



# Beyond Treatment: Late Effects Services

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# Introductions



# Introduction & Objectives



Raise awareness of Radiotherapy Late Effects Services



Share regional project evaluation



Outline future steps



Promote the monthly MDT

# National Late Effects Picture

Est: 4 million by 2030 living with and beyond

43 adult services across the UK

18 Radiotherapy specific, 15 pelvic specific, 2 H&N specific, 2 for immunotherapy.

NHS Cancer Plan 2000, National Cancer Survivorship Initiative (NCSI) (2008–2013), Independent Cancer Taskforce Strategy (2015), Long Term Cancer Plan (NHS England 2019) Radiotherapy Service Specification (2019).



# East of England Project Overview

2- year project

Holistic service

Reduce pressure on other services

Regional MDT

Feedback to planning





Referral



PROMS/HNAs



Appointment



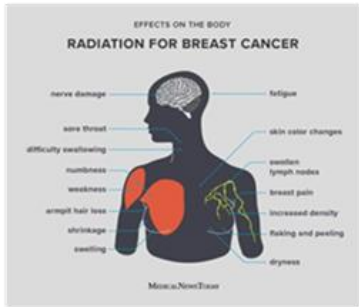
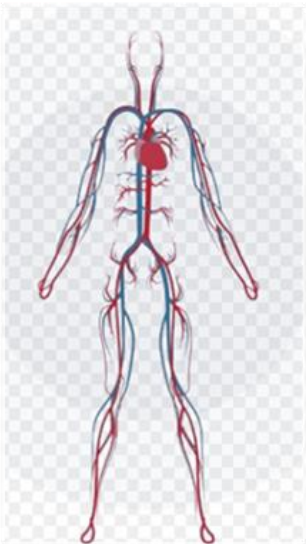
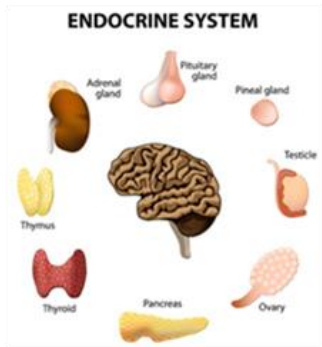
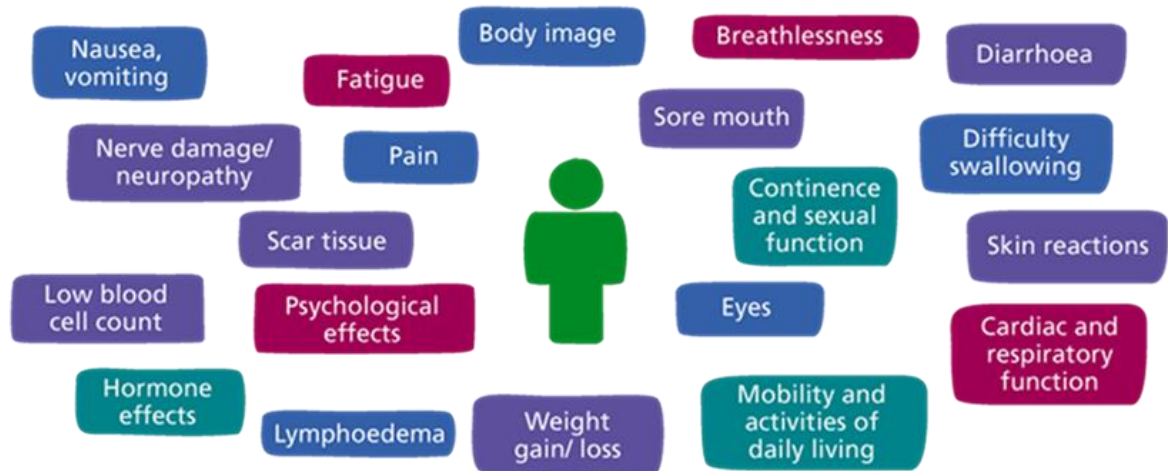
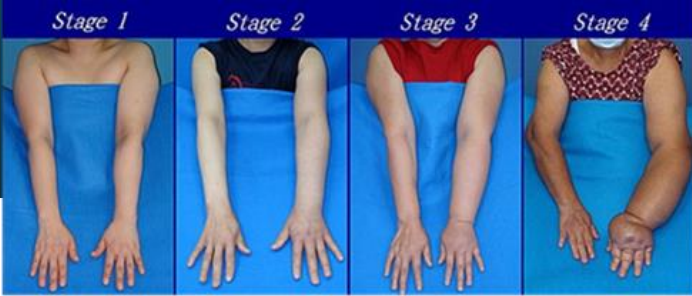
Management plan



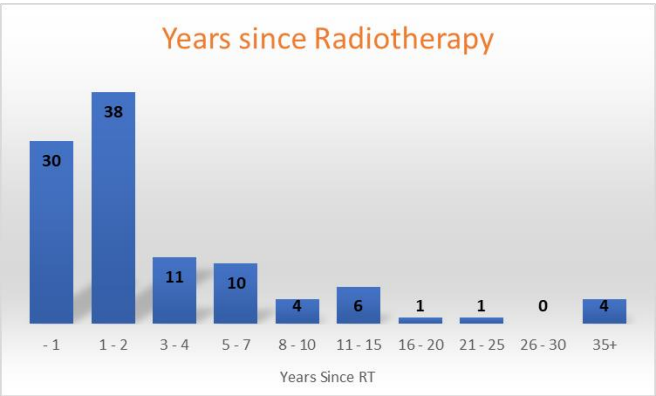
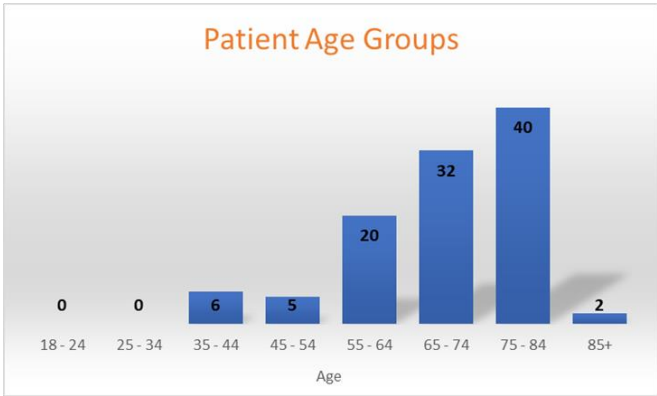
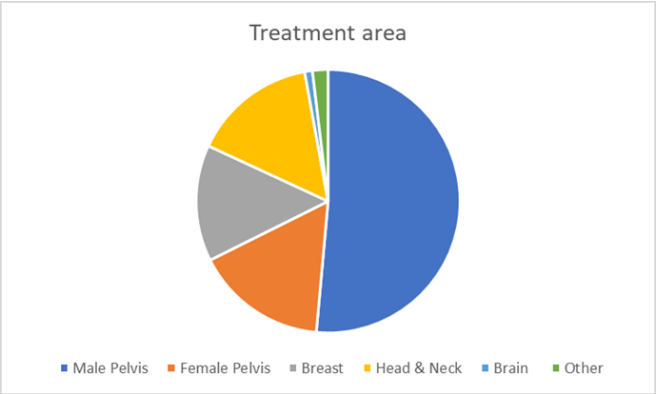
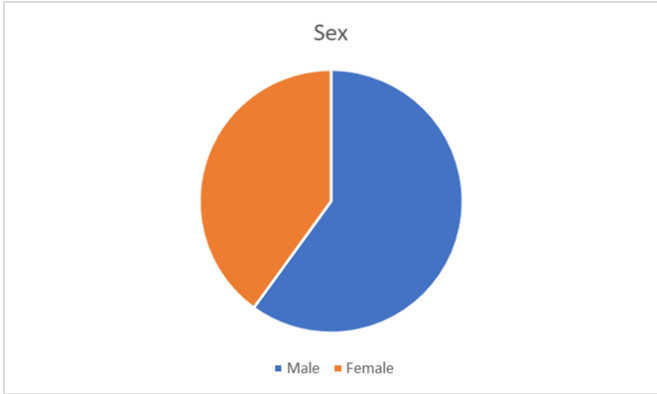
Follow up

# Pathway

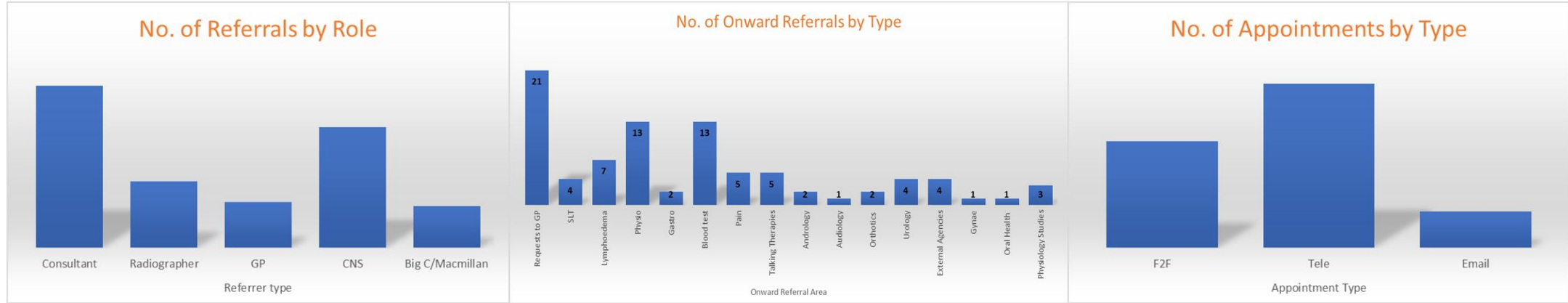
# Common Late Effects



# Demographics







# Demographics cont.

Tonsil Ca, RT in 2019

GP ref: Pain, inability to swallow

Management Plan:

Reassurance, explanation, validation

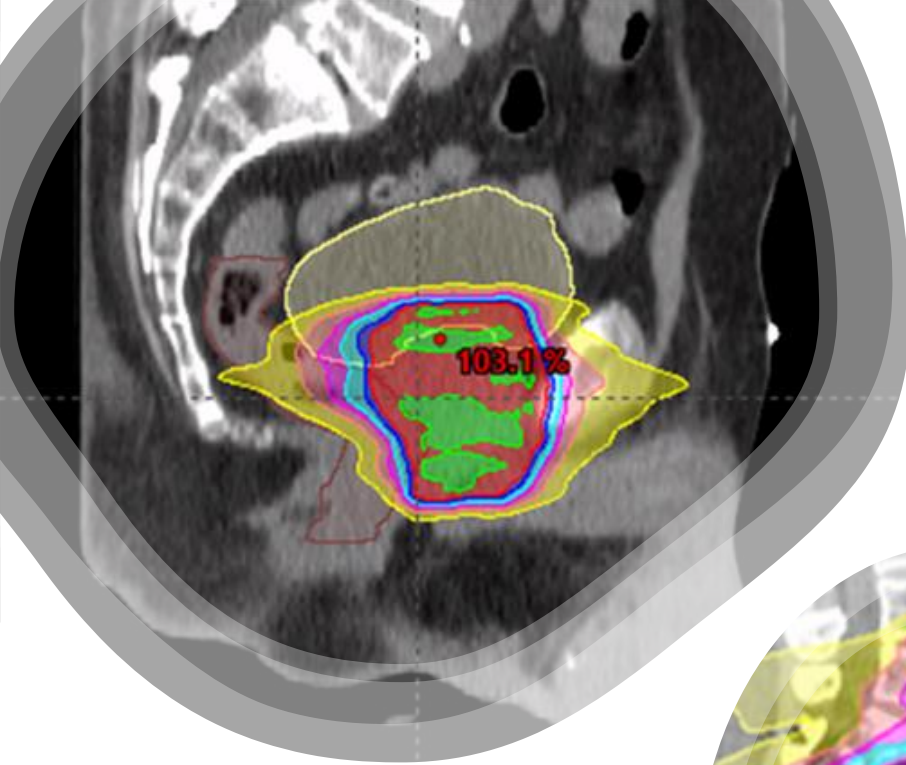
Cause: Oral health assessment, MRI neck.

Treat symptoms: medication, TENS, dieticians and SALT, chronic pain team, mindfulness

Emotional: seeing psychologist, support groups, dream on day



## Head and Neck Case Study



# Pelvis example

Symptoms

Reassurance

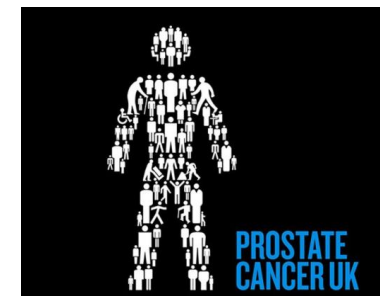
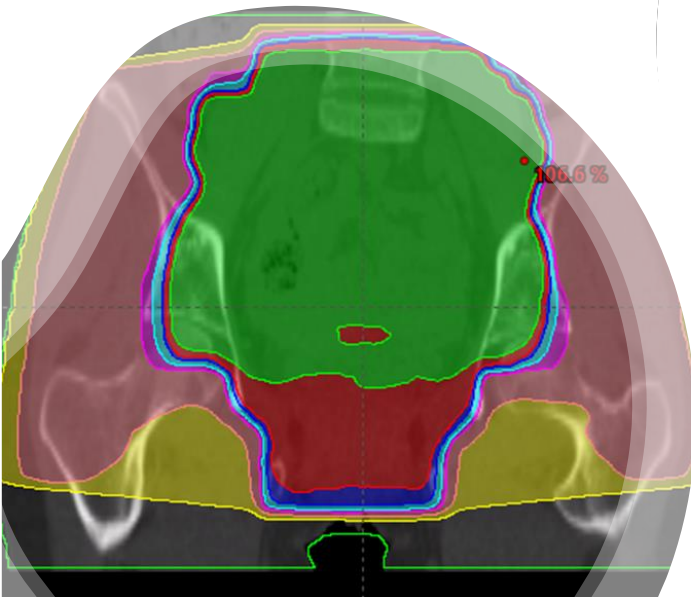
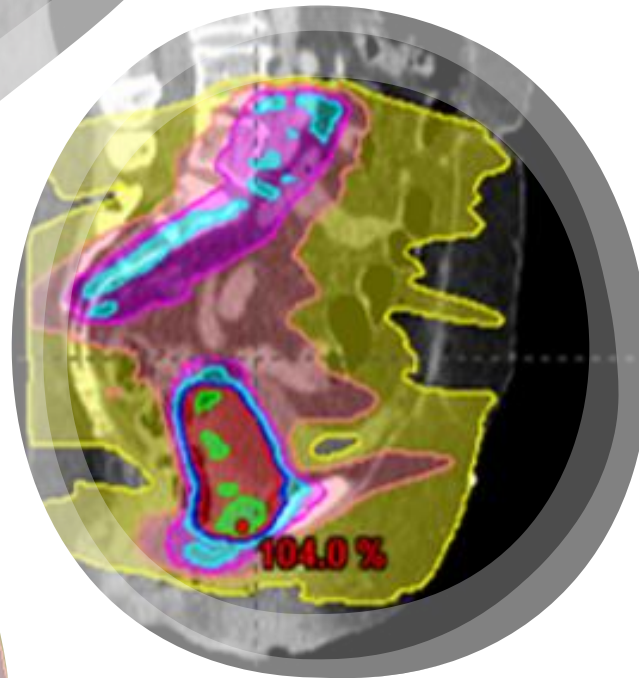
Management

Further investigations

Onward referrals

Support groups

**Best Practice  
Pathway for  
Pelvic Radiation  
Disease**







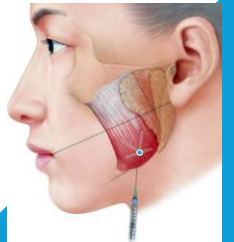
# Evaluation & Outcomes

## Challenges:

- Service limitations
- Guidelines
- Luxury or necessity?

## For the future:

- Collaboration
- Patient and staff education
- Regional/national expansion
- Equitable service
- Standardisation of data collection



# Regional MDT



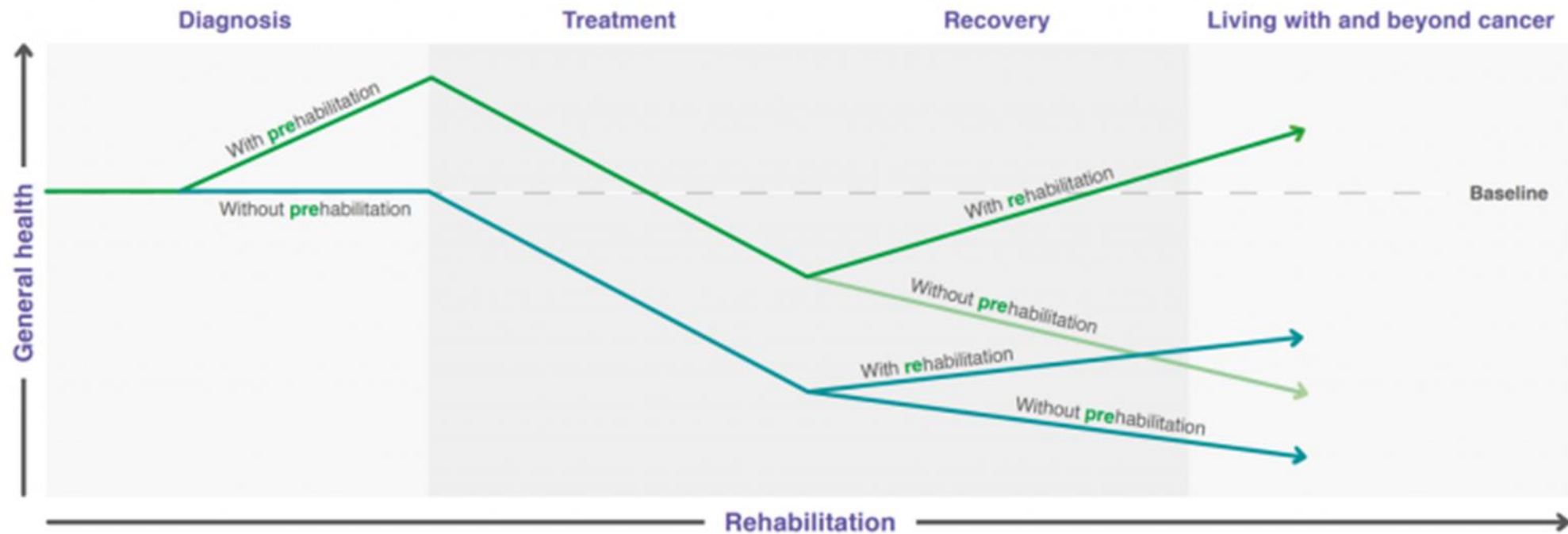
4th Tuesday of the month, 1-2pm, MS teams, all welcome

- Case based discussion
- Sharing learning
- Peer support

NNUH – Any  
ESNEFT – Pelvic  
Southend – Pelvic

# Power of prehab and rehab

## IMPROVING CANCER CARE BEFORE TREATMENT EVEN STARTS





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# Questions or Suggestions