Psychosocial support: organisation, implementation and experiences

International Congress of Breast Disease Centers
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Tiny Van Keymeulen
Public funding on social support in Belgium

National Cancer Plan

Initiative 10:
- 1 FTE nurse specialised in oncology/ 250 MOC’s
- 1 FTE psychologist / 250 MOC’s
- 1 FTE social worker / 500 MOC’s

Initiative 11:
- 1 FTE data manager / 1000 MOC’s
- 1 FTE dietician / 500 (max 4 FTE)
Accreditation of Breast Clinics in Belgium

Royal Decree of April 26, 2007

A specialized oncology care program for breast cancer: a package of patient care that focuses on the diagnosis, the multidisciplinary consultation, the multidisciplinary treatment, rehabilitation and follow-up of patients with malignant diseases of the breast.

Activity level:
• annually at least 125 new diagnoses
Accreditation of Breast Clinics in Belgium

**Multidisciplinary oncological consultation:**
- weekly multidisciplinary consultation: for all patients who were given a new diagnosis.
- report explains in detail the care plan with a description of the treatment of the patient

**Medical staff:**
- two specialists in Surgery or Gynecology and obstetrics
- two specialists in Medical Imaging
- specialist in Oncology
- specialist in plastic, reconstructive and aesthetic surgery
- specialist in pathological anatomy
- specialist in radiation oncology
Accreditation of Breast Clinics in Belgium

**Medical coördination:**
- a specialist of the medical staff

**Nurse staff**
- from 125 new diagnoses: 1 FTE nurse specialised in oncology
- from 350 new diagnoses: 2 FTE nurses specialised in oncology

Assignment: coordination of the implementation of the care plan that has been established during the multidisciplinary consultation.
Certified Breast Clinics in Belgium

**Psychosocial care staff:**
- from 125 new diagnoses: 0.5 FTE psychologist
- from 350 new diagnoses: 1 FTE psychologist

**Rehabilitation**
- Rehabilitation program with physical, psychological and social rehabilitation
- A physical therapist is responsible for the physical rehabilitation that involves functional measurements.
Supportive services

- Flemisch institute for psychosocial oncology
- Centre de Psycho-Oncologie (CPO)
- Belgian Society of Psycho Oncology
• Society for Radiotherapy and Oncology Nurses (VVRO)

• Workgroup Flemish Breast Nurses (VBV)
• Société belge des infirmier(e)s en oncologie (SIO)
• Belgian Oncology Nursing Society (beONS)
Psychosocial support in OLV hospital

Oncological Psychosocial Support Team

Policy and action plan

Vision:
- Continuous and active support of all cancer patients and their family
- Optimization of physical, psychological and social functioning
- During the disease, the treatment period and the aftercare
- A continuity that goes from relatively non-specific support for focused, specialized psychosocial oncology care

Objective:
- Total oncological care on the basis of 9 sub-objectives
Continuity of care:

**Specialist care:**
- Counseling and diagnostics
- Psycho-education
- Psychotherapeutic interventions

**Specific care:**
- Information
- Guidance
- Screening and referral

**Basic care:**
- General education
- Support
- Identification and referral

Patient pathway

Advanced nurse practitioner

Diagnostic phase

Therapeutic phase (curative/palliative)

After care

Psychologist

Social worker

All caregivers
OLV Breast Clinic

Psychosocial support:
- Advanced Nurse Practitioner / Breast nurse: 1 FTE
- Social nurse/ Breast nurse: 1 FTE
- Oncopsychologist: 1 FTE

Close collaboration with:
- Reference nurses
- Physical therapist
- Dietician
- Prothesis consultant
- Peer association
- Home care
- …
Zorgpad Psychosociale zorgverlening aan oncologische patiënten en hun naasten in het OLV ziekenhuis

**Psychosocial care pathway**

**Diagnostische fase**
- Oncologische diagnose
- Vermoeden van oncologische diagnose
  
  **Eerste consult arts**
  **MOC advies behandeling behoefte**
  **Consultatie arts**

**Therapeutische fase**
- Start therapie
  - Oratieve therapie
  - Palliatieve therapie
  
  **Supportieve zorg**
  **Chirurgie**
  **Systemische behandeling**
  **Radiotherapie**
  **Andere**

**Follow-up fase / Nazorg**
- Follow-up consultatie bij arts
- Consultatie arts
- Ziektekostenafdeling

**Verpleegkundig specialist OPST**/ consultant OPST wordt indien nodig gecontacteerd

- Doel: constructief van het zorgproces bewaken
- Psychosociale noden/ problemen detecteren en indien nodig doorverwijzen naar sociaal verpleegkundige/ psycholoog OPST

**Borstkanker**: 4016
**Pneumologie**: 4032
**Hematologie**: 4035
**Digestie oncologie**: 4044
**Radiotherapie**: 4015

Aan te vullen (med onc; uno, gynaeco, ...

Verpleegkundig specialist oncologie/ consultant neemt deel aan multidisciplinar oncologisch consult (MOC) + bewaakt dat besproken patiënten door OPST worden opgenomen = 10 overzicht specifieke MOC afspraken per discipline

**Sociaal verpleegkundige** informeert patiënt over praktische verloop (palliatieve) behandeling en adviseert patiënt en familie bij persoonlijke, familiale, financiële of administratieve problemen, bij oncologische pathologie

**Borstkanker**: 4018
**Pneumologie**: 4013
**Hematologie**: 4014
**Digestie oncologie**: 4702
**Radiotherapie**: 4015
Aan te vullen (med onc; uno, gynaeco, ...

10 overzicht specifieke MOC afspraken per discipline

De patiënt en/ of familie mag op elk moment van het oncologisch traject doorverwezen worden naar de klinisch psycholog. Dit kan op vraag van
- huisarts, verpleegkundig specialist/ consultant, sociaal verpleegkundige, verpleegkundige of andere ziekenhuismedewerker
- patiënt of familie
- multidisciplinair overleg.

* OPST: Oncologisch psychosociaal support team
Crucial moments

**Diagnostic phase:**
- Multidisciplinary consultation: discussion about diagnosis & care plan

**Therapeutic phase:**
**Start & end of therapy**
- Surgery
- Systemic treatment with chemotherapy and / or targeted therapy
- Radiotherapie
- Continuity of care during the palliative phase

**Supportive care**

**Follow-up phase/aftercare:**
- Multidisciplinary consultation: evaluation of care plan
Activities

• Oncological rehabilitation program

• Information sessions:
  – Breastcancer, diagnosis and treatment
  – Hormones, menopause and cancer
  – Breastreconstruction
  – What to do with the ongoing fatigue
  – ...

• Workshops:
  – My story. A conversation with peers.
  – Living together with cancer. A partner program.
  – Facial Treatments (individual and group sessions)

• Day for Cancer patients
  BRA-day
Projects

- Intimacy, sexuality and cancer
- Genetics and cancer
- Oncology: be aware of kids!
- Cancer and (returning to) work
- Palliative care in oncology
- OPST-library
- Psychosocial screening
- Patient information brochure
Example

Oncology: be aware of kids!

- an open family corner designed for children when they come to visit their (grand) parent

- a child- and family- friendly room for psychotherapy
Thank you for your attention