The Dutch cancer rehabilitation system
15 years of nationwide expertise and innovation

from practice-based intervention to
evidence-based guidelines

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associate director National program ‘Cancer rehabilitation & survivorship care’

Comprehensive Cancer Centre the Netherlands
CCC & cancer survivorship

- Cancer survivors: 370,000 - 700,000 in 2000 - 2015
- 90% increase up to 4% of Dutch population

Dutch Cancer Registry, Survival rates IKA, Dutch Cancer Society

Comprehensive Cancer Centres (CCC)
- Expertise centres in oncology on 8 locations
- National Programme: rehabilitation and survivorship care

Practice-based intervention → evidence-based guidelines
Cancer rehabilitation

1996: Rehabilitation programme
Recovery & Stability

Design:
– oncology & rehabilitation
– practice-based protocols
– to meet patients’ needs

– 12 weeks programme
– physical training 2x/wk & psycho education 1x/wk
– group programme, individual tailored
– goal: improve patients’ quality of life
**Evaluation**

1997-2006: National database, N=1398 pre-test/post-test
- Evaluation: N=658, 78% female, age 18-75 (51)
- Effects: increase quality of life, decrease fatigue
- Rehabilitation is feasible in heterogeneous groups
- Patient satisfaction: 8.9 (0-10)

Korstjens, Velthuis

2002-2008: Multicenter trial
- RCT: physical training vs physical training + problem solving therapy
- N=209, 62 controls, 86% female, age 17-74 (50)
- Rehabilitation short/long-term positive effects
- Effect training = effect training + problem solving

Korstjens, May, Weert
Implementation & dissemination

Nationwide network:
200 professionals

2002: Foundation Recovery & Stability organised collaboration
– CCC & rehabilitation centres & patients associations
– Implementation and financing of cancer rehabilitation
Quality care system

- Network coordination
- Quality criteria
- Licences
  - Brand name
- Protocols
- Professional education
- Finances
- Communication
- Quality monitor
Guideline ‘Cancer rehabilitation’

National evidence-based guideline
- Multidisciplinary, multicenter rehabilitation
- Working group: professionals & patients’ perspectives

Recommendations for cancer rehabilitation:
- During and after cancer treatment: physical training
- In palliative phase: training focus quality of life

Other guidelines:
- Cancer survivorship care
- Screening for psychosocial distress
- Work re-integration
Conclusions

Success:
- Implementation & nationwide network
- Rehabilitation available as standard care
- Quality system & nationwide expertise
- National guideline evidence-based

Improvements:
- Single concept → modular rehabilitation in all phases
- Referral system & intake
- Guideline implementation
- Research: (cost) effectiveness, work, assessment
- Knowledge & expertise
- Coordination & collaboration
Future perspectives

“I am looking forward to the future, the rehabilitation showed me the way.”

Dutch teamwork

– 200 Professionals at health & rehabilitation centres
– CCCN team: Ria Koppejan-Rensenbrink, Jeanette Hellendoorn-van Vreeswijk, Brigitte Gijsen, Miranda Velthuis, Saskia Lunter, Marjolein van der Pol, Ursula Fisscher, Evelien van der Peet, Lynn Rulkens, Roos-Marie Tummers, Josette Hoekstra-Weebers, Vanessa Bouwman
– Consultant Jan-Paul van den Berg MD, Meander MC

European network & collaboration
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