

Animating our patients

Improving how patients learn about their chemotherapy treatment

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Background

People with cancer experience a significant amount of distress surrounding diagnosis and commencement of treatment.

Those receiving chemotherapy to treat their cancer require comprehensive information, educating them on what to expect and encouraging identification and reporting of possible side-effects.

Wimmera Cancer Centre Nurse-led education sessions provide patients with knowledge regarding their cancer treatment, however an evaluation on the current practices indicated improvements to these sessions could be made, to assist the goal of reducing distress and increasing self-efficacy of symptom management.

As evidence showed audio-visual methods such as animation were an effective method for conveying health information and assisting with information retention, the decision to create an animated educational video was made.

Aim

Development an audio-visual tool to deliver consistent information about anti-cancer treatment to assist patients in retaining information provided in the pre- education sessions; aiming to increase self-efficacy of symptom management and reduce distress.

Methods

Co-design methods provided the framework for the resource development.

Data were collected and used in four stages

- Qualitative patient survey
- Cancer nurse working group
- Patient support groups
- Resource feedback and editing

Key topics addressed

- What cancer is & how it is treated
- What chemotherapy is & why have it
- Chemotherapy side effects
- Blood counts & monitoring
- Looking after yourself during treatment
- Keeping safe out & about
- Diet & nutrition
- Personal relationships & family
- Chemotherapy safety at home
- When to seek help

Conclusion

Having input from such a diverse group of people has resulted in a video that will assist with the provision of consistent comprehensive evidence-based information provided to people who will be undergoing chemotherapy and their support people.

While assisting increase patients' knowledge regarding chemotherapy, it will also improve their preparedness for cancer-directed therapy.

Plans for ongoing promotion and wider distribution of the resource are underway.

With the success of the approach used for this video, and much positive feedback, creation of a similar style resource will be created for immunotherapy education.



Co-production in action

Refining the idea

- Working with GICS Service Improvement Facilitators
- Brainstorming with staff

Listening to the people

30 people consulted for content

- People undergoing chemotherapy
- Carers of people undergoing Chemotherapy
- Nurses working in Chemotherapy Day Units

Designing the content

- Script writing
- Working with a A-V company for animation design and voice recording

Feedback from user groups

"a nice starting point to having chemotherapy, very clear and relevant content"

"...wish they had something like this when I first had chemotherapy"

Check out the video here



1. Grampians Health Horsham – Wimmera Cancer Centre
2. Grampians Integrated Cancer Service (GICS)