



Royal College of
General Practitioners



In partnership with

CANCER
RESEARCH
UK



CASCADE

CASCADE BULLETIN

PROVIDING NEWS AND UPDATES ON CANCER CONTROL IN PRIMARY CARE

Feel free to share this Bulletin with colleagues.

Upcoming Cascade workshop

- 2 February 2017: Cardiff

Upcoming events

- 23-24 Feb 2017: CRUK Early Diagnosis Research Conference, London
- 18-20 April 2017: CaPRI Conference 2017, Edinburgh

Cardiff Cancer Cascade Workshop – register now!

Our next Cascade workshop will be held in **Cardiff on Thursday 2nd February** at The Park Inn Hotel, Cardiff City Centre.

Registration is now live for this **free event** and we would encourage primary care professionals with an interest in cancer to [sign up now](#).

The agenda for the day is attached to this bulletin, and the following speakers are confirmed:

- **Wales Cancer Network** – speaking on the launch of the new Wales Cancer Delivery Plan and what that means for primary care
- **Dr Linda Bauld** (Professor of Health Policy, University of Stirling) speaking on prevention in primary care
- **Dr Richard Roope** (CRUK and RCGP Clinical Champion for Cancer) speaking on Wales-relevant updates in cancer control

There will be numerous opportunities for networking, group work and discussion.

If you have any questions, please do get in touch with Lindsay Allan (Lindsay.allan@cancer.org.uk)

Our research:

CRUK have a number of ongoing and recently completed pieces of commissioned research, including:

- **Evaluating pathology capacity in the UK (published Nov 2016)**
- **Evaluating the performance of MDTs in NHS cancer services (to be published Dec 2016)**
- **Access to chemoprevention drugs in the NHS (to be published Dec 2016)**
- **Clinical decision making relating to the treatment of cancer in older people across the UK (to be published Jan 2017)**
- **The skills and capacities of the non-oncology workforce (to be published summer 2017)**

For more information, contact Helen Beck, CRUK Policy Research Manager helen.beck@cancer.org.uk

Watch our new video [here](#) to see why you should attend Cascade.

Updates from Cancer Cascade – Glasgow 1st December

On 1st December 2016 we held our 9th Cancer Cascade workshop in Glasgow – our first in the devolved nations. The workshop focused on cancer as a quality improvement topic and the challenges of diagnosing cancer in specific populations, and included:

- an update on the work of the Scottish Primary Care Cancer Group from Dr Hugh Brown
- an interactive session on choosing cancer as a quality improvement topic for GP clusters
- an update on developments in cancer control from Dr Richard Roope
- presentations from Dr Sara MacDonald and Dr Peter Murchie on the challenges of diagnosing cancer in rural and ageing populations, and group work on some of these challenges

The full summary report and all presentation slides can be found [here](#).

What did our delegates say about the event?

- 'Excellent – learnt lots and fantastic opportunity to network'
- 'Great enthusiasm and networking amongst attendees – all keen for joint working'
- 'Fantastic day'
- 'Gave the motivation to continue to strive to make a difference'

Our Glasgow Cascade event **met or exceeded expectations** for all delegates, and **100%** of survey respondents said that they would like to attend another event.

Help us to evaluate the impact of Cascade

In order to ensure that our Cascade events are continually improved to make them as relevant and useful to our audience as possible, we are keen to evaluate the impact that our workshops have had so far.

If you have attended a Cascade workshop in the past, then we would love to speak to you to follow up on any action you have taken since.



- Is there anything that you have done as a result of attending Cascade?
- If you made an 'Action Pledge' at the end of the day, have you been able to implement this and if so, has it been successful?

Get in touch at cascade@cancer.org.uk to update us on some of the work you have been doing.

Resources and tools:

Cascade webpage

Our new-look webpage is now [live](#). You can find information about Cascade and upcoming and past workshops, as well as access presentations and resources.

Take a look online

We have a range of learning and development resources on our website which support early diagnosis, referral decisions and guidance on best practice. [Take a look](#).

CRUK and Woman's Own magazine – raising awareness in primary care.

Our second bespoke magazine in partnership with Woman's Own has

What's new?

Cancer to remain a clinical priority for the RCGP



CRUK and the RCGP have collaborated on the [cancer enduring clinical priority](#) from 2012-2017, and the decision has now been made by the RCGP to award clinical priority status to cancer for a further 5 years. This is the first time that an RCGP priority or spotlight project has ever been extended beyond its original term, and is testament to the success of some of the joint activities to date, which have included:

- Cascade and Faculty events
- The National Cancer Diagnosis Audit (NCDA)
- E-cigarette position statement
- Cancer toolkit
- E-learning modules on VBAs

For more information on any of the above activities, please contact Lindsay Allan (Lindsay.allan@cancer.org.uk)

National Cancer Diagnosis Audit – UPDATE ENGLAND EXTENDED DEADLINE

been released. This new edition is full of early diagnosis and cancer prevention messaging for patients – to help raise awareness of signs and symptoms of cancer.

The magazine includes: top tips on how to live a healthier lifestyle, Q&A with a CRUK nurse a health report on obesity.

The magazine is free.

Order a copy on the [publications website](#). They have a shelf life of approx. 6 months.



The joint Cancer Research UK, Macmillan Cancer Support and Royal College of General Practitioners national cancer diagnosis audit, supported by NHS England and Public Health England in the 2016 cancer strategy, has considered feedback from practices involved around workload and staff capacity and decided to **extend the period of primary care data collection until 6th January 2017** in England. This will enable practices to complete the audit on all their patients diagnosed in 2014.

SCOTLAND NOW OPEN

The audit, supported by NHS Scotland, is now open in Scotland and recruiting GP practices to submit data on cancer patients' interaction with primary care. **Data collection will open January 2017**. The audit will inform local service planning, influence care pathway decisions and help measure the impact of diagnostic pathway changes.

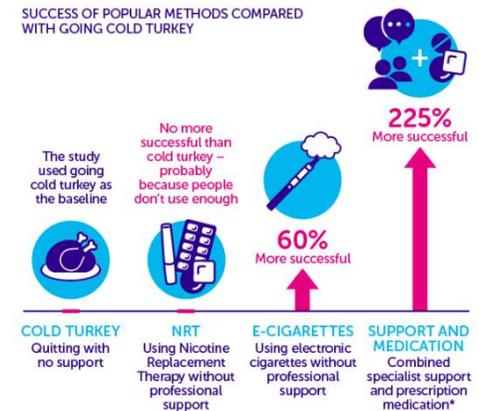
Register to undertake the audit by emailing nss.isdncda@nhs.net and see more information at www.cruk.org/ncda.

RCGP position statement on e-cigarettes

The RCGP has released its position statement on 'Electronic Nicotine Delivery Systems' (ENDS) or e-cigarettes. The statement makes a number of recommendations, including that:

1. GPs provide advice on the relative risks of smoking and e-cigarette use, and provide effective referral routes into stop smoking services.
2. GPs engage actively with smokers who want to quit with the help of e-cigarettes.
3. Where a patient wants to quit smoking, and has not succeeded with other options, GPs should recommend and support the use of ENDS.
4. GPs recognise ENDS offer a wide reaching, low-cost intervention to reduce smoking (especially deprived

WHAT'S THE MOST SUCCESSFUL WAY TO STOP SMOKING?



*Available free from your local Stop Smoking Service nhs.uk/smokefree

Source: Kotz, D, Brown, J, West, R, 2014 'Real-world' effectiveness of smoking cessation treatments: a population study. *Addiction*, 109(1):491-9. doi:10.1111/add.12429; Brown, J, Beard, E, Kotz, D, Michae, S, West, R, 2014 Real-world effectiveness of e-cigarettes when used to aid smoking cessation: a cross-sectional population study. *Addiction*, 109(9): 1531-1540

WE WILL BEAT CANCER SOONER.
cruk.org/smoking



CRUK Facilitator Programme

Our facilitators work directly with health services to drive improvement in cancer prevention and diagnosis. We provide free of charge, practical support to change the way health professionals manage cancer.

To find out more and connect with your local Facilitator please visit our website at cruk.org/facilitators.

CRUK cancer stats update

New indicator 'Excess weight in children' for Scotland.

The new Scotland statistics cover the percentage of children whose BMI is in or above the 91st percentile in 2014/15. Data is at both Local authority and health board level.

- groups in society and those with poor mental health, both having elevated rates of smoking).
5. All GPs encourage smokers who want to use e-cigarettes as an aid to quit smoking to seek the support of local stop smoking services

For more information, see the [article](#) from Dr Richard Roope, CRUK/RCGP Clinical Champion for Cancer.

ACE Programme: The direct access approach

A series of projects run through the [ACE Programme](#) are focusing on GP direct access to diagnostic tests to see if this could help GPs handle patients with vague symptoms that may be linked to cancer.

Whilst direct access isn't new, little evaluation on the impact of direct access has been done so far.

In bowel cancer it's already showing promise. Two projects in London have seen the approach reduce waiting times. And patients seem to be happy with the experience. By eliminating that first hospital appointment, the approach has also freed up time for doctors and nursing staff.

And later this year, the ACE programme is testing an alternative way to diagnose patients with vague but concerning symptoms. Instead of direct access, where the GP refers a patient for a specific test, GPs can instead send patients to a [centre](#) with a range of diagnostic tests and a range of specialists.

Find out more [here](#).

In the news

1 in 6 women diagnosed with breast cancer have a symptom other than a lump

Research has found that around 1 in 6 women (17%) diagnosed with breast cancer go to their doctor with a symptom other than a lump – the most commonly reported breast cancer symptom.

Researchers from UCL found that, although most women with breast cancer sought help quickly, those with 'non-lump' symptoms were more likely to delay going to their doctor than those with a breast lump alone.



Find it:

On our Local Cancer Statistics [webpage](#).

Updated incidence and mortality projections for the UK.

The new statistics are for the UK projected from 2015-2035, for both incidence and mortality. There is updated content for all cancers combined and common cancers and new content for most cancer types.

Find it:

On our cancer statistics [webpage](#).

Use CRUK infographics in your work

We've made our cancer stats and science infographics available online for you to use in presentations,

Women presenting with breast ulceration, nipple abnormalities, breast infection or inflammation, swollen arm or armpit or pain in the armpit were more likely to wait longer than 3 months to seek help. Read more [here](#).

How GPs can encourage weight loss in just 30 seconds

Obesity is the [second biggest preventable cause of cancer](#) after smoking, and being overweight is linked to 13 different types of cancer. With recent figures from the [NHS' Health Survey for England](#) showing that 27% of adults are now classed as obese, this issue is more pressing than ever - but how can we encourage people to take action to lose weight?

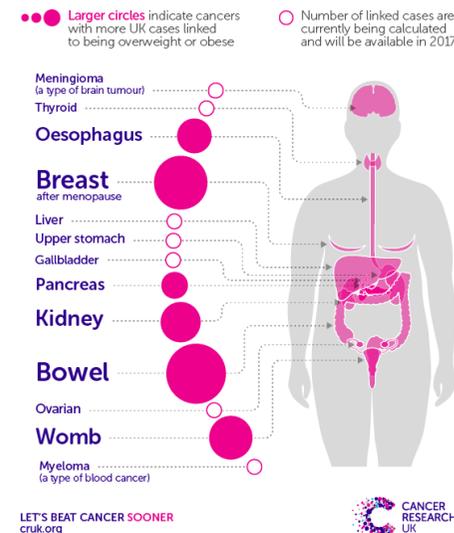
According to a [recent study in The Lancet](#), 8 in 10 overweight or obese people thought it was appropriate and helpful for their GP to suggest that losing weight would be good for their health.

And just a 30 second chat, or a 'very brief intervention' to give it its technical name, is all it takes for GPs to encourage people to shed some pounds.

We know that brief interventions have been successful in the past to encourage people to stop smoking – and a recent trial has shown that this could now be used to encourage weight loss. Patients given very brief advice on their weight were shown to have lost an average of 1.0kg 12 months later. Those offered advice alongside a Tier 2 referral lost 2.4kg. Read more [here](#).

Could a smartphone app help doctors to diagnose lung cancer?

BEING OVERWEIGHT CAN CAUSE 13 TYPES OF CANCER



posters and any other uses you can think of. Visit the [CRUK Pinterest](#) to see them.

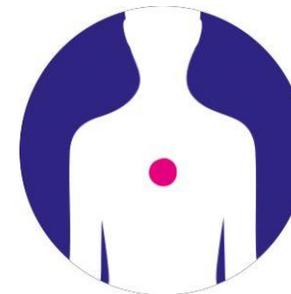
For queries about their re-use please [contact us](#).

In partnership with the British Thoracic Society (BTS), CRUK have developed an [app](#) for iPhones and iPads.

The goal is to make it easy for health professionals to access comprehensive guidelines published in 2015 by the Society on how to manage patients with small tissue growths – called pulmonary nodules – that can appear on lung scans. These nodules can be harmless, but they can also be cancerous and need treatment.

It's an exciting development and if successful, the app could be a great example of how apps could help in other areas of cancer care too.

For more information, please see [here](#).



News and Views – have your say

Are you working on something that would benefit from more input from likeminded health professionals?

Have you got any questions you'd like to pose to other health professionals interested in Cancer?

Would you like to share an update on relevant activities taking place in your area?

[Let us know](#) and we will share your questions and insights in the next Cascade Bulletin.

Bulletin Feedback:

If you would like to give feedback on the Cancer Cascade Bulletin or unsubscribe please email: Cascade@cancer.org.uk

GET IN TOUCH

Cascade@cancer.org.uk