

Royal College  
of Occupational  
Therapists

NI YW  
MACMILLAN.  
CYMORTH CANSER  
WE ARE  
MACMILLAN.  
CANCER SUPPORT



tenovus  
cancer care  
gofal cancer

MAGGIE'S  
Everyone's home of cancer care



How do therapeutic relationships  
support self-management in cancer  
rehabilitation?:  
The findings from a Modified Delphi  
Technique.

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18/06/2019 S67 1220-13:05 Media Suite



## Research Context

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Cancer incidence & survival

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Consequences of cancer

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Longevity of outcomes

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Healthcare system pressures

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Self-management

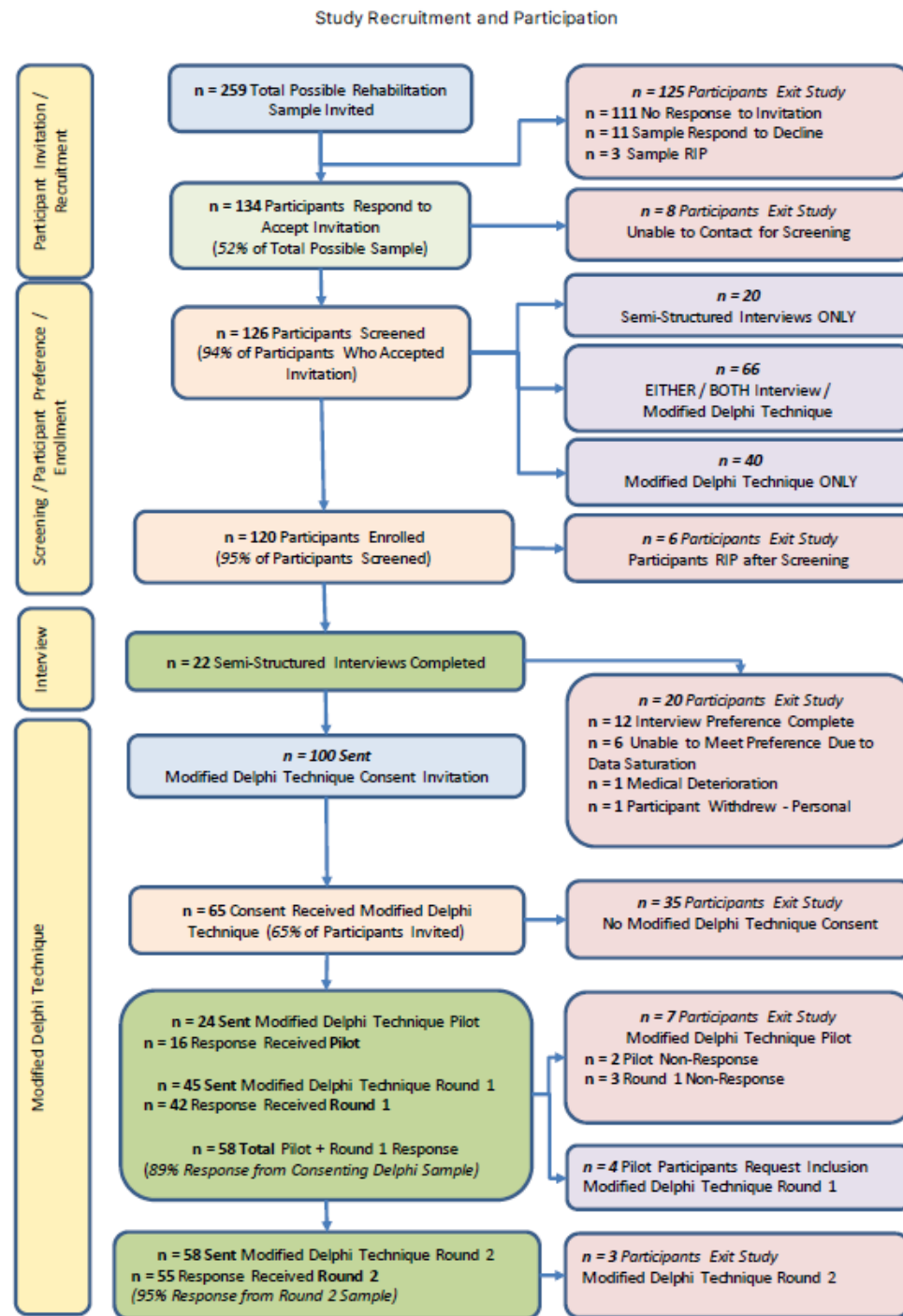
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Secondary prevention

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Participant feedback

# Overview of Research Activities



# Modified Delphi Technique

# Modified Delphi Technique: Round 1 Analysis

ITEM	AVG SCORE OF IMPORTANCE (0-4)	% OF RESPONSES 0-2	% OF RESPONSES 3-4	SUM - COULD BE CONSIDERED INDICATIVE OF PERSONAL RELEVANCE TO RESPONDENTS	KEEP	REMOVE	FOR FURTHER DISCUSSION IN DELPHI ROUND 2	STATEMENTS FROM DELPHI 1
1	2.429824561	50.88%	49.12%	-6		*		I need to see the point in what I am doing during rehabilitation. It must be relevant to my needs.
2	2.710526316	31.58%	68.42%	1			*	I feel I am respected, and being treated as a whole person.
3	2.649122807	42.11%	57.89%	-3			*	It is my body, my life. I am offered choice and support to make decisions.
4	2.666666667	45.61%	54.39%	12			*	I am taking part in something that enables me to take some control back.
5	2.526785714	48.21%	51.79%	-10		*		I need clear information so I know what to expect from rehabilitation.
6	2.710526316	36.84%	63.16%	9			*	I need rehabilitation to be tailored for my needs, offering the right level of challenge.
7	2.464912281	49.12%	50.88%	2			*	I need to hear if I am making progress, or not. A clear, gentle, independent opinion.
8	2.780701754	36.84%	63.16%	7			*	I am learning the skills that I need to manage my future health and lifestyle.
9	2.938596491	21.05%	78.95%	12	*			<b>I feel that I am talking with healthcare professionals who understand me.</b>
10	2.903508772	28.07%	71.93%	4	*			I feel the healthcare professionals care for me as a person.
11	2.798245614	35.09%	64.91%	1			*	I am noticed. The team notice if I struggle, or improve, and talk to me about this.
12	2.535087719	49.12%	50.88%	-2		*		<b>I need the healthcare professionals to work with me, as a team, towards my goals.</b>
13	2.98245614	26.32%	73.68%	17	*			I need to know someone is there for me if I need support or advice in the future.
14	2.938596491	29.82%	70.18%	10	*			<b>I need professionals to be the right type of person for the job that they're doing.</b>
15	2.271929825	56.14%	43.86%	-3		*		<b>I need to spend time with other people who have had similar experiences to me.</b>
16	3.116071429	19.64%	80.36%	14	*			<b>I need well trained professionals with the right knowledge and experience.</b>
17	3.061403509	26.32%	73.68%	20	*			I need to laugh during rehabilitation, there's work to do, but it can also be enjoyable.
18	2.99122807	26.32%	73.68%	11	*			<b>My relationship with professionals needs to be open, honest and trusting.</b>
19	2.848214286	26.79%	73.21%	-5			*	I need to trust the quality of the service. I need to feel safe
20	2.412280702	59.65%	40.35%	-16		*		<b>I need rehabilitation to be convenient, and fit in with other commitments.</b>
21							*	Outdoors activities
22							*	Pay for classes

mean score out of maximum of 4

0-2 = not at all, not very, important

3-4 = very or most important

sum of total = 1 point every time selected for keep / -1 every time voted for remove



# Modified Delphi Technique: Round 1 Findings

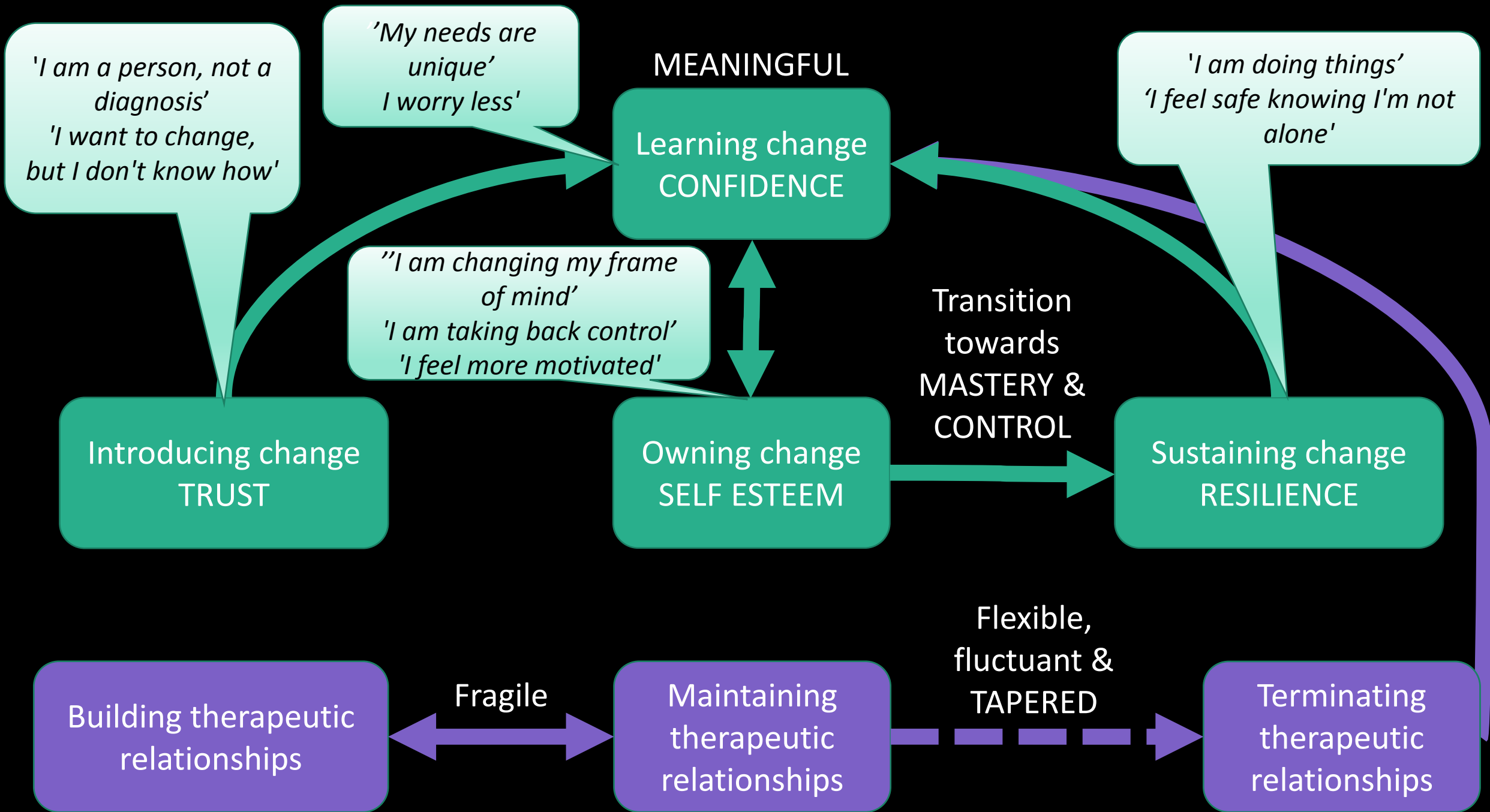
## PART 1: WHAT IS IMPORTANT TO YOU DURING CANCER REHABILITATION?

This is what YOU said in Round 1...

The MOST IMPORTANT statements were:	The LEAST IMPORTANT statements were:
<p><b>70% or more</b> of people said that the following statements were 'Very' or 'Most' Important, and scored the highest <b>average score</b> of 'Importance' and were <b>most frequently</b> listed in the '<b>Keep</b>' section of the survey.</p> <ol style="list-style-type: none"> <li>1. I need well trained professionals with the right knowledge and experience.</li> <li>2. I feel that I am talking with healthcare professionals who understand me.</li> <li>3. I need to laugh during rehabilitation, there's work to do, but it can also be enjoyable.</li> <li>4. I need to know someone is there for me if I need support or advice in the future.</li> <li>5. My relationship with professionals needs to be open, honest and trusting.</li> <li>6. I need professionals to be the right type of person for the job that they're doing.</li> <li>7. I feel the healthcare professionals care for me as a person.</li> </ol>	<p>The following statements have now been removed from the starting list, as they scored the lowest <b>average score</b> of 'Importance' and were <b>most frequently</b> listed in the '<b>Remove</b>' section of the survey.</p> <ul style="list-style-type: none"> <li>• I need rehabilitation to be convenient, and fit in with other commitments.</li> <li>• I need to see the point in what I am doing during rehabilitation. It must be relevant to my needs.</li> <li>• I need to spend time with other people who have had similar experiences to me.</li> <li>• I need clear information so I know what to expect from rehabilitation.</li> <li>• I need the healthcare professionals to work with me, as a team, towards my goals.</li> </ul>
<p><b>More than half</b> of the group felt the following statements were 'Important', and were listed in the '<b>Keep</b>' more than the '<b>Remove</b>' section of the survey.</p> <ol style="list-style-type: none"> <li>8. I am taking part in something that enables me to take some control back.</li> <li>9. I need rehabilitation to be tailored for my needs, offering the right level of challenge.</li> <li>10. I am learning the skills that I need to manage my future health and lifestyle.</li> </ol>	<p>The following statements have now been removed from the starting list. Although <b>more than half</b> of the group felt the following statements were 'Important', they were <b>not</b> frequently listed in the '<b>Keep</b>' section of the survey.</p> <ul style="list-style-type: none"> <li>• It is my body, my life. I am offered choice and support to make decisions.</li> <li>• I feel I am respected, and being treated as a whole person.</li> <li>• I need to hear if I am making progress, or not. A clear, gentle, independent opinion.</li> <li>• I am noticed. The team notice if I struggle, or improve, and talk to me about this.</li> <li>• I need to trust the quality of the service. I need to feel safe</li> </ul>

# Modified Delphi Technique: Round 2 Analysis

ROUND 2						
ITEM	AVG score of importance (0-4)	% of responses 0-2	% of responses 3-4	SUM - could be considered indicative of personal relevance to respondents	KEEP	STATEMENT
1	2.37	53.7	46.3	26	74.10%	I would like to stay in the classes, I would be happy to pay or volunteer to do this.
2	1.48	83	17	-20		I would like to attend annual social events, keeping in touch with HCPs and other PABC
3	2.39	63	37	37	83.60%	I would like contact from rehab professional after rehab has ended to assess needs and update info
4	2.35	56	44	17		I would like to go to a Macmillan building / suite, easy access, rehab & counselling areas, drop-in
5	1.42	78	22	-27		I would like some of the groups to be outdoors, having a positive effect on my wellbeing





**Diolch yn fawr**

Thank you very much

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