CAReGO: Complex and Recurrent Gynaecological Oncology

Zena Salih, Rebecca Wight, Julia Pugh, Jurjees Hasan, Claire Mitchell, Andrew Clamp, Gordon Jayson

The Christie NHS Foundation trust, Wilmslow Road, Manchester, M20 4BX

Introduction

In the UK, endometrial cancer is the 4th most common and ovarian cancer the 6th most common cancer in females. Incidence of ovarian cancer is set to rise by 15% by 2035. Women with advanced gynaecological cancers often experience complex recurrent symptoms. These patients can be extremely symptomatic, require long inpatient hospital stays and have poor patient experience.

Aims

- Manage any complex disease-related symptoms proactively.
- Optimise quality of life (QoL) and improve life-span.
- Enable patients to be at home as much as possible.

Methods

The majority of these women have acute/sub-acute disease-related symptoms requiring specialist management. The novel multi-disciplinary CAReGO service has been developed to deliver a specialist outpatient service to facilitate rapid access to assessment and improve patient experience for this group. Those requiring inpatient care are supported by specialist inpatient ANP and Consultant to minimise length of stay. The clinical coordinator facilitates patient care at The Christie, in the community and other secondary care services.

- Unique collaboration with Salford Royal IFU
- Able to deliver home total parenteral nutrition (HPN)

Results

- 60% of referrals had advanced disease

CAReGO personalises the approach, by integrating care to ensure patients can access the right treatment in the setting most appropriate for them.

- UK first, patient focused, consultant led unit
- Novel collaborative service
- Centre of referral and research
- International level survival data
- Optimise and accelerate malignant bowel obstruction and HPN pathway.

Discussion

Women with advanced gynaecological cancers often experience complex recurrent symptoms which may include, bowel dysfunction/obstruction, ascites, pain and emotional distress. Management requires specialist input to co-ordinate and optimise therapeutic intervention. Early recognition, proactive management of symptoms and rapid access to ambulatory care reduces emergency hospital admissions Thus, relieving pressure on secondary care services, releasing bed days and improving patient QoL.

This unique service can improve patient QoL and facilitate significant cost savings for healthcare.