



Autumn Newsletter 2023

Message from the Chair



Dear ACPOPC members

Welcome to the ACPOPC newsletter. I was really pleased to see members on our recent webinar covering advances in cancer treatment. It feels like treatments are changing so rapidly at the moment so it was great to have an update from experts in the field. We have a really interesting programme of webinars available to members over the next 6 months. Our education team (Jo and Natasha) have made sure they are offered on different days and different times to try and accommodate people's working schedules. Please take a look at our website for more information on upcoming dates and how to book.

We are also working on an exciting collaborative education plan for next year which we hope you will really enjoy. Stay tuned for more information!

We will sadly be saying goodbye to our PRO Catherine in the new year - she has been responsible for our website, social media and newsletter for many years and will be a great loss. We also have some committee members on maternity leave (congratulations Shana, Hanni and Kerry!) so have some gaps on our committee. Please see below for more details, if you are interested in either a permanent or maternity leave cover role please do get in touch. I'm always happy to do a Teams call to discuss the roles if that helps. Being on committee is really rewarding and provides great personal and professional development opportunities. I've been on 8 years now so if that's not a good demonstration of how much I love it I don't know what is!

As always we love to hear from our members, if there are topics you would like us to cover on future education, pieces of work you would like to share or ideas for things committee could be doing please let us know.

Kind regards,

Emily Stowe

Chair of the Association of Chartered Physiotherapists in Oncology and Palliative Care (ACPOPC)
Please note new email address (chair@acpopc.co.uk)



New Committee Members Needed:

The ACPOPC committee have had some changes and we are now seeking some new members.

We will have a vacant Public Relations Officer (PRO) role from Jan 2024. The PRO is responsible for promoting and sharing information that is relevant to our members. It includes managing content on our website, including publishing relevant news.

The PRO produces a quarterly member newsletter and links with the Regional Representative Liaison to ensure this is disseminated to members.

ACPOPC has an active 'X' (formerly Twitter) account and the PRO has responsibility for monitoring this account and using the platform for sharing useful information including events, research, job vacancies etc.

We will provide full training for all of these responsibilities so you don't need to be an expert in web design or newsletter development!

We are also seeking a Research Editor to cover maternity leave. If you have an interest in service development, audit and/ or research please do get in touch

If anyone is interested in joining the committee please do get in touch by contacting Emily on chair@acpopc.co.uk. We welcome new faces to bring fresh ideas and to spread the work involved.

Upcoming ACPOPC Webinars

ACPOPC are delighted to announce a new series of professional development webinars starting this Autumn on a range of topics aimed at physiotherapists working in oncology and palliative care.

The first one was held on the 12th October titled 'Advances in Cancer Treatment' and featured a range of great speakers. Presentation slides and a link to the recording can be found on our [website](#).

Future events are detailed below:

Tuesday 28 November 23, 3.30pm: Axillary Web Syndrome (Cording) [REGISTER HERE](#)

Provisional dates and topics for 2024:

Wednesday 7 February 24, 6.30pm: topic tbc
Thursday 18 April 24, 11.30am: Equality, Diversity & Inclusion
Tuesday 11 June 24, 3pm: Service Improvement Workshop

We have varied the days in the week and times of day to help accommodate your working patterns. We welcome your feedback on accessibility of these days and times. Registration is open now for the Autumn 2023 webinars.

Keep an eye out for registration details for 2024 dates in your e-mails from ACPOPC and in the next newsletter.

If you would like to recommend a webinar topic, speaker or volunteer to present at one of our webinars, please get in touch with info@acpopc.co.uk.

ACPOPC Email Issues

We are aware that there have been issues for members receiving emails from the info@acpopc.co.uk email address.

This seems to be particularly with NHS Mail accounts where the NHS email firewalls are likely blocking the receipt of the emails.

We would advise members who use their NHS email for ACPOPC correspondence to either add the emails to their safe senders list or contact their IT teams to support them to do this.

Annual Representative Conference (ARC) Feedback

Sally Davis, ACPOPC Secretary attended ARC and kindly provided this feedback.

I attended ARC for my first time and was not sure what to expect. I had read through the motions submitted (see [link](#) to CSP website) and how motions are debated etc. ACPOPC did not submit a motion this year but having now been, I think there is value in us considering a motion to submit next year.

The CSP had provided some training sessions and videos prior to conference which were pretty helpful for a newbie! Although it seemed quite daunting at first everyone was really friendly and we were soon in the swing of motions being presented, debated and voted on. If a motion is supported it then goes to council to discuss further and action. Of 35 motions debated, only 2 were not passed.

There was a lot of representation from the Associates Network around support workers being student clinical supervisors (motion 13) and support worker pathways (motion 19).

Motions put forward by the ACPPLD and ATACP for including Learning Disabilities and Aquatic therapy respectively, were passionately debated and relevant to us as a network as of course we would also agree that some inclusion of Oncology and Palliative care should also be included in undergraduate courses. There was debate about how this would impact the course programmes but general consensus was this could be delivered as a teaching session rather than a module.

Along with motions that were voted on, there were also discussion topics, and of interest was the desire to capture the experiences of physiotherapists during the Covid pandemic as an official record to look back on in years to come.

On the end of day 1 we had a talk from Paul Nowak from the TUC and also an interesting panel discussion regarding the CSP becoming politically affiliated or not. It was felt that the term politically neutral is not strong enough but maybe politically independent would suit the CSP better. There was a motion (12) that challenged the CSP's political stance that was hotly debated and eventually was passed, so watch this space!

In the evening there was an awards dinner and a disco, the younger contingent managed to dance until the early hours (5am was the latest someone was back to their room!) however I was in bed by 10pm!

Day 2 followed much the same pattern as day 1 with a range of interesting motions proposed and debated. The Equality, Diversity and Belonging motions were particularly of interest with training being at the forefront of these motions. Karen Middleton closed day 2 with an inspiring speech reflecting on how far we have come as a profession and acknowledging how challenging things are right now.

If any members get the opportunity to attend ARC, I would highly recommend attending.

ACPOPC attendance at ICPTO

Several ACPOPC members attended the 3rd International Conference on Physiotherapy in Oncology (ICPTO) in Amsterdam in September including our Finance representative Cathy Sandsund.

Cathy has kindly shared her 2 posters:

An integrated physiotherapy service for patients undergoing treatment for advanced thoracic cancers
Digital-health supportive care and physical activity intervention with men with prostate cancer

Cathy also shared another poster by Siobhan Cowan-Dickie

Exploring views on physical activity, diet and digital health interventions in breast cancer - a mixed methods service evaluation

The posters are published for members to view on our [website](#).

ACPOPC attendance at CSP Conference - Wales

After 25 years of being a physio I finally attended my first CSP Annual Conference on 26th October. This year was the first time the CSP have held one-day events in each of the 4 Nations and a separate student event. ACPOPC secured a stand at the Cardiff event, and I went to represent our members. I wasn't sure what to expect of an event which tries to meet the needs of all physios but was pleasantly surprised and interested in much of the content.

After arriving early and given my table area in the main foyer where refreshments were served, I managed to set up the pop-up ACPOPC banner with a bit of help from a kind (and tall) gentleman! With ACPOPC pens and details of relevant oncology and palliative care resources I was ready to go. The event was well attended with both in-person and virtual attendees and included a virtual poster hall.

Professor Melanie Thomas kicked off the day with an inspiring keynote speech about her achievements setting up the Wales Lymphoedema service and other services including addressing the needs of patients with cellulitis. She spoke of the need for data about patient outcomes to support funding of services, and the need to ask 'what matters to you' to patients to ensure services are fit for purpose. She has faced much adversity in getting these services funded and her take away message was to persevere, to be bold and courageous and not to wait for permission to act!

There were a range of rapid-fire presentations about innovative services and research in Wales which physios have either set up or played a significant role in establishing. I was struck by how much great work is going on out there, especially moving care out of acute settings and into the community, and how much money these types of services save the NHS through prevention and early intervention.

The other series of presentations that resonated strongly with me were around the value of co-production with services users/ people with lived experience. The Cardiff and Vale 'Live Well' programme, neuro rehab services in the Gwent region and Parkinson's Disease services in North Wales have adopted this approach and it results in services being effective for patients and efficient in terms of optimal resource use.

It was a great opportunity to network and spread the word about the role all physios have in managing oncology and palliative care patients. The #righttorehab message was being strongly promoted. I went home exhausted but also enthused about our profession and the achievements of our members. There's lots to do but we have the will and determination to succeed for the benefit of our patients.

ACPOPC will also be attending the CSP conference in Glasgow on 10th November, so if you are attending please do say hello to Natasha who will be there representing us!



Notices

HandHeld Health - Lung Cancer App

Researchers at Oxford Brookes University are developing a new app to support lung cancer patients to improve their physical functioning and quality of life.

They are looking for health care professionals to join their focus groups or attend an interview to discuss the new app. This will help to impact the design and further development of the app.

For information or to take part email Suriya Kirkpatrick - 19228607@brookes.ac.uk

Macmillan Online HOPE Programme

Macmillan are seeking participants to attend their online self-management programme - HOPE (Help to Overcome Problems Effectively).

This is a six-week programme for people living with cancer. The course supports people to develop techniques to manage difficult circumstances and challenges. Content is released weekly and covers topics including fatigue and stress management, identifying personal strengths, goal setting and gratitude.

People who attend the course are able to learn self-management strategies in a safe environment among peers with support from trainer facilitators.

Please signpost people living with cancer to the [HOPE information and sign up page](#)

Cancer-Related Pain Research Project

Understanding the experience of healthcare professionals when caring for those impacted by cancer-related pain.

This project is aimed at healthcare professionals working with the UK who care for those cancer-related pain and their family members. You will be invited to take part in a virtual interview with the researcher to share your experience of caring for those with cancer-related pain.

The research is being carried out by Martin Galligan and has ethical approval via King's College London.

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

Research Study - Quality of life and support with sleep problems in breast cancer patients

Sommer Agnew is a PhD student within the the Centre for Sleep Health at Strathclyde University.

Her work centres around sleep problems and quality of life in breast cancer patients who are prescribed endocrine therapy medication, as sleep is an extremely common concern in this population.

This study is an expansion of the research Sommer's primary supervisor (Dr Leanne Fleming) has been doing for years into sleep problems and mental health in cancer patients and survivors.

The study aims to investigate how improved sleep may reduce the burden of physical and mental health symptoms in breast cancer patients prescribed endocrine therapy, and how this might support them to take their medication more consistently.

Recruitment for this study will be ongoing until December, and the research team have been liaising with organisations to circulate the advertisement for participants (including Breast Cancer Now, 5kYourWay, and CanRehab).

The research team would like ACPOPC members to signpost people to the study if they may fit the study criteria and benefit from CBT for insomnia.

More information including the participant information sheet and study poster can be found on the [ACPOPC website](#).

Churchill Fellowship Opportunities

The Churchill Fellowship are open to applications to become a Churchill Fellow.

There are a range of programme opportunities including in palliative and end of life care, and physical activity for healthier lives.

These are great opportunities for ACPOPC members to drive change and lead transformation.

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

Applications close at 5pm on 14th November.

Resources

CSP resources on Health inequalities

The CSP has developed resources on health inequalities – what they are and why they matter. We would be grateful if you could share these resources with your professional network members and colleagues.

Health is not simply about the absence of disease - ill health results from many factors throughout life. Addressing health inequalities is everyone's business.

Find out what they are and why they matter with our new resource: <https://www.csp.org.uk/professional-clinical/improvement-innovation/health-inequalities>

Failing to address health inequalities results in avoidable, unfair differences in people's ability to lead healthy lives. Please share our resources with colleagues across the healthcare system.

SoMe posts you can re-post to your members if you would like to:
<https://twitter.com/thecsp/status/1701838216876179888>
https://www.linkedin.com/posts/the-chartered-society-of-physiotherapy_health-inequalities-activity-7107619203272044546-qLUL?utm_source=share&utm_medium=member_desktop

Patient Information Forum (PIF) TICK Directory

The Patient Information Forum (PIF) has updated its [PIF TICK directory](#). The directory, which now features more than 100 information providers, is designed to help healthcare professionals find trusted sources of health information for their patients.

It is updated every 6 months with newly accredited Trusted Information Creators. Organisations must undergo an assessment proving they meet 10 criteria to be included.

New Macmillan Fatigue Management Booklet

Macmillan have just published a new edition of [Coping with Fatigue](#). This was reviewed on behalf of ACPOPC by our Chair, Emily Stowe.

Hard copies can be ordered via the Macmillan resource website - [Be.Macmillan](#)

Introduction to Advance and Anticipatory Care Planning (ACP): Free e-learning course

This is a free e-learning course from Macmillan. It consists of 6 modules that provide the learner with an introduction on why ACP is important, an overview of ACP across the four nations, the benefits of ACP, the ACP process which includes identifying trigger points throughout a cancer journey for important conversations and some communication skills that support this process.

There are a range of videos and resources to support further learning including an example of how an ACP conversation develops between a patient and a professional.

This resource helps raise professional awareness regarding the benefits of ACP, encourages professionals to think about how they can support ACP within their roles and promotes a shift towards viewing ACP as something for all cancer care professionals.

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

Cancer Community of Practice Webinars

The Cancer Community of Practice has been set up for Allied Health Professionals, primary care and community nurses, cancer specialist nurses and those with an interest in cancer. They hold webinars on relevant subjects and the next ones are below:

- Barriers to cancer screening for LGBTQI+ Communities - 15th November 12.30 - 14.00

For details about this webinar, to access presentations from previous webinars and for more about the [Cancer Community of Practice](#) please click on the link.

Communities of Practice - Palliative & End of Life Care for People experiencing Homelessness

A new [programme](#) has been developed to help set up local, multidisciplinary/multi-professional communities of practice. These aim to provide a source of support for professionals, whilst ultimately improving the care that people with advanced ill health and who are experiencing homelessness receive.

For more details please see these slides captured from a recent information session [1 - Intro creating local Communities of Practice around palliative care and homelessness \(002\) - Palliative and End of Life Care Network - FutureNHS Collaboration Platform](#) or email homelesspalliativecare@mariecurie.org.uk

NICE Updates

Guideline on Spinal Metastases and Metastatic Cord Compression

This [guideline](#) was published on 6th September 2023. It covers recognition, referral, investigation and management of spinal metastases and metastatic spinal cord compression (MSCC).

It is also relevant for direct malignant infiltration of the spine and associated cord compression. It aims to improve early diagnosis and treatment to prevent neurological injury and improve prognosis.

Further Resources & Publications

End of Life care (e-ELCA) e-learning Programme

The End-of-Life Care For All (e-ELCA) e-learning programme now features a new session on [recognising palliative care needs](#). The resource describes common palliative care needs and offers guidance on how to identify these needs and provide the most appropriate care on an individual basis.

e-ELCA also features newly updated sessions covering a range of topics including communicating with people with speech, language and other communication difficulties, assessment of anxiety, depression and delirium to spiritual care and quality of life. An existing session on dying as a prisoner has also been updated.

The new and updated sessions can be accessed through the [End-of-Life For All programme page](#)

Recent Publications:

- [Using volunteers to improve access to community rehabilitation in palliative care: The St Christopher's Living Well at Home Team](#). *Frontiers in Rehabilitation Sciences* - Preston et al (Sept 2023)
- [Integrated Short-term Palliative Rehabilitation to improve quality of life and equitable care access in incurable cancer \(INSPIRE\): A multinational European research project](#). *Palliative Care and Social Practice* - Bayly et al (June 2023)
- [Effects of exercise training on cancer patients undergoing neoadjuvant treatment: A systematic review](#). *Journal of Science and Medicine in Sport* - Malveiro et al (August 2023)
- [Defining priorities in value-based cancer care: Insights from the Alliance for clinical trials in oncology national cooperative group survey](#). *JCO Oncology Practice* - Allen et al ((August 2023)

Request for ACPOPC Journal Content:

If anyone has any examples of research, service development or audits that they would like to share in the ACPOPC Journal please get in touch.

We can offer support on writing for publication and the journal offers a great way to showcase your work.

Please contact Emily Stowe - chair@acpopc.co.uk for further details

ACPOPC Regional Representatives

London:

Nicola Peat - Nicola.peat@gstt.nhs.uk

South East:

Belinda Wienrich - Belinda.wienrich@nhs.net

South:

Joanna Coltart - Joanna.coltart@stch.org.uk

South West:

Rebecca Harris - rebecca.harris@suerydercare.org

West Midlands:

Fiona Campbell - fiona.campbell24@nhs.net

North Midlands:

Jo Bacon - jbacon478@gmail.com

East Anglia:

Angela Jiggins - afmonaghan@aol.com

Wales:

Helena Goode - helena.goode@wales.nhs.uk

North East:

Diane Stout - diane.stout@northumbria-healthcare.nhs.uk

North West:

Simone Grove - simone.grove@nhs.net

Yorks & Lincs:

Emma Baldwin & Fran Anderson - e.baldwin@hospicesheffield.co.uk/
f.anderson@hospicesheffield.co.uk

Scotland:

Heather Hardie & Rebecca Marshall - heather.hardie@ayrshirehospice.org/
rebecca.marshall@glasgow.ac.uk

Northern Ireland:

Sarah Taggart - sarah.taggart@belfasttrust.hscni.net

Dates for the Diary

- 22nd - 24th November: [British Geriatrics Society 2023 Autumn Meeting](#) (in association with the International Society of Geriatric Oncology (SIOG)) - In person (Birmingham) or virtual
- 6th - 8th November: [Hospice UK 2023 Conference](#) - Liverpool & Online
- 4th November: WCPT IPT-HOPE Webinar - Physical Therapy Treatment in patients with lymphoedema - Virtual ([Joining link](#) - Meeting ID: 872 9673 7876/ Passcode: 049628)
- 7th November - [Gastrointestinal Consequences of cancer Treatments study day](#) - London
- 8th November - [Lymphoedema: how to be aware of and manage it in your role](#) - Online
- 9th November - [The Delivery of 24/7 Access to Palliative and End of Life Care](#) - Online 4-5pm
- [CSP Annual Conference 2023](#): 1st November - England (Birmingham); 7th November - Northern Ireland (Belfast); 10th November - Scotland (Glasgow)
- 14th December - [Interventional approaches for cancer Pain study day](#) - London
- 16th - 17th January 2024 - [Prehabilitation 2-day Intensive Course with Practical Workshop](#) - online and in person (London)

If you have anything to include in future newsletters please contact Catherine Neck, ACPOPC PRO (Catherine.neck@nhs.net). Updates from courses, upcoming events, regional updates, resources always welcome.

If you have any articles for submission to our ACPOPC journal please contact our acting Research Editor Emily Stowe (Chair@acpopc.co.uk)