

# Shaping Our Future Wellbeing

## A Shared Vision of Future Cancer Care

### Prevention: by 2025....

- People living in Cardiff and the Vale of Glamorgan will be supported to take opportunities that improve their own health and wellbeing.
- With the help of key partners we will work to improve the environment in which our communities live and work.
- We will have effective methods of identifying those at risk of developing cancer and we will actively manage that risk.
- We will work to reduce health inequalities and to reduce the greater risk of death from cancer experienced by our most deprived communities.
- There will be clear programmes and policies to reduce preventable cases of cancer and support offered to those with established risks. This will begin in the early years, through school and into adult life, in a manner best suited to the needs of each community.
- We will have effective methods for ensuring the early detection of cancer. These will be focussed in the areas of greatest need but will be accessible by our whole population.
- All health professionals will take an active 'Making Every Contact Count' approach to the prevention and early recognition of cancer.
- The Health Board will support employees to adopt healthy lifestyles both in and outside of work, encouraging a positive work/life balance.

## Planned Care: by 2025...

- Anyone with a symptom suggestive of cancer will be able to access a health care professional without delay.
- Cases of suspected cancer will be urgently referred to a diagnostic service, where there will be immediate or rapid access to all necessary investigations to enable diagnosis and staging of the cancer.
- Anyone who is diagnosed with cancer will receive clinical, psychological and social support when needed, at any point in their care to enable their best possible health and wellbeing. Available services will be clearly signposted and will include services and support offered by our Partners in the community.
- Anyone with cancer will be considered an active health care partner who is central to the planning and delivery of their own care.
- Anyone with cancer will be supported to monitor and self-manage their condition to a level agreed in partnership with their health care professional, resulting in an individualised care plan available 24 hours a day to support their care.
- Access to cancer care will be fair and equitable, being suited to an individual's cultural and/or social needs.
- Cancer treatment will be evidence based, offering the best chance of cure, whilst causing the least possible harm. There will be clear evidence of multidisciplinary team involvement and timely access to surgical interventions where needed.
- Care for each cancer will be standardised and delivered to national standards. Clinical trials will be offered where available, and people will be supported to make informed decisions about their participation.

- Anyone receiving cancer care will be fully informed of the potential complications of their treatment and underlying condition and be able to access advice, support and assessment 24 hours a day.
- Cancer care will be co-ordinated through a key worker and delivered in the community when clinically safe to do so.
- Young people transferring from children's to adult cancer services will have a transition that is purposeful, planned and supported.
- When a cancer is incurable there will always be the opportunity to have the prognosis explained and for engagement with the palliative care services.
- Survivors of cancer will have a clear, written care plan and receive the support they need to lead as healthy and active a life as possible, for as long as possible.
- A carer for someone with cancer will be considered a healthcare partner who is vital to the planning and delivery of care. They will be empowered to access advice 24 hours a day. Their needs will be acknowledged and respite care offered accordingly.
- Anyone who has experienced cancer services in Cardiff and Vale UHB will be encouraged to offer feedback about their experiences and to contribute to the development of future services.

## Unplanned Care: by 2025...

- Anyone with a diagnosis of cancer who accesses emergency health services, will have immediate access to support from the acute oncology team, with co-management where needed.
- Anyone who accesses emergency health services, where initial investigations are suggestive of cancer or its complications, will have access to an urgent diagnostic service.

- Anyone with cancer who is admitted to hospital will be cared for in an environment that supports and enables them to remain independent and actively involved in their own care.
- Anyone with cancer who requires admission to hospital will have a timely and safe discharge, co-ordinated with community services, carers and their family, and facilitated through rapid provision of support and equipment in the community.

## End of Life Care: by 2025...

- Anyone who is recognised as having incurable cancer will be supported to make an Advance Care plan. This plan may evolve over time, but will always have the needs/desires of the patient and their carer at its core.
- Support and equipment to facilitate home care will be provided to anyone who has an incurable cancer, if so desired.
- Anyone with terminal cancer will have a dignified end to life, in a location of their choosing, with all treatment decisions focussed on the individual's goals/aspirations.
- End of life symptoms will be managed at home, if so desired, by appropriately trained health care professionals.