Project Rehabilitation of cancer patients - creating group offers
Municipality of Gjøvik 2009 - 2010

Project manager:
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Cancer coordinator:
Cancer nurse
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Where is Gjøvik situated?

Gjøvik Municipality is situated in the County of Oppland.
The Municipality of Gjøvik

Approximately 29,000 inhabitants

2008:

Total number of cancer patients 1060

155 new cancer cases were registered. (National Cancer Register)

The largest increase of cancer is found among the older members of the population.
The Municipality of Gjøvik has identified cancer treatment as an important area

- Cancer coordinator
- Working with several other nurses and a physiotherapist
- Cancer action plan
- Focus on preventative measures
- Establishing a palliative unit in a nursing home
- Continue cooperation with the local doctors
- Strengthen cooperation with the Regional Hospital
- Contribute to improving the competence in cancer treatment
Project background
Anchored in the Cancer action plan

• The Municipality of Gjøvik wishes to meet the challenges of cancer in a proactive and comprehensive manner (Cancer action plan)
• The project is anchored at the top-level of the municipal management
Partners in the project

The project is funded by
- The Norwegian Cancer Society
- The Extra Foundation, Health and Rehabilitation

Other partners
- The Regional Hospital (Sykehuset Innlandet)
- Others
Main aims of the project

• Support cancer patients in regaining the ability to cope with their own lives

• Ensure patients and families optimal follow-up through targeted interdisciplinary services
Areas in the project

• Developing different methods/documents
• Competence elevation
• Diet/ nutrition
• Creating group offers for cancer patients
Developing methods/documents

• Main document concerning Cancer care
• Systematic introduction of the use of Individual Plan for palliative patients
• Systematic introduction of the use of the ESAS (Symptom identification tools)
• Documents concerning diet/ nutrition
• Documents concerning technological remedies

The methods will be saved in the municipality’s internal computer system and used by the employees
Competence development

• 22 employees in the municipality have attended courses and developed practical skills in Cancer care
• Knowledge is shared by giving lectures for colleagues
Creating group offers for cancer patients

Preparative phase (recruitment)
• Developed information brochure
• Letters sent to all GPs
• Information given to the Regional Hospital
• Information given to local subgroups of The Cancer Society
• Information via newspaper articles and advertisements
Content of the group offer

- Emphasis on adapted physical activities
- Information/conversation about important issues
- Social interaction/conversation
Group division

- First planned to divide according to curative/palliative phase
- Classification according to function proved to be the best
- Group 1: For people with a relatively high level of function (approximately 20 persons)
- Group 2: For people with a lower level of function (approximately 10 persons)
Very good response!

- Most of group 1 was signed up the first day

- Cancer coordinator and cancer nurses were important in recruitment of group 2

- We received inquiries from the neighbouring municipalities, who wished that we could open up for their patients

- We accepted individuals, but could not give offers to neighbouring municipalities in general (question of capacity)
Statement from one of the group participants:

• “This offer is one of the best things that has happened to me in association with my cancer. I have been longing for such an offer for a long time!”
Information/conversation section in the group offer

Important topics

- Physical activity
- Energy conservation
- Diet/nutrition
- Recipes and tasting
- Coping strategies
- Social rights
- Emotional reactions/Mental health
- Cancer and sexuality
- Relatives
- Wellness
- Et cetera
Further tasks in the project

- Develop/improve the group offer continually
- Cooperate with the Learning and Coping Center in preparing the information given in the group offer
- Look at the possibilities for new initiatives for cancer patients (e.g. pool training for breast cancer patients)
- Offers for men as a target group
- Always recruit new participants in the group offer
- Communicate our ideas to neighbouring municipalities, so they can start similar activities
Evaluation /feedback

• Prepared questionnaires to participants and received very good feedback
• Good feedback from both central and local levels of The Norwegian Cancer Society and from the municipal management
Thank you very much for your attention!