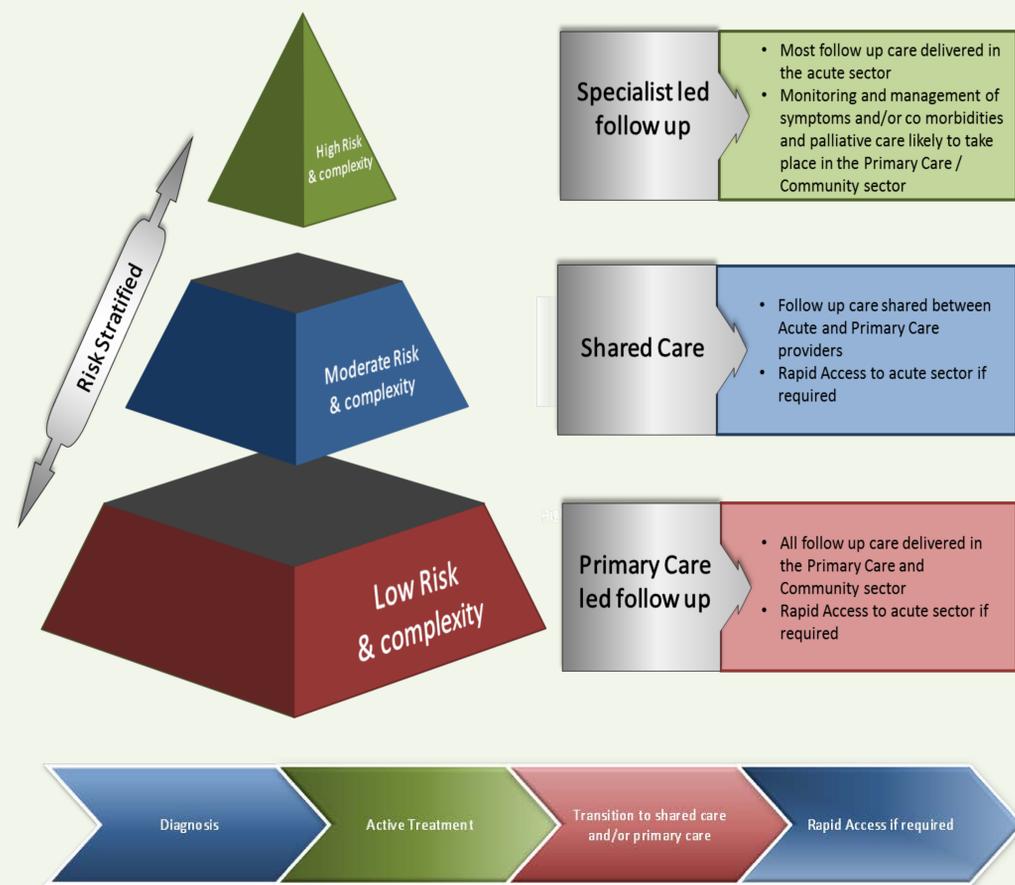


# Breast cancer shared care follow-up from demonstration project to sustainable model

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## Background

In 2013, 4075 Victorians were newly diagnosed with breast cancer. The five year relative survival rate for those with stage 1 and 2 cancers is 100% and 94% respectively resulting in increased numbers of health service follow-up visits placing pressure on limited acute sector resources. Research indicates that shared care for breast cancer follow up is a safe and effective alternative .

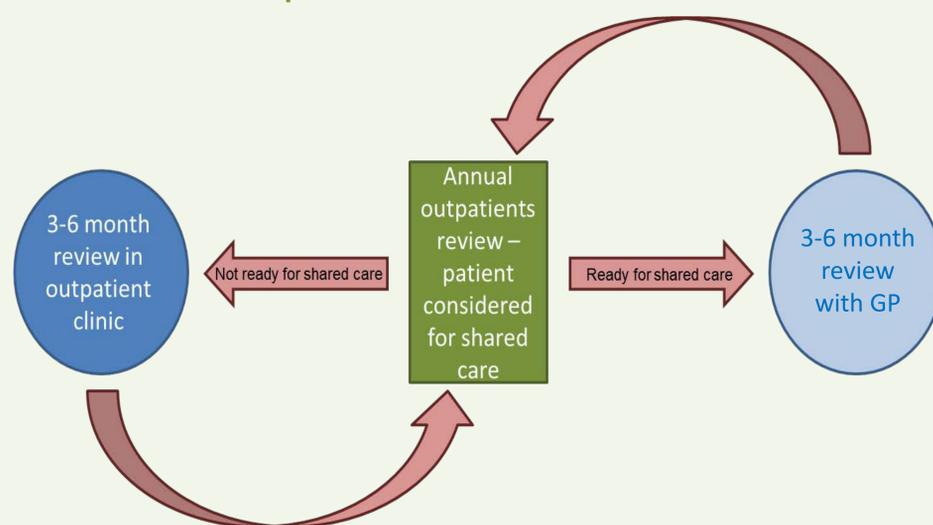


## Aim

To develop a sustainable model of shared care for breast cancer patients at Monash Health by:

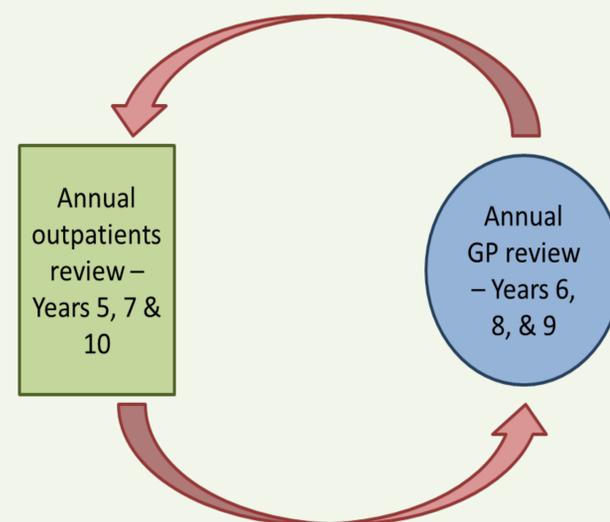
- creating a shared care standard pathway
- initiating shared care from diagnosis
- improving communication between the specialist team, patient and GP
- employing GP support for patients close to home
- fostering patients transition towards wellness and self management
- prioritising acute service resources towards patients with greatest need.

## Review visits for well patients: Years 1-5



Well patients should continue to attend an annual review with their GP post 5 years. Referral back to the specialist clinic is available at any time via a Rapid Access request.

## Review visits, patients receiving extended endocrine therapy: Years 5-10



Well patients should continue to attend an annual review with their GP post 10 years. Referral back to the specialist clinic is available at any time via a Rapid Access request.

## Initiative and progress

Monash Health initiated a shared care pathway for breast oncology patients, informed by previous work undertaken in the 2010-11 Cancer Australia shared care demonstration project and supported by additional funding from Cancer Australia.

Patients enter the pathway at their post-surgical review at Monash Breast Clinic, a private clinic where they are introduced to the concept of shared care prior to receiving treatment and follow up care at Monash Health. Patients are encouraged to see their GP at the following intervals:

- post diagnosis
- post multidisciplinary team meeting and treatment planning
- during active treatment as needed
- at end of active treatment
- the 6 month point between Monash Health annual reviews
- annually after 5 years when the majority of care is provided by the GP
- at Monash Health Outpatients Clinic at 7 and 10 years whilst on extended endocrine therapy.

Monash Health gives patients and GPs a shared care follow up plan at the first annual review and patient education is carried out by breast care nurses. The plan includes a schedule of screening and shared follow up visits based on the Cancer Australia recommended follow up schedule. Patients are not discharged, and can rapidly access the health service as needed. A nurse led wellness clinic is planned to assist patients with un-met supportive care needs and to encourage a positive approach towards their health and self management.

To date there are 619 patients on the shared care pathway and 409 participating GPs.

## Education and Information

GPs are directed to the Monash Health Website which contains a link to Cancer Australia's online learning tools, information about shared care and resources to support its application. At various times throughout the project interested Health Professionals have been invited to attend workshops and conferences. In addition a GP active learning module is under development.

## Consumer Events

A community forum on women's cancers and a BreaCan Live Well patient information day were held for consumers and carers. A local breast cancer rehabilitation program was developed by My Physio at the Glen Eira Sports and Aquatic Centre.

## Evaluation

Areas for upcoming evaluation of this initiative include:

- compliance with recommended follow up visits
- frequency of screening for recurrence
- completeness of paperwork and communication between primary and acute care sectors
- Patient, GP and Specialist experience
- cost to health services and patients.

## Number of Monash Health patients involved in shared care arrangements 2010 - 2015 (n=619)

