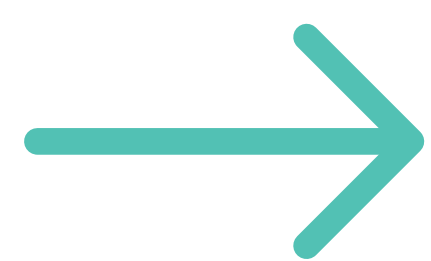


Pilot of Virtual Health and Wellbeing Information and Support Programme (HWBIS) with Sarcoma Patient Cohort

Sarcoma UK, Royal National Orthopaedic Hospital Sarcoma Service, South Wales Sarcoma Service, Leeds Teaching Hospital Sarcoma Service, Royal Orthopaedic Hospital Sarcoma Service



Introduction

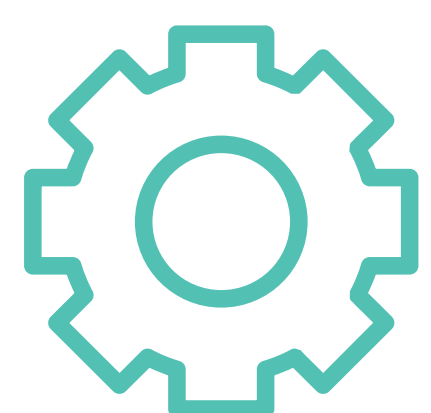
The Sarcoma UK support line team were approached by The Royal National Orthopaedic Hospital to discuss developing and piloting an online HWBIS. The overall aim was to rollout the programme nationally to provide advice and support to empower people with sarcoma following treatment. Given the widespread geographical layout of specialist sarcoma centres, the HWBIS programme was delivered virtually.



Results

Feedback gathered from attendees was very positive. All attendees reported the sessions were extremely useful. However, number of attendees at the sessions was low, ranging between 1–4. The project team met to discuss next steps and how to better promote the sessions and increase uptake. Feedback was gained from Sarcoma UK's PIN and patients at the centres, to help us understand any barriers to attending.

- 100% of patients attending were happy to attend with patients from other centres
- 100% of patients would recommend the sessions to others



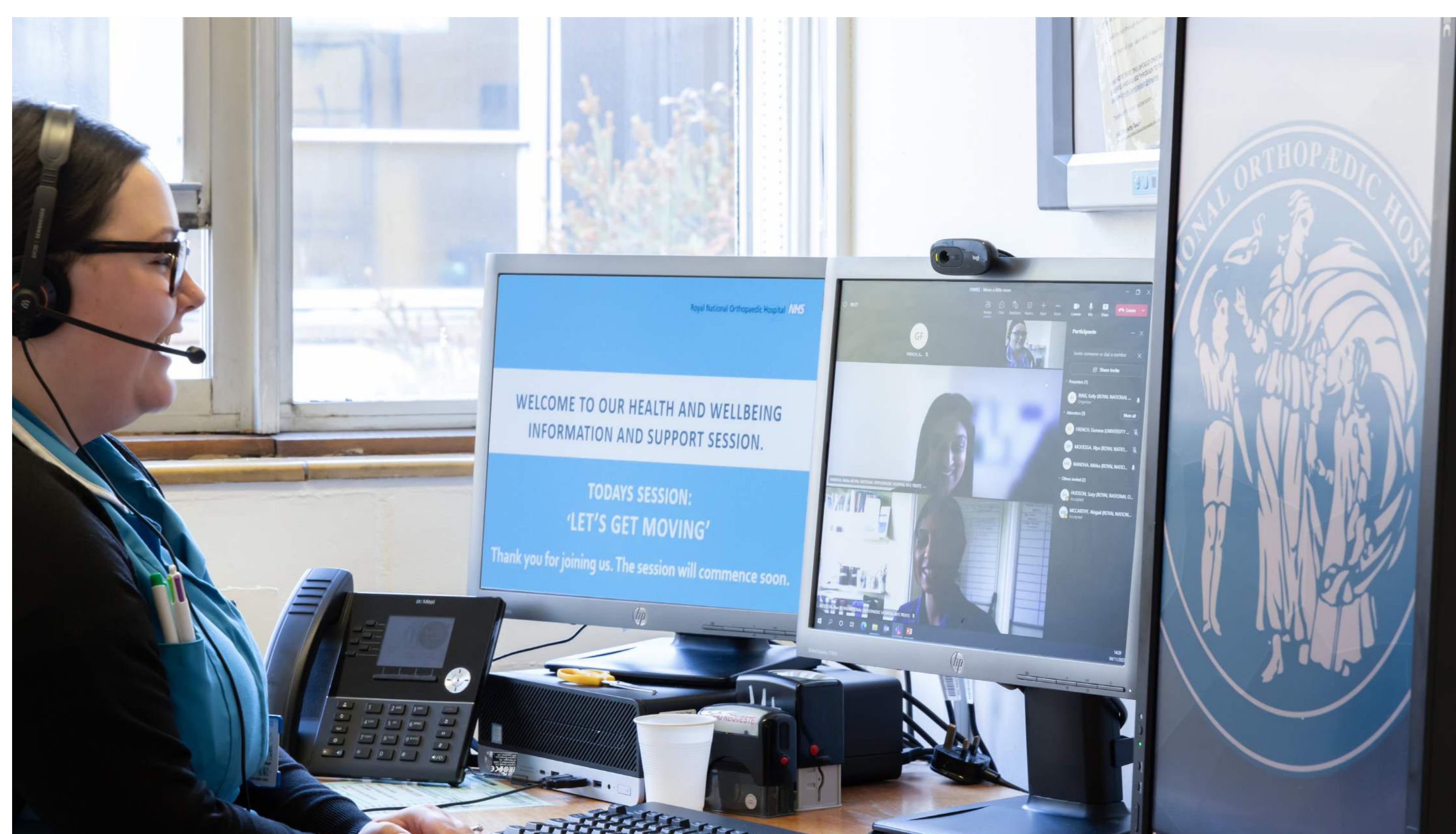
Method

Initial meetings identified the need for involvement from other sarcoma centres in the pilot. Representatives from the Royal Orthopaedic Hospital, Birmingham, Leeds Teaching Hospitals and South Wales sarcoma teams agreed to join the pilot. The Sarcoma UK Patient Involvement Network (PIN) were consulted for topic ideas to be covered during the programme. Speakers were identified for the following topics: Healthy Eating, Exercise, Fatigue, Financial Support and Managing Anxiety. The pilot consisted of five sessions, each of which was delivered twice via Microsoft Teams. An online registration form was created, in addition to flyers for distribution to all eligible patients by the sarcoma teams involved in the pilot. Eligibility for attendance – adult over 18 years old, Sarcoma diagnosis and receiving treatment at one of the pilot sarcoma centres.

"I identified with the issues discussed."

"The experience and advice of the course leader was so useful."

"To find out what different activities are available to help with recovery. I have taken these activities forward to my GP who is following up on my request."



Conclusion

- Patients who attended the sessions found them extremely beneficial
- Plan to launch national pilot in 2025 with involvement of all UK sarcoma centres
- Need to establish how to increase patient engagement