



Association Francophone des
Soins Oncologiques de Support

Therapeutic education for patients receiving anti-cancer oral therapies: Practical aspects and AFSOS Guidelines

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MASCC/ISOO 2018
ANNUAL MEETING VIENNA

28 - 30 JUNE 2018
Supportive Care Makes Excellent
Cancer Care Possible #MASCC18



Faculty Disclosure

- ▶ Nothing to disclose : Typhaine Maupoint
- ▶ Dr Mario Di Palma

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Evolution of patients care in oncology

- ▶ More and more therapeutic options
- ▶ Earlier diagnosis, effectiveness of specific therapies and supportive care availability
 - Cancer is becoming a chronic disease for many patients
 - Improving quality of life is mandatory
- ▶ Ambulatory care is often possible
 - Today more patients have access to oral therapies: home treatment

Oral therapies: challenges

- ▶ Patients earn autonomy in getting treatment
- ▶ But this could be stressful for patients and relatives
 - Treatment Management
 - Side Effects detection and care
 - Compliance
- ▶ Iatrogenic risks are increased
- ▶ Caregiver involvement and training

Regulatory framework

« Patient Therapeutic Education aims to help patients to acquire or maintain the skills they need to manage their life with chronic illness¹. »

Rapport de l'OMS-Europe, publié en 1996, *Therapeutic Patient Education – Continuing Education Programmes for Health Care Providers in the field of Chronic Disease*, traduit en français en 1998

- ▶ 2009: Official recognition of therapeutic education for patients in French Health Law (Loi HPST Hôpital Patient Santé Territoire)

Reference text: Decree of 02/08/2010 amended and supplemented by the decree of 14/01/2015 and the decree of 31/05/2013

- ▶ Methodological Guidelines defined by Health Authorities (Haute Autorité de Santé)
- ▶ French National Cancer Plan 2014-2019
 - « to develop patient's skills as a care partner using Therapeutic Education Programs (ETP)

Therapeutic Education Programs: objectives

- ▶ Maximise the effectiveness of specific treatments
 - Optimize therapeutic index
- ▶ Improve patient's quality of life
- ▶ Make the patient an actor in his care
 - Understanding the disease and the treatments
 - Help patients and their families live better with the disease

Therapeutic education: implementation (1)

- ✓ Proposed by a physician
- ✓ Involving at least 2 different health care professionals
 - Always including one physician
- ✓ Specific training for ETP healthcare team required (42H training)
 - In order to get specific skills (technical, relational, educational and organizational)
- ✓ Always patient centered

Therapeutic education: implementation (2)

- ✓ Should be included in treatment planning and care
- ✓ Should be a continuous process
- ✓ Should be multi-professional and interdisciplinary
- ✓ Should include an individual patient assessment and program evaluation

The educational approach: in 4 steps

I – initial assessment needed

Shared education assessment (BEP) or educational diagnosis in order to evaluate:

- ▶ Patient's difficulties and resources
- ▶ **His priorities and life projects**
 - **In agreement with the patient: define personalized and realistic goals.**

The educational approach: in 4 steps

II - Set goals:

- ▶ Understanding disease
- ▶ Understanding treatment
 - Managing treatment
- ▶ Preventing and monitoring side effects of treatment and disease symptoms
 - Identifying and managing them
- ▶ Maintaining general status as good as possible
 - Maintaining patient's social life

The educational approach: in 4 steps

III - Educational workshops

Define with the ETP team:

- ▶ Themes
- ▶ Individual or collective workshops
- ▶ Target population
- ▶ Objectives and skills to acquire
- ▶ Key messages based on current recommendations
- ▶ Stakeholders
- ▶ Educational tools
- ▶ Duration
- ▶ Evaluation

The educational approach: in 4 steps

IV - Evaluation

When?

- ✓ At the end of the program with initial BEP

Goals?

- ✓ Highlight patient changes
- ✓ Check understanding of information
- ✓ Adjust patient's personalised program

Tools?

- ✓ Quiz/Role play/Quality of Life Assessment Scale

Nurse point of view

- ▶ Patient education is part of nurse work
 - ETP develops further this skill
- ▶ A different role for nurse
- ▶ Education approach is long term oriented
- ▶ ETP helps to fill the gap between patient and health care professional perception

ETP limitations

- ▶ Time
 - Patient availability
- ▶ Patient participation
 - Performance status and psychological status
 - Not always agree to go back to school
- ▶ Course of the disease
- ▶ Place for caregivers

ETP program for all ?

- ▶ ETP program may not be adapted to all patients
- ▶ But limited and targeted ETP should be offered to all patients

- ▶ Ex: localized prostate cancer patients
- ▶ Ex: oral therapies for patients with metastatic disease

Thanks you for your attention



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