Grant recipient: Wendy Wilkinson
Grant: Research Career Development Grant 2018
Title of project: The Impact of Therapeutic Relationships on Self-management Outcomes after Cancer Rehabilitation: Understanding participant perceptions using a Modified Delphi Technique

Abstract

Approximately 2.5 million people live with cancer in the United Kingdom. More than half will experience disease or treatment consequences impacting on participation in everyday life. For many, these consequences will be long-term. Supporting self-management through rehabilitation can reduce levels of disability, dependency after cancer, and disease recurrence.

Current self-management interventions focus on education, skills-training and self-monitoring. The long-term success of these has been limited. Improved person-centred interventions for sustainable behaviour change are needed. There is little research which explores the impact of therapeutic relationships, between healthcare professionals and cancer rehabilitation participants, on improving self-management outcomes.

This study aims to understand cancer rehabilitation participants’ perspectives of the importance of therapeutic relationships in developing self-management behaviours. An integrative systematic review will summarize and synthesize existing research. A Modified Delphi Technique will be used to understand the expert patient perspective, and how this can influence future service provision to improve cancer outcomes.