



Llywodraeth Cymru
Welsh Government

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Together For Health – Cancer Delivery Plan: Our Vision

Wales is aiming at people's health and health care services matching the best in the world.

For cancer, this means the Welsh Government, the NHS, cancer charities, hospices and the public all working together across Wales. This document is our vision of what we can do together between now and 2016.



Message from the Minister for Health and Social Services

This document sets out my hopes for what the Government and NHS, working with its partners, can achieve in tackling cancer over the next few years.

In 2006, Wales published its policy, *Designed to Tackle Cancer in Wales*. This aimed to achieve incidence and survival rates for cancer similar to the best in Europe. This document confirms and updates those ambitions.

The NHS must and will promote and protect the health of people in Wales and plan and deliver high quality cancer services. But the NHS is only a part of the picture. Every one of us can help make a difference. Our risk of cancer is heavily influenced by the environment and our own behaviour. Stopping smoking, drinking and eating sensibly and taking regular exercise reduces the risk of some cancers.

We are building on a record of success. More lives are being saved so more people are living longer. Wales has seen some of the more significant improvements in cancer survival in the United Kingdom during the last few years. But overall cancer is increasing and while that is in part the result of our population getting older and doing better there are signs that, for example, alcohol-related cancers are increasing.

We now need to improve our efforts to prevent cancer and further develop services in all parts of Wales to close the gap between the most and least deprived communities, and compare better with the best in Europe.

The messages are clear. Together we must do more to avoid cancer. We want to focus on earlier diagnosis and the best treatment. We want to deliver survival rates amongst the best in Europe and the world with patient experiences that are second to none.

A. Our Vision

The outcome the Welsh Government wants for the population of Wales for cancer is set out below.

For our population we want:

- People of all ages to have a minimised risk of developing cancer and, where it does occur, an excellent chance of surviving, wherever they live in Wales.
- Wales to be comparable with the best in Europe

We will use the following indicators to measure success:

- Cancer incidence rates (the amount of our population who develop cancer)
- Cancer mortality rates (the amount of our population who die from cancer)
- 1 and 5 year cancer survival rates (the number of people with cancer still alive after 1 year and 5 years)

B. How well are we doing in Wales on cancer?

Cancer remains very common in Wales. It will affect around a third of people before they reach 75 and around 4 out of 10 people at some stage during their lifetime. Of particular concern is the higher number of people who develop or die from cancer among our more deprived communities.

We have improved our survival rates and we want to do even better. Where we once had the worst survival rate in the United Kingdom across all cancers, in recent years we have reduced the survival gap. We have seen some of the greatest increases in 1 and 5 year survival in men and 1 and 5 year survival in women. Survival rates at 5 years after diagnosis is a good indicator of the effectiveness of treatment.

All the evidence and research tells us we must focus all our efforts on:–

- **Preventing** cancer
- **Detecting** cancer quickly
- **Delivering** fast, effective treatment
- **Meeting** People's Needs
- **Caring** at the end of life
- **Improving** information
- **Targeting** research

So this is where we want the NHS to take the lead and o focuses our efforts to make significant improvements next.

C. What will NHS Wales's services look like in 2016?

To make real and substantial progress towards achieving our vision, we want to see the following things from NHS cancer care by 2016.

Outcome 1 – People are aware of and are supported in minimising their risk of cancer through healthy lifestyle choices

- more people are supported to quit smoking
- more people are aware of the health harms of smoking, above limits alcohol consumption, the broader benefits of physical activity and healthy eating
- more people achieve a healthy weight through weight management support
- more people are physically active as a natural part of their everyday life and undertake sufficient physical activity to benefit their health

Outcome 2 – Cancer is detected quickly where it does occur or recur

- easier access to GPs, pharmacists, dentists and opticians
- more information and support services and easier to find such as through local pharmacies
- more doctors and nurses available 24 hours a day, 365 days a year
- more direct access to diagnostic tests for the GP to refer to
- a greater range of local services meaning less need to travel, particularly for diagnosis and care after treatment
- reduced travel costs for patients
- better take up of population screening
- prompt and appropriate access to assessment and treatment known to work to increase the chance of cure and reduce side effects
- more information on reducing the risk of developing cancer, recognising symptoms suggestive of early cancer and what services to expect available by telephone and on-line
- more men going sooner to their GP or other health services

Outcome 3 – People receive fast, effective treatment and care so they have the best possible chance of cure

- prompt and appropriate access to treatment known to work and not have adverse side effects offering people a better chance of being cured of cancer
- people experience well co-ordinated services, which are compliant national standards and guidelines, safe, sustainable and available as locally as possible
- specialist hospital cancer care in centres of excellence that match or surpass the best and joined up with local cancer services
- flourishing cancer research to improve treatment and making NHS Wales an attractive place to live and work for high calibre clinicians
- more patients participating in clinical trials

Outcome 4 – People are placed at the heart of cancer care with their individual needs identified and met so they feel well supported and informed, able to manage the effects of cancer

- everyone is treated with dignity and respect
- services are available as locally as possible
- people have access to timely information so they understand their condition and what to look out for and what to do and which service to access should problems occur
- every patient has a Key Worker who co-ordinates care and support in partnership with them
- people's needs, whatever they are, as a consequence of cancer are assessed and recorded in a care plan and services designed around meeting those needs
- care plans are written and shared with the person involved and reviewed on an ongoing basis
- follow up care given in the most appropriate place for the patient and not the service. Increasingly this should be in primary care
- direct access to services for cancer patients in whom recurrent disease is suspected
- best possible IT and communication links giving NHS staff fast, safe and secure access anywhere in Wales to the information needed to care for patients
- more information for people tailored to meet their individual needs
- transport to and from clinics and hospitals is easily accessible
- patients and carers are involved in the design of services and people's views on services are sought regularly and acted on to ensure continuous improvement
- transparently published information available on the performance of NHS cancer care in terms of safety, effectiveness and patients' views

Outcome 5 – People approaching the end of life feel well cared for and pain and symptom free

- more people receive palliative and end of life care and support on a 24/7 basis
- specialist palliative care nursing is available 7 days a week
- people's needs and wishes, and those of their family, are clarified, clearly recorded and are a key guide to care provided
- people whose symptoms have not improved after 48 hours are referred to specialist palliative care
- key information on all patients with advancing cancer are recorded and accessible to others who have clinical responsibility for the patient, including out-of-hours GP services, on a 24/7 basis
- less people being admitted unnecessarily to hospital
- more people are able to die in the place of their choice
- NHS and Third Sector voluntary sector care is integrated and seamless
- families have access to pre and post bereavement support appropriate to their age

D. What will we do to get there?

The Welsh Government, the NHS, local government, cancer charities, and the public all have a role to play together against cancer. Over the coming years up to 2016 -

The Welsh Government will:-

- Redouble our efforts to focus on raising public awareness of positive lifestyle improvements e.g. a new emphasis on alcohol, obesity, smoking and exercise.
- Look for ways of encouraging people to recognise symptoms of cancer and go to their GP quickly.
- Introduce new health checks for people over 50.
- Create a powerful information website – easy to access and easy to use.
- Issue a National Cancer Delivery Plan for the NHS.
- Hold the NHS to account on how well it helps people to minimise their risk of cancer and how well it treats and cares for people with cancer.

The NHS, working with local government, cancer charities and hospices will:-

- Make every healthcare interaction an opportunity to focus on lifestyle changes.
- Raise awareness among the public and GPs of the first signs of cancer.
- Increase opportunities for GPs to send patients directly for diagnostic tests.
- Publish a local plan to help people live healthily and to create safe, sustainable cancer services for all communities.
- find and treat cancer quickly and effectively using latest effective drugs and technology
- develop services so people can access an ‘acute oncology’ service in every district general hospital
- redesign complex cancer surgery to help every patient recover quickly in line with the latest emerging best practice
- speed up the introduction of known effective new treatments and technologies
- give each person with cancer a Key Worker and individual care plan.
- quickly diagnose and treat any recurrence of cancer
- give patients the individual follow up care they need, matching their individual needs
- give people the ongoing support and information they need to help cope with the long term effects of cancer
- encourage all its staff dealing with cancer to review and update local practice in line with the best
- and give them the information they need to do their jobs well
- support cancer research to ensure better treatment in the future
- compare its performance on cancer with the best

We will all help everyone in Wales to :-

- take responsibility for their own health and take steps to improve it by not smoking and following health advice on alcohol, diet and exercise
- identify cancer early and know exactly what to do about it
- take up their invitation, if they are in the right age group, from our breast, cervical and bowel cancer screening programmes
- ask the NHS for help when worried and upset
- find out what they need about cancer, its avoidance and services that are available and they can draw on all the help available

E. How will we know we are succeeding?

Each year, starting in September 2012, the NHS will publish clear concise information about local cancer services where you live.

The NHS will ask people about the services they receive and publish and act on the results.

By working together, focusing on the needs of people and by being open and honest about how we are doing, we will make the difference we all want.

We have made improvements. Working together against cancer, we can do even better.