



Clinical  
Oncology  
Society of  
Australia

COSA

# Experiences with using digital solutions

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Haematology

EDUCATION

COLLABORATION

ADVOCACY

RESEARCH

# ADAPT

(anxiety & depression pathway program)

## Blacktown Cancer and Haematology

- 21 chair Out patient Infusion Suite
  - Funded for 12 chairs
- 26 bed Inpatient Unit
- 2 linacs for Radiation Oncology
- 1x NUM 3
- 1x NUM 1 for out patient Infusion suite
- 1x CNC Palliative Care
- 3x Generalised Care Coordinators (CNS2)
- 1x part time Social Worker (both ward and outpatients)

## Continue

- 5 Medical Oncologist
- 4 Radiation Oncologists
- 3 Haematologists 1x full time 2x part time
- 3 Palliative Care Physicians All Part time
- Cancer council volunteers

# Implementation of ADAPT

- The cancer care team plays an important role in identifying symptoms of anxiety or depression and making a referral for specialist evaluation and treatment.
- In busy cancer clinics patients emotional well-being can be overlooked, meaning symptoms can be **undetected** or underestimated.
- Blacktown went live with ADAPT in November 2017

# Promotion to patients

- ADAPT was talked about in the Friday patient orientation sessions
- Explained that we would routinely be screening everyone for anxiety and depression
- Explain to patients that psychosocial care is an important part of routine in cancer care and is key to reducing stigma about accepting help
- Explains that a formalised screening helps the cancer care team to assist patients to get the help they might need

# ADAPT

- All newly diagnosed cancer patient's were offered to register for ADAPT
- Initial Screening was 4 weeks post first Med Onc appointment
- All screening was initiated by the Care Coordinators
- Haematology patient may exceed the 4 week screening, as some patients were still waiting for an confirmed diagnosis

# Questionnaire

- Patients had the option of:
  - Doing the questionnaire at home.. (provided email addresses)
  - Doing the questionnaire in Clinic
    - A tablet was provided while they waited or
    - Computer in the cancer council hub.. Volunteers assisted



Blacktown Cancer and Haematology Centre  
RE-APPOINTMENT SLIP

**ADAPT SCREENING  
IN CLINIC** (Label)

Seen By: Circle/write as appropriate  
Nurse  
Allied Health: RT Diet SW OT Physio  
Parking : Concession  
 Health Care Card/Pensioner/Centrelink  
 Cancer Treatment patient without swipe card

**Clerical Staff**

Book Appointment in \_\_\_\_\_ weeks/months  
On **Mon Tue Wed Thu Fri** (please circle if needed )  
 Overbook appointment if necessary  
 Interpreter required \_\_\_\_\_

Item no. **104 105 110 116 132 133 3005 3010** Reg review  
 Other Item no. \_\_\_\_\_  
Referral to another Dr: \_\_\_\_\_  
Dr/Other \_\_\_\_\_ When \_\_\_\_\_

**Nursing**

Tests to be booked  
 Bone Marrow Biopsy Port Flush  
 Community Nurse Referral  
Reason: \_\_\_\_\_

**Other requests for next appointment**

Weight  
 Observations  
 Chase results of \_\_\_\_\_  
 Book into Education/Info Session



# Pro's and Con's

## Pro's

- The questionnaire highlighted the physical symptoms that may not have been mentioned
- Captured financial issues before they became crisis driven
- Captured carer stress (unexpected capture)
- Highlighted the people the coordinators needed to focus on.





# Con's

- NESB not able to participate
- No Clinical Psychologist.
- Due to Low socioeconomic background, patients unable to afford the community/private service.
- If they could afford private services, the feedback was not positive
- Loss of a Care coordinator through out the trial
- Trial ran throughout the winter period... (S/W)
- Carer stress was a big issue as well (carers being the one who often did the questionnaire)
- Portal was clunky to use.

# What did we learn ?

- Patients were very receptive to the idea that we needed to look after their mental health as well as there physical health.
- limited resources made things very time consuming
- Highlighted Carer needs/stress.
- This needs to be an enhancement to facilities and not an addition to already stretched work loads.
- NESB and CALD patients were not able to participate, this is a large population in Blacktown.. More work needed



# Questions



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