SWAG Breast Cancer Follow-Up Guidelines

At end of all treatment patients are stratified to either a supported self-management pathway with routine surveillance, or to complex case management. NB. Patients participating in clinical trials will receive individualised follow-up

SUPPORTED SELF-MANAGEMENT

Criteria:

- Treatment with curative intent
- Stable disease pattern
- Patient able to comply with self-supportive management

Follow-up procedures:

- No patients receive routine face to face follow-up
- All patients offered HNA and care plan and provided with H&WB support
- Signs & symptoms of recurrence and likely consequences of treatment explained to patient
- Treatment summary to be completed at the end of each primary treatment
- Remote surveillance in the form of annual mammograms for 5 years post-treatment. Younger patients will have appropriate breast imaging (mammogram or MRI) annually until the age of 50

COMPLEX CARE MANAGEMENT

Criteria:

- Advanced disease +/- known metastatic disease
- Ongoing treatment required
- Patient unable to comply with supportive self-management

Follow-up procedures:

- All patients receive face to face follow-up in a consultant-led clinic
- Frequency of appointments determined by the treatment regime, disease progression, ongoing symptoms and information/ support required by each individual patient
- Ongoing surveillance is managed on an individual basis with regular breast, bone & body imaging as required, blood tests and tumour markers

Ongoing Support and Access to Breast Team:

- All patients have CNS support
- All patients have open access to the Breast Care Team via email and phone, with rapid access back to specialist care without the need for GP referral

Examples of Health & Wellbeing Clinic Support:

- Access to generic early cancer health & wellbeing group clinic: available following diagnosis and includes information on physical activity, managing fatigue, nutrition, emotional support, finance, work and other support available
- Post-treatment group clinic to cover signs and symptoms of recurrence, consequences of treatment, ongoing surveillance and how to re-access service and support
- Health & wellbeing clinic to be offered post-treatment if early H&WB clinic not available

Examples of services available to patients:

- Local Information & Support Centres providing a wide range of cancer and non-cancer specific information, healthy lifestyle options e.g. physical activity services, nutrition, counselling, complementary therapies, work, finance, insurance advice, support group information
- Macmillan Cancer Support Workers – currently available in Bath, Bristol, Gloucester and Weston-super-Mare
- Macmillan Citizens Advice Bureau
- Self-management programmes: Macmillan HOPE programme, Penny Brohn Living Well programme, North Bristol Living Well Course
- Macmillan Community Next Steps Team – available in Gloucestershire
- Breast Radiotherapy Injury Rehabilitation Service – national service based at the Royal National Hospital for Rheumatic Diseases in Bath
- Macmillan Cancer Rehabilitation & Support service – available in Bristol & South Gloucestershire
- Macmillan Fatigue and Lifestyle Management Programme – run in Bath
- We Hear You – free counselling service available in BANES, North Somerset and Somerset
- The Harbour – free counselling service available in Bristol
- Local hospice support available in all areas
- Breast cancer charities: Breast Cancer Care, Breast Cancer Haven, Bosum Buddies, Keeping Abreast breast cancer reconstruction support group for the South West
- Living with Secondary Breast Cancer Support Group – held monthly in Bristol
- Lymphoedema services in BNSSG and at the Royal United Hospital, Bath
- Macmillan Buddies service – currently available in Bristol, Bath & North Somerset
- Macmillan Prevention & Re-enablement Project (LinkAge) – available in Bristol
- SPRING Exercise and Education physio-led programme – run at Yeovil District Hospital
- Energise Cancer Exercise programme – available in Bristol and North Somerset
- Aquaterra Cancer Survivorship Exercise Programme – run at Somerdale Pavilion, Keynsham
- Walking for Health – available nationally
- Red Cross
- The Willow Foundation (for 16-40 year olds who are seriously ill)