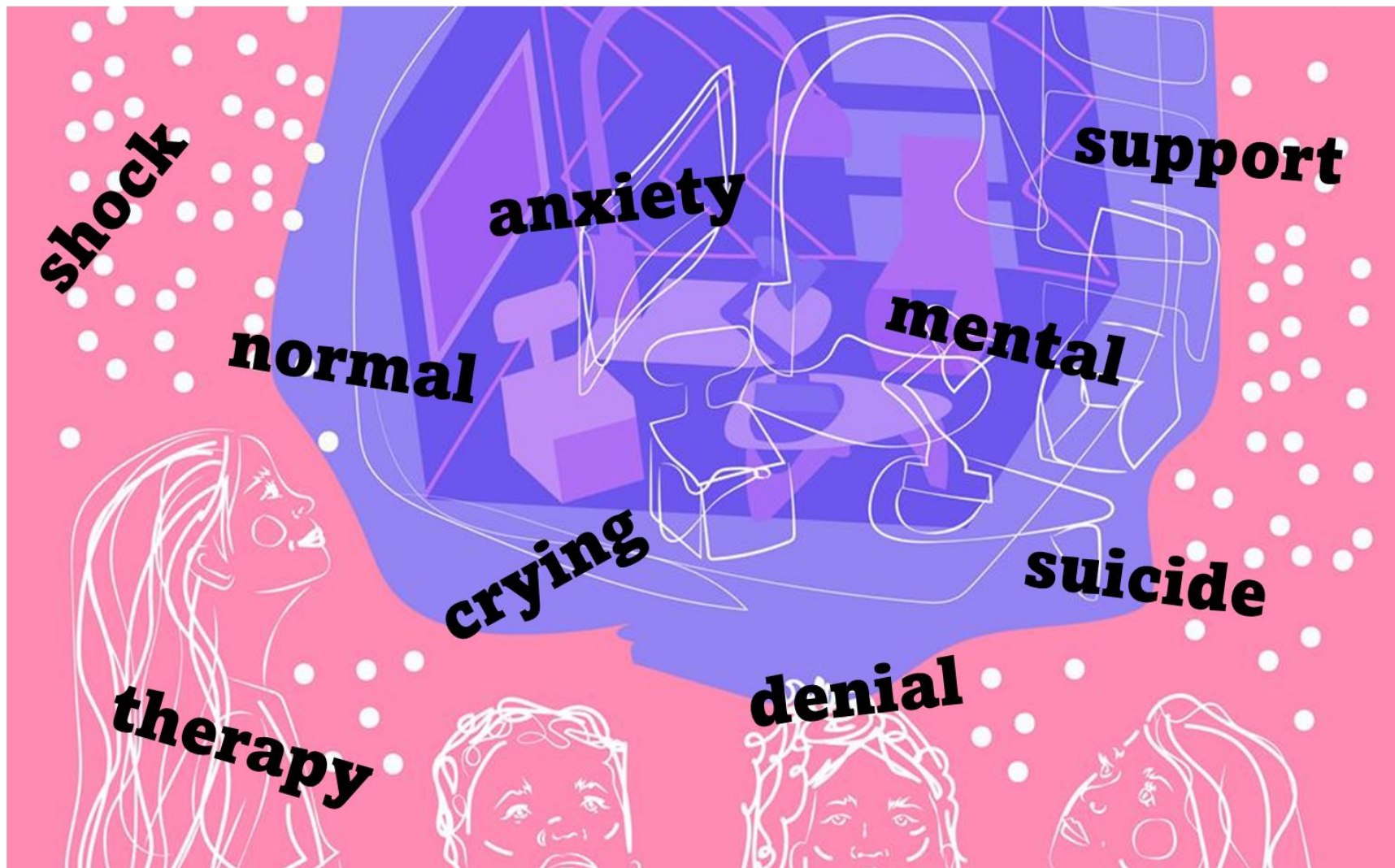


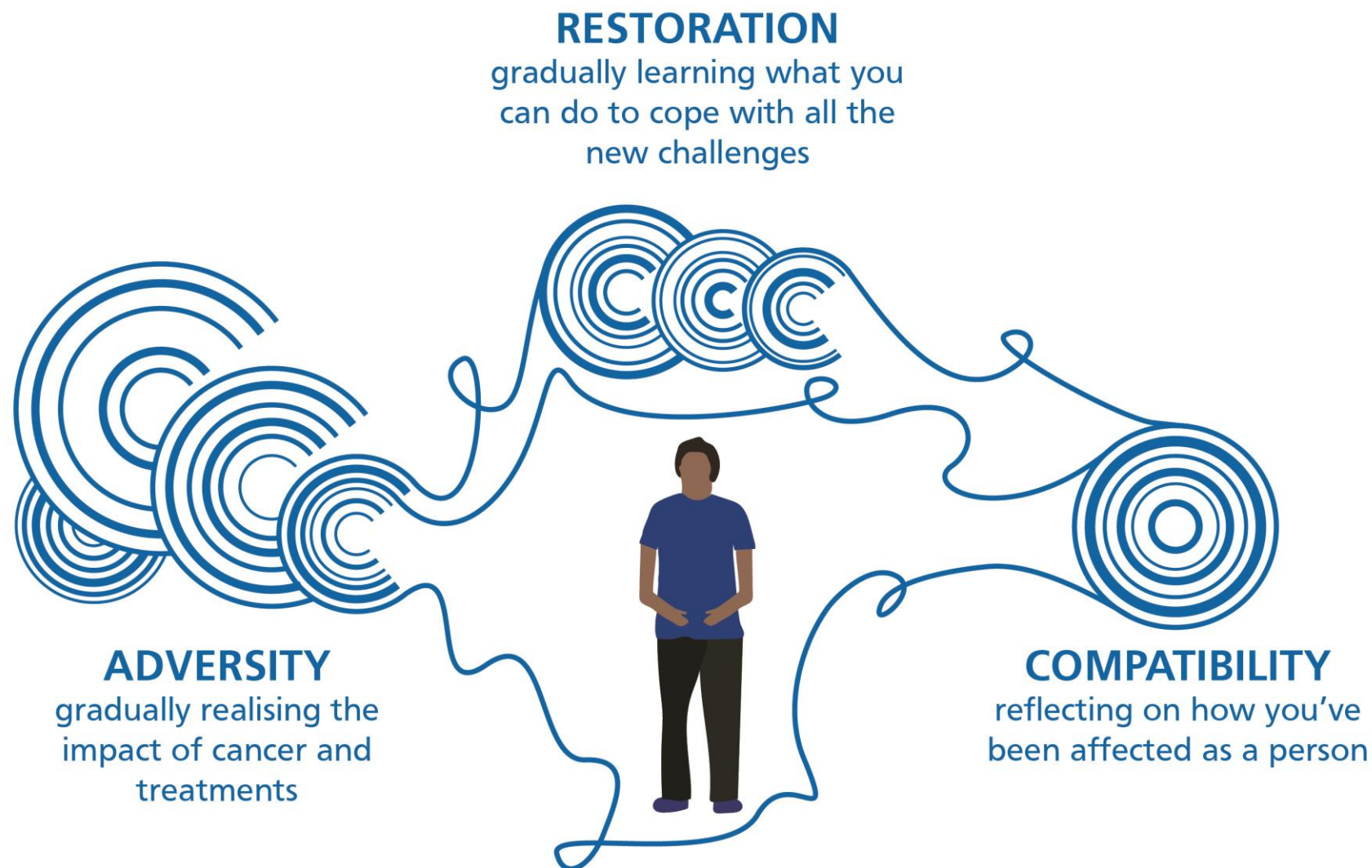
From patient **experience** to psychological **theory** and best **practice** in cancer psychological care

Dr Alex King
Consultant Clinical Psychologist
Imperial College Healthcare NHS

Listening

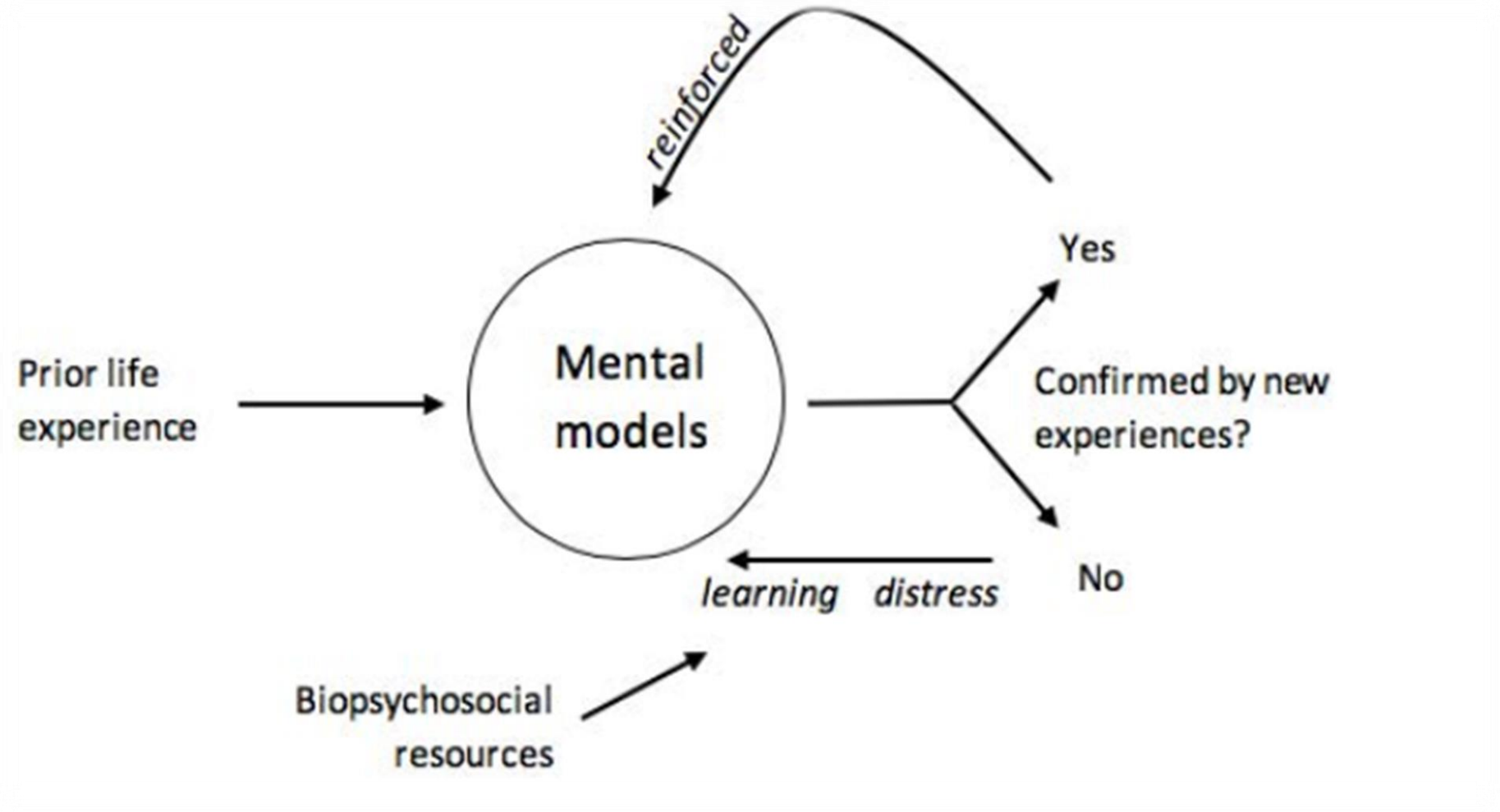
1





Thinking

2



1. emotional reactions relate to highly personal meaning
2. we expect learning and adaptation
3. the course will depend on the person's available biopsychosocial resources
4. some will get stuck

= we must draw on the person's available resources, and explore what else they need, in their own time

Planning

3



Healthy London
Partnership

The psychological impact of cancer: commissioning recommendations, pathway and service specification. An update

MACMILLAN
CANCER SUPPORT

Supported by and delivering for:



Public Health
England

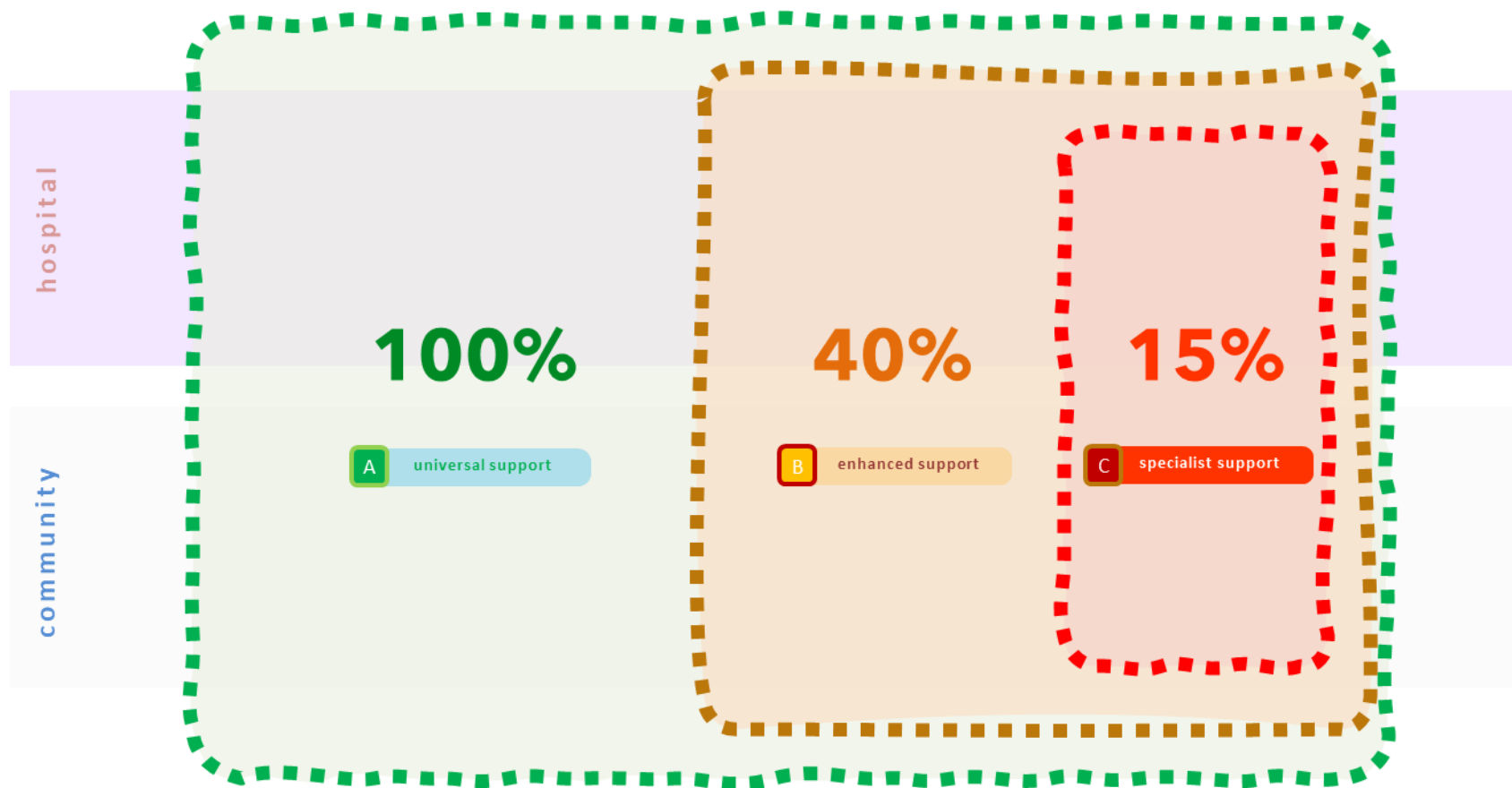


SUPPORTED BY
MAYOR OF LONDON



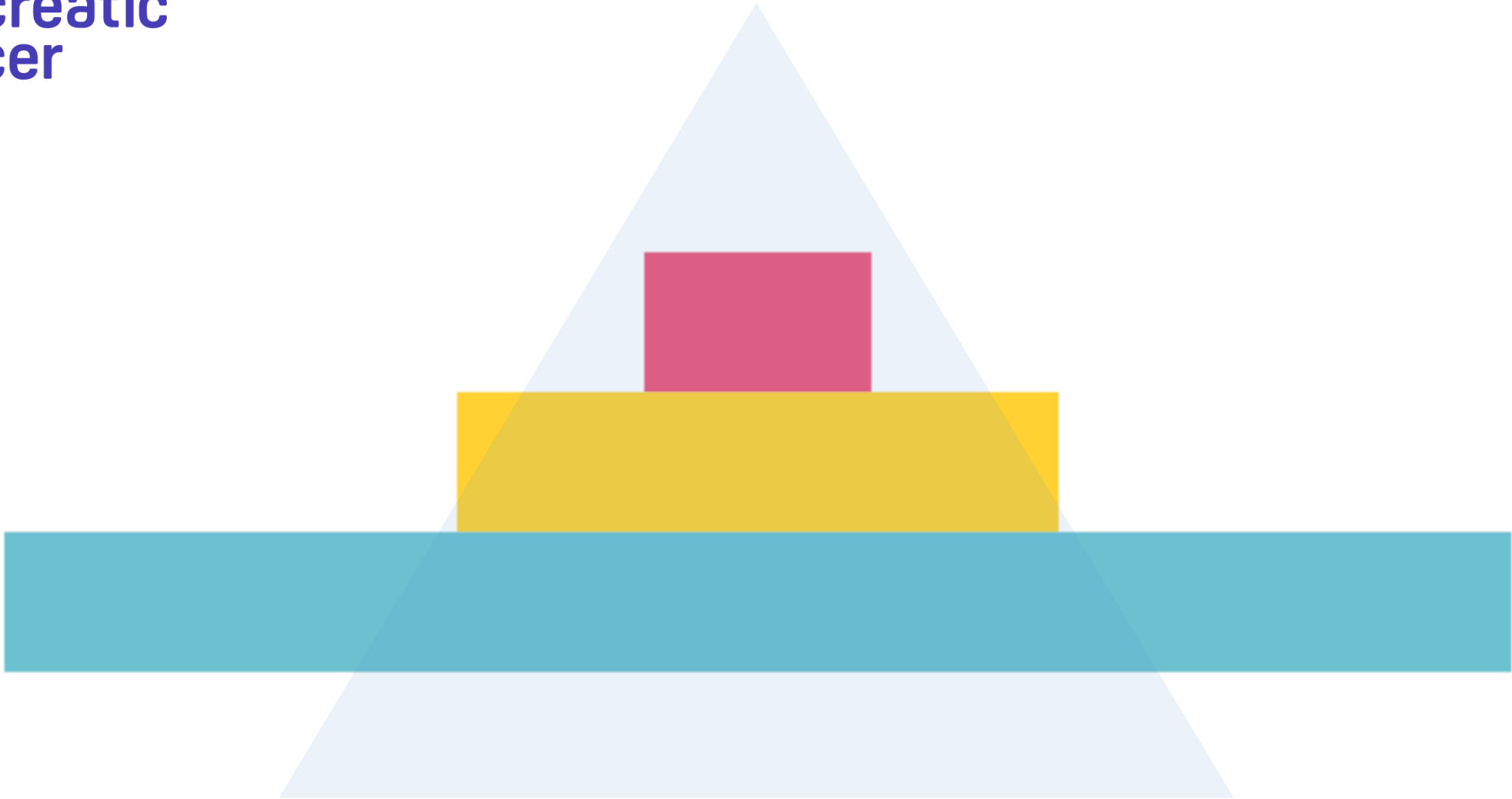
London's NHS organisations include all of London's CCGs, NHS England and Health Education England

www.healthy london.org/resource/psychosocial-support/

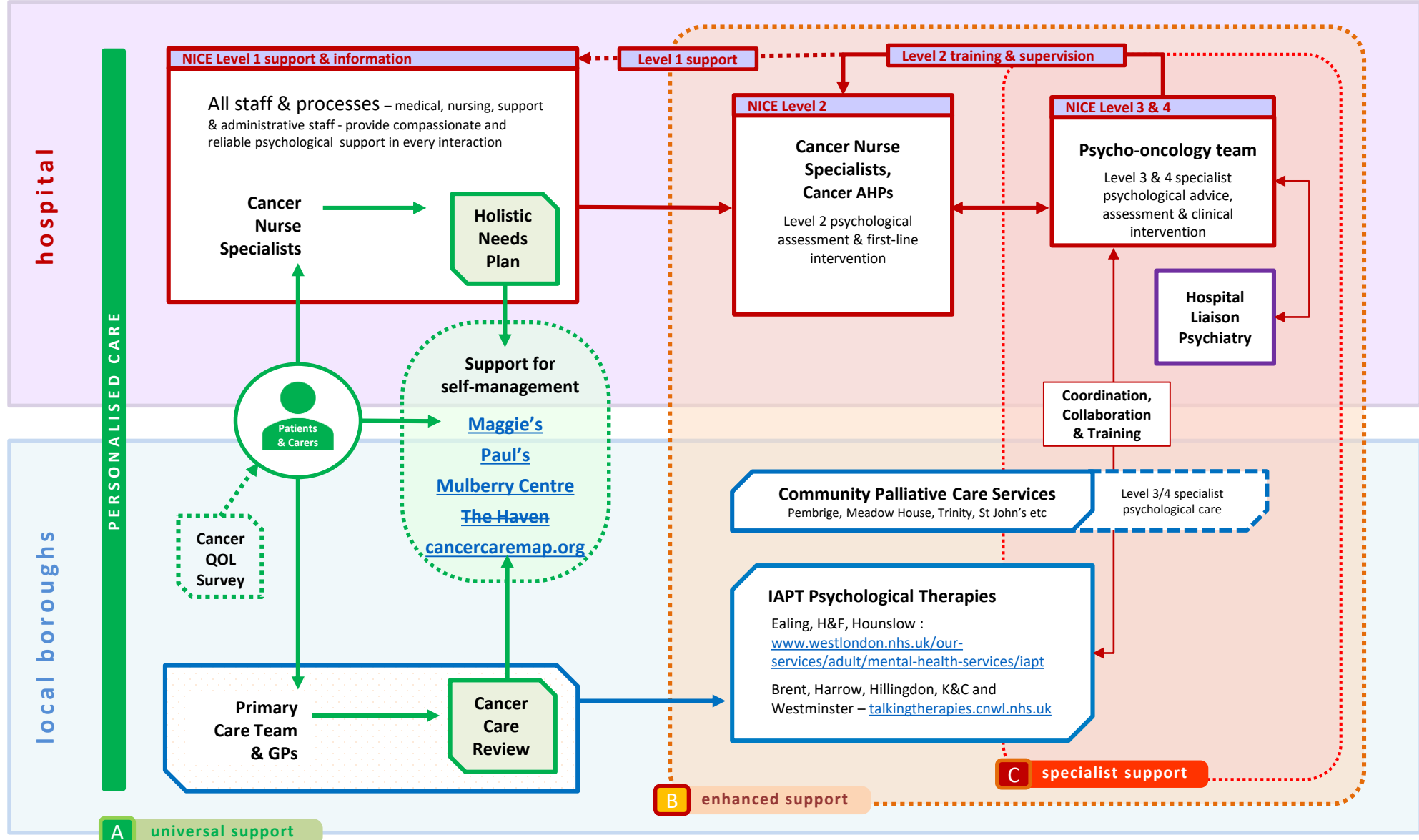


www.healthy london.org/resource/psychosocial-support/

**Pancreatic
Cancer
UK**



NWL - INTEGRATED SYSTEM FOR CANCER PSYCHOSOCIAL CARE

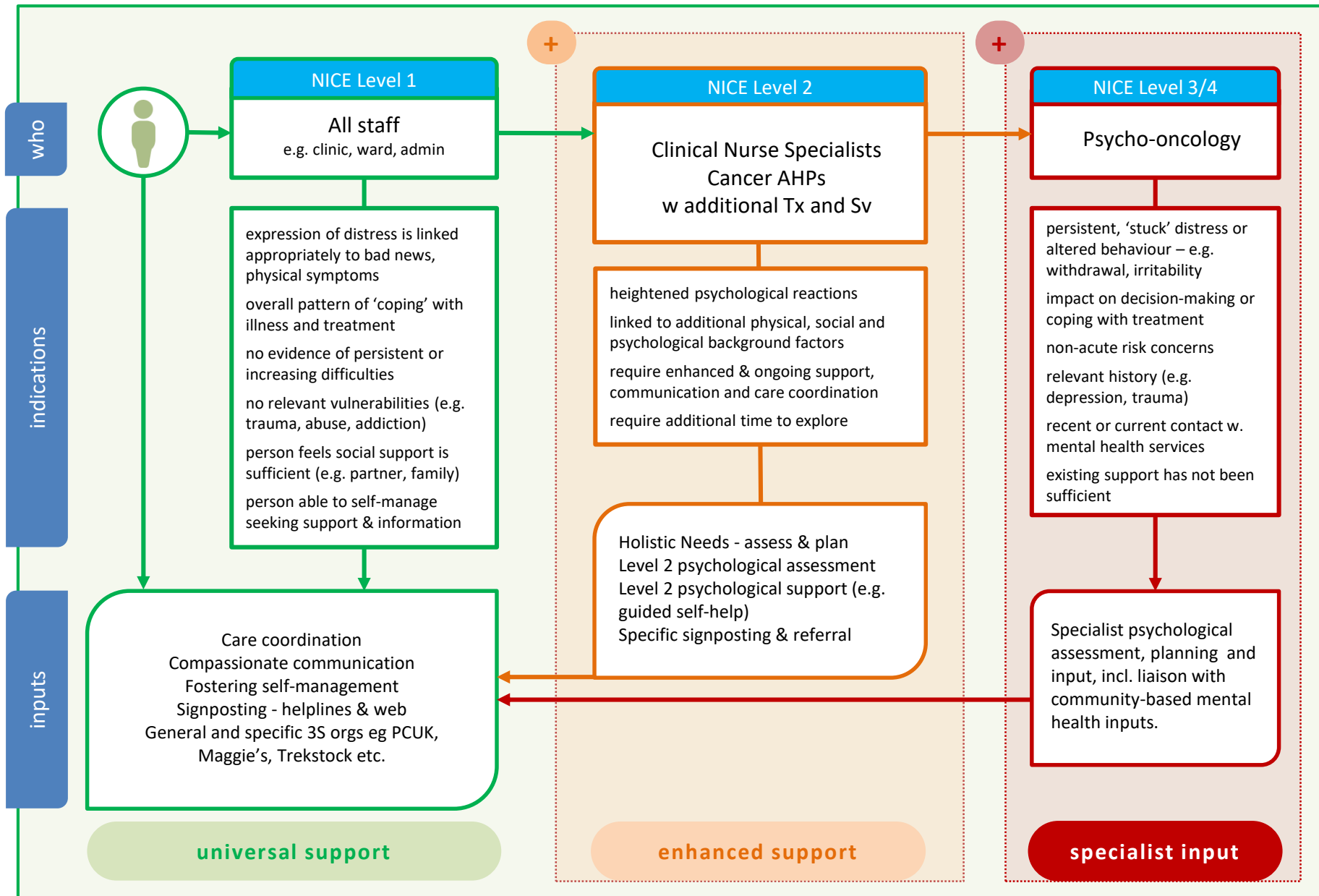


Key features of the **London** pathway

- **Integrated & personalised PS care**
- **Universal, enhanced & specialist support**
- Pathway draws on multiple resources, including CPCT and Psycho-oncology - **not either/or**
- Psycho-oncology teams will **proactively link resources and share expertise** across the system

Caring

4



Pancreatic
Cancer
UK

solidarity
isolation

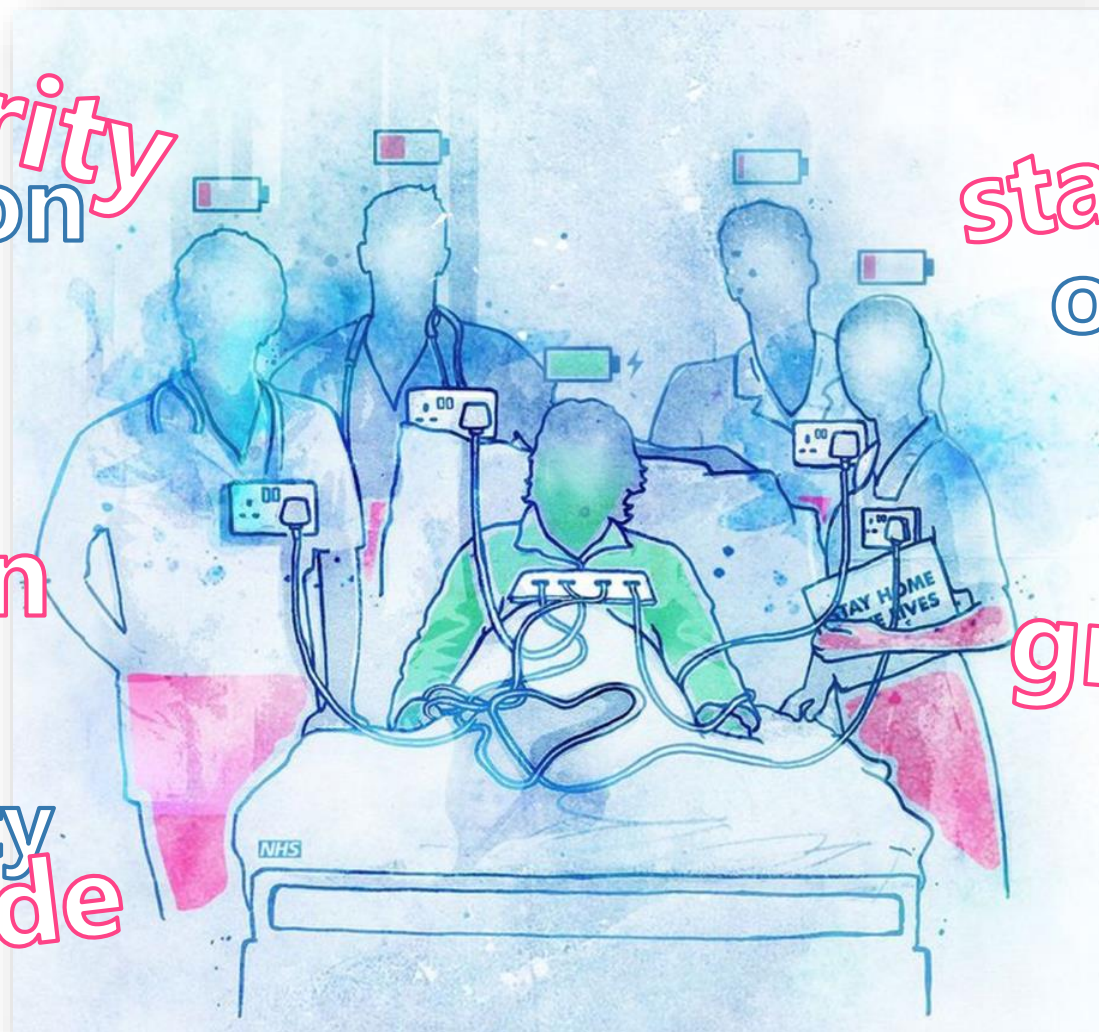
compassion

fatigue

reflection

responsibility

pride



stability

overwork

hostility

gratitude

moral injury

integrity

Sustaining

Compassion

Fostering Resilience

Identifying Distress

Thank you

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Psychologist

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[@filoktimon](https://www.filoktimon.com)