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### Background

Physical activity (PA) has many benefits for cancer patients, by improving overall outcomes and survival rates.<sup>1,2</sup> However, despite this, in the UK only 23% of cancer patients are active to the national recommendations and 31% are completely inactive.<sup>3</sup> Therapy Radiographers are well placed to offer PA advice and to bring about positive lifestyle behaviours among cancer patients.<sup>4</sup> However, studies show that there is a need for more PA promotion practices to be undertaken among Therapy Radiographers.<sup>5</sup>

### Aim

To support the implementation of opportunistic health advice on physical activity (PA) among cancer patients in the radiotherapy department using Public Health England's (PHE) Everyday Interactions Impact Toolkit.

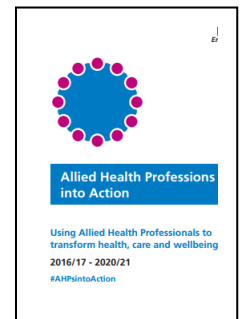
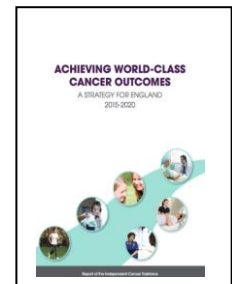
**Method:** The Plan Do Study Act (PDSA) method and Public Health England Everyday Interactions Impact Toolkit was used.

**What we tried to accomplish:** Increase the number of opportunistic conversations on Physical Activity held between Therapy Radiographers and Cancer Patients.

**How we knew if there was an improvement:** Increased number of conversations held with patients about the importance of PA and increased documentation and recording in patients' notes.

**What changes we made that resulted in improvement:** Increased awareness among radiographers about health promotion and cancer outcomes, training in Making Every Contact Count (MECC) and PA promotion, having exercise leaflets and information resources.

<b>Do</b>	Collected baseline data to assess current practice.	Retrospectively over a three month period all patient's notes were assessed if a conversation about PA was recorded. An online anonymous questionnaire measured radiographers' current practices in having PA conversations with patients.
<b>Do</b>	Implemented the change Using Public Health England everyday interactions impact toolkit.	Increased awareness among radiographers about PA and cancer outcomes through delivering an in-house presentation. Therapy Radiographers underwent BMJ e-learning on PA and Cancer and also attended training by PHE PA champion who delivered practical tips to easily integrate brief advice on physical activity into every day clinical practice. Therapy Radiographers encouraged to have PA conversations with patients and record conversation in patient notes. Resources identified and acquired from Macmillan Cancer to facilitate Therapy Radiographers in providing physical activity advice to patients.
<b>Study</b>	Assess if the above steps changed practice with regard to physical activity advice.	Quantitatively measured the number of PA conversations recorded in patients' journal notes. Qualitatively by discussing with Therapy Radiographers their experiences in having conversation on physical activity with patients.
<b>Act</b>	Decided what needs adapting or improving.	Using these findings further recommendations were made discussed below.



**Results & Discussion:** Survey findings showed that prior to the project 53% (n = 8) did not think undertaking PA impacted on cancer outcomes with 93% (n = 14) not aware of any PA guidelines specifically for cancer patients. Of those who did advise patients to be active it was all verbal with no written information or signposting provided. The main reported barriers in exercise advice were unawareness of guidelines, not knowing how best to bring it into a discussion with a patient and not knowing where to refer patients to. Overall through undertaking this AHPs4PH project radiographers undertook and recorded more PA conversations with patients. Successful implementation of MECC and supporting patients to live healthy can only be achieved by having a workforce with the right skills and knowledge and this appeared to be the case from this project whereby PA conversations increased following addressing these barriers. Using the PHE impact toolkit to guide this project positively changed practice with regard to providing PA advice and this is one positive step in ensuring that the recommendations set out in the Independent Cancer Taskforce Strategy for England are met. In this department many of the patient speak Arabic and information leaflets in this language on PA were not available. Work is currently underway to identify PA guidelines in Arabic for this cohort of patients. Also, a key element of a MECC programme is that those delivering lifestyle advice are able signpost people to appropriate local services and where possible facilitate contact with these services. Moving forward it may be helpful to develop an exercise referral scheme to further ensure cancer survivor are receiving the necessary support to meet the national PA recommendations.

Whilst this service improvement project involved a small sample undertaken in a small radiotherapy department the steps undertaken in this project to support radiographers in having healthy conversations with patients can also be easily implemented in other departments.

### References

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