Rehabilitation of cancer patients in Denmark – an upcoming field

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Definition of rehabilitation

- Rehabilitation is defined as a targeted and temporary process of collaboration between individuals, their relatives and the professionals, with the aim to promote independence and a meaningful life.
Who takes care of cancer rehabilitation in Denmark?

- Is by The Health Act managed partly by municipalities and partly by hospitals
- No clear definition concerning division of responsibility
- Necessary before a coherent trans-sectional rehabilitation program can be established
Since 2001: Dallund - Cancer Rehabilitation Center
The Health Care Centre for Cancer Survivors in Copenhagen

- Established in 2007 by The Health Care Administration in collaboration with The Danish Cancer Society
- The only centre of its kind in Denmark
- Offers rehabilitation to a population of 530,000 citizens
- Yearly 3,000 new patients are diagnosed
- More than 20,000 persons are living with or after a cancer disease
The Health Care Centre offers:

- A primary contact person
- Patient education
- Physiotherapeutic intervention
- Dietary guidance
- Psychological counselling
- Social counselling
Rigshospitalet in Copenhagen

- Cancer rehabilitation nurse
- UCSF (The University Hospitals Centre for Nursing and Care Research)
  - Multimodal group exercise intervention
  - Have shown that physical training in supervised groups can benefit a variety of self-referred, motivated cancer patients undergoing chemotherapy

Evaluation of Health Care Centre 2009 - demography

- A profile of 144 citizens with cancer who participated in assessment interviews over a three month period in 2009

- 80% of the referred citizens are women
- 9% have foreign ethnic background
- The average age is 55 years
- 53% (2009) are 50-69 years old
Education and employment

- 34% have no higher education
- About half have no, or short-cycle higher education
- 50% of the 144 citizens are employed and of these 77% are on sick leave
Which programmes do citizens with cancer use?

144 citizens' use of the health care centre in a three month period after initial contact:

- 48% have a course that consists of group sessions and individual activities
- 28% solely use individual sessions
- 24% participate only in assessment interview + telephone consultations
Physical activity is the intervention mostly used

- 44% of the citizens join in strength and cardiovascular training classes twice a week
- Approximately 40% of planned exercise times are cancelled by the citizen because of outpatient hospital visits, treatment, side effects etc
- Individual counselling and therapy are highly sought
SAMMENFATNING
Evaluering af rehabilitering i Sundhedscenter for Kræfttramte
Kommunal indsats 2007–2009

SUMMARY
Evaluation of rehabilitation at the Health Care Centre for Cancer Survivors
Municipal measures 2007–2009
Co-morbidity (Charlson's index)

Table 3: Charlson's index showing the user profile 2008 divided in none, medium, or severe co-morbidity

<table>
<thead>
<tr>
<th>CHARLSONS INDEX SCORE</th>
<th>ALL DIAGNOSES %</th>
<th>LUNG CANCER %</th>
<th>BREAST CANCER %</th>
<th>COLON CANCER %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not informed</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>2 (No co-morbidity)</td>
<td>58</td>
<td>41</td>
<td>70</td>
<td>39</td>
</tr>
<tr>
<td>3-4 (Medium co-morbidity)</td>
<td>19</td>
<td>24</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>5-9 (Severe co-morbidity)</td>
<td>22</td>
<td>33</td>
<td>12</td>
<td>42</td>
</tr>
</tbody>
</table>

| n                      | 297             | 51            | 178             | 66             |
| Average age            | 56 years        | 61 years      | 53 years        | 60 years       |
Case: Anna 62 år
Interpretation of Anna's symptoms in data collection and research

- Oncologist: "Side effects of chemotherapy and radiation - the sadness is natural"
- Diabetologist: Complications of dysregulated type 2 diabetes. Own doctor to deal with depression
- Cardiologist: Adverse reactions to beta-blockers and statins
- Neurologist: Sequelae of stroke
International cooperation

- What is the optimal rehabilitation of cancer?
- How do we in the best way support the citizen’s employee retention and return to the workplace?
- A common European approach to assess the effect of rehabilitation with simultaneous correction for symptoms and side effects of the treatment of comorbidity
- European network can facilitate the process