The Dutch cancer rehabilitation & survivorship care
from practice-based intervention to evidence-based guidelines

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Comprehensive Cancer Centre the Netherlands
CCCN & 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 Centre (CCCN)
• National expertise centre in oncology on 8 locations
• National Programme: rehabilitation & survivorship care
• Practice-based intervention → evidence-based guidelines
Cancer rehabilitation

1996: Rehabilitation programme Recovery & Stability
• needs assessment: 25% rehab
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:
1998: 2 centres → 2010: 68 centres
± 300 professionals

2002: Foundation Recovery & Stability
• Organized collaboration
• CCCN & rehabilitation centres & patients associations
• Implementation and financing of cancer rehabilitation
Quality care system

- Quality criteria
- Licences
- Protocols
- Professional education
- Communications
- Finances
- Quality monitor
- Network Coordination

KnL comprehensive cancer centre the Netherlands
### Facts & figures rehabilitation system 2010, 2009

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<th>2010</th>
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<td>Patients in rehabilitation</td>
<td>2486</td>
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<td>Quality monitor in centres</td>
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<td>health insurance system</td>
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Guideline cancer rehabilitation

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

Guideline recommendations
- Rehabilitation care in all phases of cancer
- During and after cancer treatment: physical training
- In palliative phase: training focus quality of life
- Tailored supportive care
Guideline cancer survivorship care

Cancer aftercare in 1st year after treatment

New cancer manifestations
• Detection only in case of improved survival

Cancer side effects
• Systematic detection and treatment

Cancer survivorship care plan:
• Individual tailored
• Coordination of cancer after care
Modular cancer rehabilitation, tailored care in all phases of cancer
Integrated cancer survivorship care

Network:
- quality care
- expertise
- research

Cancer survivorship plan

Self management

Oncology care
- hospital

Primary care
- physiotherapy
- psychology

Patient

Multidisciplinary rehabilitation care
- hospital
- rehabilitation centre
Patients’ perspectives

• Survivorship or prolonged survival
• Quality of life
• Participation

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

- Dutch Health Council, 2007
- Weert et al *Patient Education and Counseling*, 2008
- May et al, *Supportive Care in Cancer*, 2009
- Velthuis et al, *BMC Cancer*, 2010
- Maria Hellbom et al. *Acta Oncologica*, 2011