

LIFE WITH AND AFTER CANCER – AN INTERPROFESSIONAL DEVELOPMENT PROJECT

H. ØSTERGAARD, MASTER OF ARTS IN EDUCATIONAL PSYCHOLOGY, PT.¹,
L.E. PEDERSEN MMA PT.¹, B. RITTIG-RASMUSSEN MPT, PHD PT.², H. OLSSON PT.³.

¹ Department of Physiotherapy and Occupational Therapy, Aarhus University Hospital, Denmark

² Department of Neurology, Aarhus University Hospital, Denmark

³ "Body and Cancer", Department of Oncology, Aarhus University Hospital, Denmark

BACKGROUND

Brief patient pathways and contacts at hospitals as well as reduced staff resources create a need for strengthening of specialist knowledge for patients with cancer.

Department of Oncology in collaboration with Centre for E-learning at Aarhus University Hospital (AUH) developed an online portal for patients with cancer. An interprofessional steering group with representatives from AUH, Regional Hospital West Jutland and Aarhus Municipality was established. All representatives have contributed to decisions concerning and development of the online portal.

This initiative focuses on learning and contributes with knowledge and tools to support patients with cancer and their relatives to cope with life with and after cancer.

PURPOSE

The purpose is to support patients with cancer to live an independent and meaningful life with the best possible level of functioning after the cancer diagnosis.

PROJEKTLEDER

Mads Storgaard Jensen, Center for E-læring

STYREGRUPPE

Christel Højbjerg, Aarhus Universitetshospital
Pia Riis Olsen, Aarhus Universitetshospital
Susan Larsen, Aarhus Universitetshospital
Helle Østergaard, Aarhus Universitetshospital
Ida Zerlang, Hospitalsenheden Midt Vest

METHOD

Consensus was reached on three main subjects for the portal: Fatigue, Pain and Psychological impact, based on a list of symptoms and two focus group interviews with patients with cancer.

Interprofessional working groups with specialist knowledge completed the content for the main subjects.

Physiotherapists with specialist knowledge completed the content on physical activity with exercise programmes, training videos and patient narratives. Moreover, tools for making a training diary and setting goals were available at the portal. The portal is based on evidence-based knowledge. Tools were developed e.g. within mindfulness, nutrition, sleep problems and management of new roles in the family.

RESULTS

The online portal is now accessible as a supplement to rehabilitation efforts at hospitals and in municipalities. <http://www.livogkraeft.rm.dk/> User involvement and learning have been emphasized in the development of the portal, which may be transferable to other patient categories.

EVALUATION

The portal includes a user feedback button. A tracking device shows which pages users have visited. Six months after the launch, statistics will be made as the basis for discussions, adjustments or revision. A qualitative study is planned to explore if the portal meets patients' demands for new knowledge, skills or attitudes important for daily living.

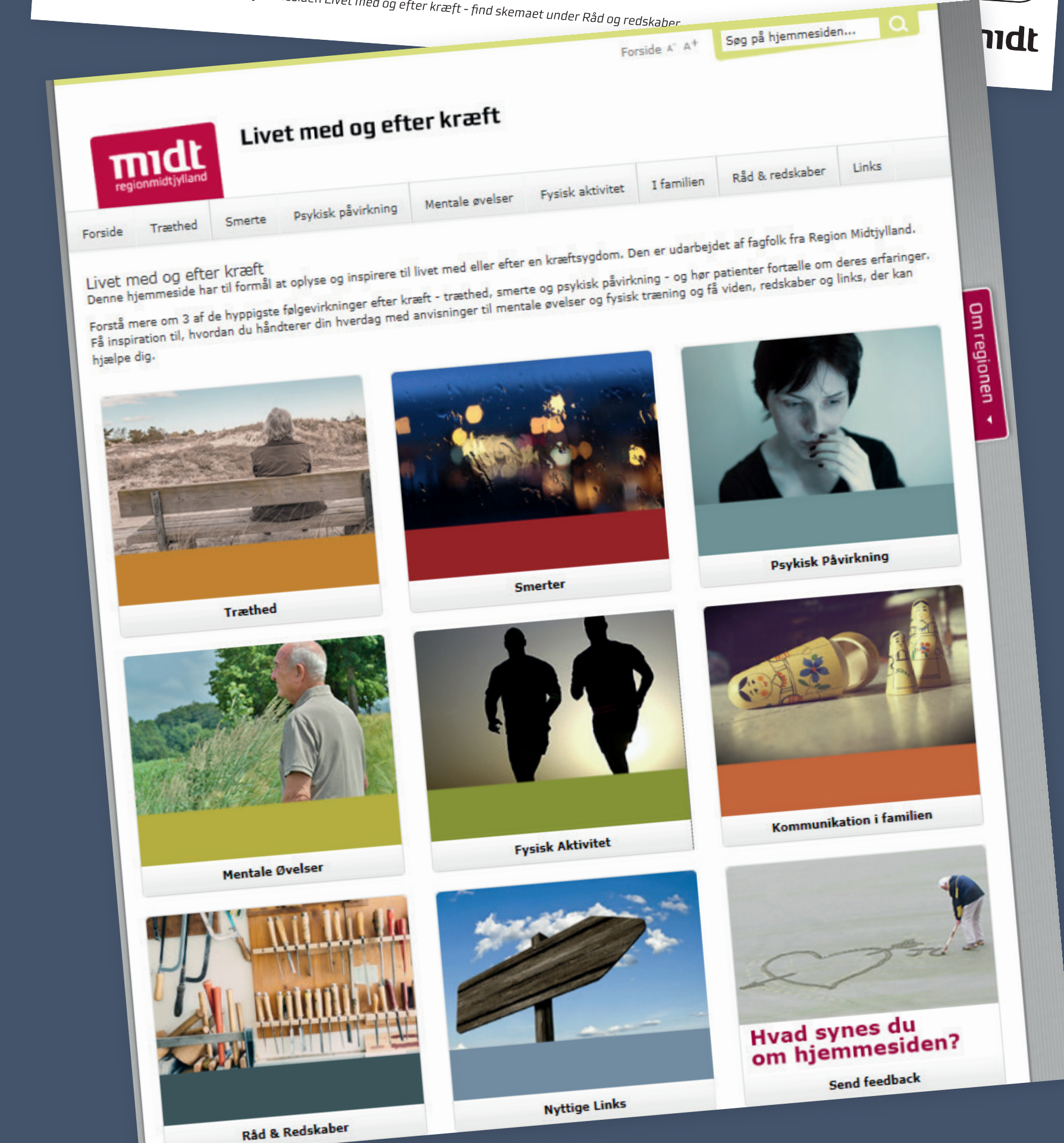
Mål med træning

At sætte sig konkrete mål med sin træning kan hjælpe én til at holde motivationen på den længste bane, og når mål er sat, er det nemt at holde dem.

Udprint skema og prøv at beskrive så konkret som muligt din træningsmål. Husk at du selv definerer dine mål ud fra dine ønsker, men også din krop.

| Spørgsmål | Eksempel | Mål |
|---|--|-----|
| Hvad er træningsmålet specifikt, og hvordan skal det være realistisk? | Hvis man er gammel og har problemer med at løbe, kan man sætte sig et mål om at løbe 1 km i løbet af 1 måned. | |
| Howdan vil du kunne se, om målet er nået? | Ind at jeg gennemfører 1 km løbet i løbet af 1 måned. | |
| Hvor vigtigt er målet for dig? (på en skala fra 1 til 10) | 7 | |
| Howdan vil du nå målet? | 1. Jeg vil starte med en løbetur på 1 km om ugen på en løbsbane. 2. Jeg vil løbe 2 gange om ugen på 1 km. 3. Jeg vil løbe 3 gange om ugen på 1 km. 4. Jeg vil løbe 4 gange om ugen på 1 km. 5. Jeg vil løbe 5 gange om ugen på 1 km. 6. Jeg vil løbe 6 gange om ugen på 1 km. 7. Jeg vil løbe 7 gange om ugen på 1 km. 8. Jeg vil løbe 8 gange om ugen på 1 km. 9. Jeg vil løbe 9 gange om ugen på 1 km. 10. Jeg vil løbe 10 gange om ugen på 1 km. | |
| Hvad vil det betyde for dig? | Hvis jeg gennemfører løbet, vil jeg være glad og sund, og jeg vil være i stand til at løbe 1 km i løbet af 1 måned. | |

* Dette skema er downloadet fra hjemmesiden Livet med og efter kræft - find skemaet under Råd og redskaber.



www.livogkraeft.rm.dk