

# Offering psychological support through HNA, support group and living with days



Stockport HPB CNS Team

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# Holistic Needs Assessment ( HNA) Clinics

- What is an HNA clinic?
  - Macmillan: 'Opportunity to think about your concerns and discuss possible solutions' \*Recovery package/Personalised care
  - My definition: 'Chance for a quality 1:1 with your CNS following a life changing diagnosis'
- How do we deliver it?
  - 1 week after diagnosis
  - 1 hour slot
  - Non clinical setting
  - Attend with partner/family/ alone – patient choice
  - Informal format '*How are you?*'

*Location, Location, Location!*



# Beechwood Stockport



# Living with days

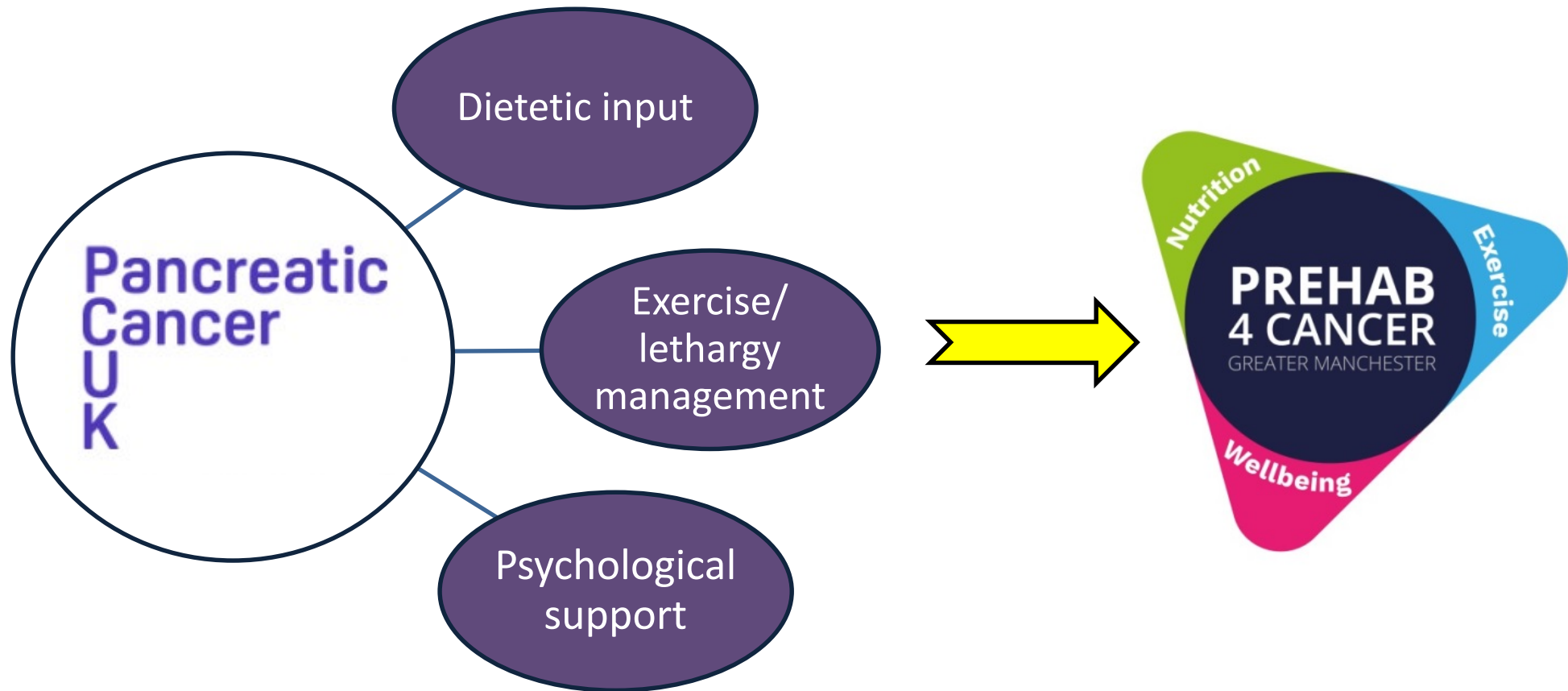
- What is a living with day?

- Macmillan: 'Health and well being events' Living with and beyond cancer
  - \*Recovery package/ Personalised care
- Empowering patient to self manage their care

- How do we deliver these days?

- Joint Trust led day with UGI tumour group
- Generic Trust run Health and well being events / New initiative / Cancer Support worker
- In partnership with PCUK Living with days

# Personalised Care





# HPB Support Group



# HPB Support Group

- **Benefits**

- Improving quality of life for patients with diagnosis of cancer providing a safe place for expression of emotions and feelings.
- People with cancer are better able to deal with their disease when supported by others, reduces feelings of isolation.
- Peer support – talking to others with same diagnosis; sharing concerns, and gaining confidence to face the future

- **Limitations**

- Not for everyone
- Poor prognosis – poor continuity

## When and Where

Maggie's centre – Every 2 months



# Maggie's Manchester



# The Chairman





# Patient feedback

“Great way to meet people dealing with same diagnosis, treatment and their families”



“We haven’t missed a group yet”



“Feels like an exclusive club, very friendly”



# Patient feedback



“It made him feel important at a time when he felt useless.....when you have lost your job role and your desk and know that you are soon to loose your loved ones that is pretty special”

“I was able to meet other partners in the same boat, we no longer felt alone in our journey”

“Valuable opportunity to talk to you and other professionals in a relaxed and casual way”



# Conclusion

~~One size fits ALL~~

HNA – Support Group – Living with days

*Psychological support  
is as important as  
physical care!*