, such as Physio UK and Hospice UK conferences.

ACPOPC is unable to operate without active input from its members and having a range of committee members ensures that we are able to continue to provide appropriate support and CPD to members.

If you are interested in joining or just want to find out more about the work of the committee please contact Emily Stowe, ACPOPC Chair on chair.acpopc@gmail.com

ACPOPC Regional Representative Vacancies

We currently have vacancies for Regional Reps in some of our regions including North Midlands and Yorkshire and Lincolnshire, and the South region would welcome more support for the current rep.

For more information on the role of the Regional Rep and to apply please contact Gemma Chilvers, Regional Rep Officer on Gemma.chilvers@rmh.nhs.uk

Information about the Regional Rep roles can be found on the [ACPOPC website](#)

ACPOPC 2022 Journal - Call for Articles

If you have any articles for inclusion in the ACPOPC 2022 journal or would like to get in touch to discuss a possible article please contact our journal editor Shana Hall (Shana.hall1@nhs.net).

Shana is particularly keen for any case studies to include in future journal issues. These are a really useful way to share clinical practice examples and a supportive way to get a piece of work published. Possible examples could be from rotational team members with ACPOPC members listed as co-authors.

Other News

National Palliative and End of Life Care Update

Below is an update from the National Palliative and End of Life Care team

'We are pleased to inform you that the Palliative and End of Life Care Statutory Guidance has been published by NHS England and can be found on NHS England web pages at <https://www.england.nhs.uk/wp-content/uploads/2022/07/B1673-Palliative-and-End-of-Life-Care-Statutory-Guidance-for-Integrated-Care-Boards-20-July-2022.pdf>

As you will be aware, there are wide reaching reforms within the Health and Care Act 2022, including the legal foundations for Integrated Care Boards (ICBs). Clause 21 of the Act states that ICBs have a legal responsibility to commission palliative care services that meet their population needs and is included in a list of health services ICBs must arrange as are appropriate. The duty is intended to ensure that Integrated Care Boards consider and action how they will meet the palliative and end of life care needs of people of all ages, with progressive illness or those nearing the end of their lives, and their loved ones and carers, receive the care and support they need to live and to die well.

The statutory guidance has been developed by NHS England and ICBs must have regard to it. The guidance details key considerations for ICBs and six key actions ICB commissioners should take to enable the ICB to realise its legal duties. These include undertaking an Ambitions for Palliative and End of Life Care self-assessment, development and implementation of PEoLC service specifications for all ages, ensuring a sufficient provision 24/7 access to specialist palliative care advice and completion of an Equalities Impact Assessment and action plan specific to PEoLC.

Please can you circulate this information to others across your networks as we seek to support ICSs, ICBs and ICPs to consider how they meet their population's palliative and end of life care needs and their legal duties to commission such services. The statutory guidance will be of relevance and interest to: patients, carers and the public; NHS providers, commissioners and professionals within health and social care services; local authorities; and voluntary, community and social enterprise (VCSE) organisations.

To further support systems, NHS England are committed to publishing a handbook which provides additional support to ICBs as they develop their Forward View Plans and undertake assessments of their population need. This handbook will be published on NHS Futures in September 2022 and we encourage colleagues to sign up for access by emailing england.palliativeandendoflife@nhs.net. We also encourage you to work closely with your PEoLC Strategic Clinical Network Managers who can provide support and information to help you meet your duties.

Thank you for taking the time to read this update. If you would like to submit an update, resource or event in a future issue please contact england.palliativeandendoflife@nhs.net.'

National Palliative and End of Life Care Team
part of The Personalised Care Group

New ASCO Prehab & Rehab Guideline

A new guideline published by the American Society of Clinical Oncology (ASCO) has recommended that patients actively receiving cancer treatment should engage in aerobic and resistance exercises. This is likely to benefit patients in terms of increased quality of life and alleviated treatment-related toxicities.

This recommendation is made following an analysis of 52 systematic reviews and a further 23 randomized controlled trials. It is particularly noteworthy as the recommendation is the first of its kind to focus on patients who are actively receiving treatment. The guidance is focussed on oncology professionals and designed to provide evidence-based recommendations for optimized treatment tolerance, quality of life, and cancer control outcomes.

This large study evaluated the impact of aerobic and resistance exercise, specific diets and foods, and intentional weight loss, and avoidance of weight gain, in adults during cancer treatment. As a result of this study ASCO has made a number of recommendations which are laid out below

1. **Aerobic and Resistance Exercises** Oncology providers should encourage patients on active treatment to incorporate aerobic and resistance exercises to mitigate treatment-related adverse events. Aerobic and resistance exercises have the potential to reduce fatigue, preserve cardiorespiratory fitness, physical functioning, and strength. In some populations, the benefits reach further; they may maintain or improve quality of life as well as help reduce anxiety and depression. The authors also noted that, although prehabilitation is an emerging field, oncology providers may consider encouraging patients about to undergo lung surgery to initiate preoperative exercises
2. **Dietary Patterns** – The review concluded that there is insufficient evidence to either recommend or condone specific diets such as ketogenic, low-carbohydrate, or low-fat diets. Functional foods and fasting were also not sufficiently linked to improved outcomes in quality of life, treatment toxicity, or disease control. Interestingly neutropenic diets are not recommended. Diets specifically excluding raw fruits and vegetables have not been shown to prevent infection in patients undergoing active treatment.

3. **Weight Loss and Weight Gain** – The study found there is currently insufficient evidence tying intentional weight loss or weight gain interventions to quality of life, treatment toxicity, or cancer control outcomes but further research should be centred on this. The authors did note that dietary change and weight management strategies may still be valuable during or after cancer treatment and were keen to point out that this lack of clear guidance does not equate to support of a diet filled with red meats and processed foods or carbohydrates. Oncology providers were still encouraged to discuss healthy diet and weight with their patients.

The expert panel suggested that there are numerous areas where research should be expanded to provide more concise information to guide oncology professionals and one such area is for individuals with advanced cancer as these individuals are often excluded from trials on diet and exercise because of concerns regarding the safety of such interventions, especially in patients with bone metastases.

The full paper can be accessed here <https://ascopubs.org/doi/pdf/10.1200/JCO.22.00687>

Can Rehab Physiotherapy Course - 2023

Can Rehab are running a physiotherapy course which has been designed to enable you to acquire and critically review the evidence and current practice whilst developing the skills to evaluate, risk assess, and provide safe effective and individualised exercise programmes specifically for the cancer population.

This course will enable you to apply specialist knowledge to assess and deliver evidence-based exercise interventions within your practice. In addition, service provision, links with community programmes, evaluation of exercise interventions as well as behaviour change will be examined.

It runs from 13th - 20th May 2023. For more details, please click on the [link](#)

Resources

Universal Principles for Advance Care Planning - new publication

The Universal Principles for Advance Care Planning has been published by the national Palliative and End of Life Care team. This involved a coalition of 28 partner organisations including ACPOPC, who have supported the development of, and contributed towards the publication.

The purpose of this document is to set out six high level principles for advance care planning in England. It is for the person, those important to them, practitioners and organisations involved in supporting advance care planning conversations and honouring their outcomes.

The full document plus all relevant news and information can be accessed via the NHS England Palliative and End of Life Care [website](#)

An easy read version is now available via the same link

Pelvic Radiation Disease Best Practice Pathway

Since 2019 the Pelvic Radiation Disease Association has been working with leading UK experts in late effects of pelvic radiotherapy to produce the first ever Pelvic Radiation Disease (PRD) Best Practice Pathway.

The document is aimed at any healthcare professional who cares for someone with, or at risk of developing, PRD and will give a greater voice to people living with PRD.

To access the pathway please click on the [link](#)

Rehabilitation Oncology: A Comprehensive Guidebook for Clinicians

This is a new publication which may be of interest to our members

Authors: Deborah Doherty, Chris Wilson, Lori Boright

Published July 2022

Details: [Oncology Rehabilitation - 1st Edition \(elsevier.com\)](https://www.elsevier.com/locate/S0959652622000000)

New Macmillan alliance provides digital health apps to cancer patients

Newly diagnosed cancer patients across the UK will get free access to digital mental health therapies, thanks to a new partnership between Macmillan Cancer Support and 'Big Health'

Big Health are a developer of healthcare apps who aim to provide safe and effective non-drug alternatives for the most common mental health conditions. The collaboration, the first of its kind in the UK, means that cancer patients will be able to use Big Health apps like 'Sleepio' and 'Daylight', which aim to treat insomnia and anxiety using cognitive behavioural therapy (CBT) techniques.

The 'Sleepio' app provides a personalised program, featuring sessions with step-by-step guidance through evidence-based techniques. In about 20 minutes per week, individuals can quiet racing minds, reshape behaviours, and get better sleep.

'Daylight' is a digital therapeutic app which aims to help people gain control over their anxiety. After a short questionnaire to discover their anxiety type, individuals receive personalized techniques to help manage it.

Last year Scotland became the first country to make the anxiety and insomnia digital therapeutics available nationally with full coverage by the NHS and in May, Sleepio also became the first digital therapeutic to be recommended by NICE for NHS use.

Newly diagnosed cancer patients aged 18 and older residing in England, Wales, and Northern Ireland can now get free access to 'Sleepio' for insomnia and 'Daylight' for anxiety to help manage their mental health needs. All Scottish adults already have access to these apps under a partnership with NHS Scotland.

The apps are free to use for anyone with cancer in Scotland, and those diagnosed with cancer in 2022 based in the rest of the UK. You can signpost your clients to these services by simply sending them these links.

- Daylight (anxiety): <https://onboarding.trydaylight.com/daylight/macmillan/>
- Sleepio (insomnia): <https://onboarding.sleepio.com/sleepio/macmillan/>

IPT-HOPE Summer Webinar - recording available

IPT-HOPE held a summer webinar about head and neck cancer - 'Say Cheese! Helping people with head and neck cancer smile: An acute care perspective'

The recording can be found via the [link](#)

The continuing impact of COVID-19 on health and inequalities: Heath Foundation Report - One year on from the COVID-19 impact inquiry

Key points:

- A year on from publication of the Health Foundation's impact inquiry, inequalities in COVID-19 mortality persist with mortality rates 3 to 4 times higher in the most deprived areas. However, the overall number of COVID-19 deaths is now significantly lower than it was during the first year of the pandemic.
- The vaccination programme has been key to reducing COVID-19 mortality rates, but for some groups uptake is still low, especially for people living in poorer areas and people from some minority ethnic groups.
- The significant deterioration in mental health during the first year of the pandemic has been reversing but has not entirely returned to pre-pandemic levels. Data suggest that anxiety remains heightened, especially among women. People are likely to be less resilient to cope with the stress associated with financial strain in the growing cost-of-living crisis.
- A large rise in unemployment was avoided, largely due to government support through the furlough scheme. However, long-term health conditions are keeping a significant number of people out of work, representing an ongoing challenge for government and the economy, as well as for individuals.
- There has been a failure to act on education gaps due to lost learning time in the pandemic. These are between children from richer and poorer backgrounds and compared with previous cohorts. A cohort of 'left-behind' children face significant risks to their long-term health and living standards, as well as causing a long-term economic cost to the country.

The full report can be accessed via the [link](#)

Notices

Gynaecology Exercise and Mindfulness Study (GEMS)

The GEMS study is being undertaken at Ulster University and is seeking participants who have been diagnosed with gynaecology cancer in the last 5 years. The researchers are looking at how exercise and mindfulness may help manage fatigue

For more information, please contact the team: mccloy-k2@ulster.ac.uk

National Cancer Research Institute (NCRI) Event

In conversation with Mary Wells, deputy director of Nursing at imperial College about her career and achievements

11th October 2022, Time: 12.30-13.15

Virtual and free

The session will be chaired by Dr Jo Bird, a member of the NCRI Early Career Researcher Forum Advisory Committee. Jo will be asking Mary about her research interests, which include cancer rehabilitation and survivorship, and the development of clinical academic careers and research in nursing and midwifery

NCRI Early Career Researcher Forum members and early career researchers who are interested in and/or working towards a career in cancer-related research, either in academia or the biopharma industry. This includes both clinical and non-clinical colleagues as well as other cancer researchers who might have an interest in Mary's cancer research journey and drug discovery

For more details and to register please click on the [link](#)

PhD Survey Request

"An assessment of healthcare professionals' intention towards in-patients using mobile health apps to manage their health conditions"

Message below requesting survey participants:

'I am a doctorate student at the University of West London, and in combination with my work, I am conducting a survey titled "An assessment of healthcare professionals' intention towards in-patients using mobile health apps to manage their health conditions". The aim of the study is to understand the factors that influences behavioural intention of doctors, nurses and Allied healthcare professionals' towards patients' use of mobile health apps to manage their health condition.'

The survey is online, takes less than 5min and it is anonymous. Click on the [link](#) for more details

NIHR allocates funding for bone metastasis research

The National Institute for Health and Care Research (NIHR) has launched a new funding call for research into bone metastasis, following the identification of this area of unmet need by NCRI.

NCRI identified that there was a lack of progress being made in the understanding and management of bone metastasis. This prompted discussions with NCRI Partner NIHR about funding a new grant call in this area. NCRI has supported NIHR in scoping the recent grant call, which launched in September 2022.

Join the NCRI Bone Metastases Working Groups as Deputy Chair or Group Member

NCRI are now inviting applications for deputy chairs and members of the NCRI Bone Metastases Working Groups. These time-limited groups have been established to address the following priority areas:

- Improving patient care in metastatic bone disease
- Preventing tumour progression to bone metastases

For more information please click on the [link](#)

Best of the Rest

What not to miss in other publications

Denehy and Edbrooke (2022) The role of exercise before cancer treatment. *Seminars in Oncology Nursing* (<https://doi.org/10.1016/j.soncn.2022.151330>)

Optimising Patient Initiated Follow Up - a qualitative analysis of women with breast cancer

Current policy in the United Kingdom recommends that people with breast cancer are managed in follow-up pathways that suit their needs. With an increasing trend towards patient-initiated follow-up (PIFU) pathways. Findings highlight ways in which PIFU pathways could be further optimised through greater and more effective education on breast self-examination and recognising signs of recurrence, information on when and how to seek further help with any problems, targeted provision of psychological support, and clearer signposting to support for ongoing side-effects.

Source: *European Journal of Oncology Nursing*

Total Pelvic Exenteration surgery - Considerations for healthcare professionals

Associated with considerable risk of morbidity, Total Pelvic Exenteration (TPE) is a life-altering procedure involving a significant prolonged recovery. As a result, and with the view of achieving the best outcomes and lessen short and long-term morbidities, a well-thought-out and coordinated multidisciplinary team approach, is crucial to the provision of safe and high-quality care.

<https://www.sciencedirect.com/science/article/pii/S0748798322006187?dgcid=author>

Dates for Your Diary

This is a list of oncology and palliative care events which may be of interest to ACPOPC members. This list is for information purposes only. Listing of events here does not imply endorsement by ACPOPC

- 11th & 12th November 2022 UKONS Annual Conference: Cancer Care in the Digital Age
ICC Belfast
- 16th November 2022 MSCC Study Day - Christie School of Oncology
- 17th November 2022 Living With & Beyond Cancer module - Royal Marsden
- 24th October 2022 Breast Cancer Now Webinar - Online event
- 24th & 25th November 2022 Hospice UK Conference Glasgow
- 30th November 2022 Inequalities in Palliative and End of Life Care Study Day Cicely Saunders Institute & Kings College London Virtual and in person options
- 2nd December 2022 Chronic Pain Management - Royal Marsden Virtual event
- 9th December Prehabilitation: Principles & Practice Virtual event
- 6th - 10th February 2023 Marie Curie 'Improving End of Life for All' Research Conference - Online event

If you know of an event that should be listed here, please contact Catherine.neck@nhs.net

ACPOPC Regions

London: Nicola Peat (Nicola.peat@gstt.nhs.uk)

South East: Kate Hall & Clare Horne (kate.hall@pilgrimshospices.org;
clare.horne@pilgrimshospices.org)

South: Joanna Coltart (Joannacoltart@stch.org.uk)

South West: Rebecca Harris (rebecca.harris@suerydercare.org)

West Midlands: Fiona Campbell (Fiona.Campbell@uhb.nhs.uk)

North Midlands: Vacant

East Anglia: Angela Jiggins (afmonaghan@aol.com)

Wales: Gail Havard (gail.havard@wales.nhs.uk)

North East: Diane Stout (Diane.Stout@northumbria-healthcare.nhs.uk)

North West: Simone Grove (simone.grove@hcahealthcare.co.uk)

Yorks & Lincs: Vacant

Scotland: Mandy Trickett & Heather Hardie (mandytrickettphysio@gmail.com;
heather.hardie@ayrshirehospice.org)

Northern Ireland: Sarah Taggart (sarah.taggart@belfasttrust.hscni.net)

If you are not receiving news and events up-dates from your regional representative, please contact them directly to ensure you are added to their members circulation list. For any other enquiries regarding Regional Groups contact Gemma Chilvers, Regional Representatives Officer via email Gemma.chilvers@rmh.nhs.uk

Do you have news to share?

Do you have something to share with your colleagues in ACPOPC?



This could include news and events, CPD assignment reports, literature review summaries, audit or service development reports for either our newsletter or journal.

Contact:

Newsletter Editor: Catherine Neck [Catherine.neck@nhs.net]

or

Journal Editor: Shana Hall [Shana.hall1@nhs.net]

Established in 1989, the Association of Chartered Physiotherapists in Oncology and Palliative Care

(ACPOPC) actively develop and promote high standards of physiotherapy practice for patients with cancer and/or palliative care needs.

We inform and influence healthcare policy on your behalf, strive to modernise service model delivery and support and champion education and research.



Facebook



@ACPOPC



Website

Website: <http://acpopc.csp.org.uk/>

Twitter: @ACPOPC

Facebook: www.facebook.com/oncologypalliativephysio

Copyright © 2017 ACPOPC All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Association of Chartered Physiotherapists in Oncology and Palliative Care · Wisdom hospice · High Bank · Rochester, Kent ME1 2PT · United Kingdom

