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## Patient Outcome Following Inpatient Rehabilitation within the London Sarcoma Service

Abigail McCarthy<sup>1</sup>

<sup>1</sup>) Royal National Orthopaedic Hospital, United Kingdom

Research suggests physical activity during or after cancer treatment improves physical and psychological wellbeing, reduces risks of consequence of treatment and improves survival rates, hence Macmillan launched the Move More campaign in 2011. The National Cancer Survivorship Initiative also identified a requirement for change to the care pathway of patients to offer a more holistic approach. The National Cancer Action Team have also published rehabilitation guidelines for sarcoma patients (2012).

Observing patients returning to clinic following completion of adjuvant treatment it was noted full functional potential was often not achieved. Reductions in funding of local outpatient services meant patients were often dismissed due to non-attendance or were discharged after 6 sessions. The London Sarcoma Service recognised the requirement to broaden the rehabilitation services provided to oncological orthopaedic patients and developed a focussed one week in-patient rehabilitation programme with OP follow up.

The therapy led programme includes joint initial assessment with PT and OT to address therapeutic, functional and quality of life issues. Core stability, gait re-education and cardiovascular endurance are common focus areas to achieve goals as diverse as equestrian pursuits, bathing, driving and return to work. The presence of the ASPIRE training centre on site is helpful in allowing patients to gain confidence in use of leisure facilities when returning to their local community.

The results from 10 patients who have utilised this programme will be presented including a thematic analysis of patient concerns and goals following assessment. Patient satisfaction has been high and use of the patient specific functional scale outcome measure has demonstrated a significant improvement in patient function during the week. Patients have been followed up to ensure that their progress has been maintained and continued.

*E-mail (main author): Abigail.McCarthy@rnoh.nhs.uk*