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What Do People Living with Lung Cancer Want and Need from the Recovery Package

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Background:

The National Cancer Survivorship Initiative (NCSI 2013) supported by Macmillan and NHS England identified the Recovery Package as a key outcome for people living with and beyond cancer, yet little is known about whether it meets the needs of people with lung cancer. The aim of the research was to examine the experience, treatment and the recovery of people living with and surviving lung cancer.

Method:

The research was a single site, mixed methods study, including a survey and interviews of patients, a survey to identify and understand what people have experienced in terms of on-going support to enhance their recovery, interviews to improve understanding of the patient and family experience to generate initial recommendations through analysis of survey and interview data. 100 invites were sent out to those who met the eligibility criteria; 34 completed the questionnaire and 17 agreed to be interviewed.

Result:

Understanding of the recovery package was lacking. There was a mixed response of positive and negative comments related to the various health professionals involved in The Recovery Package. Health and wellbeing programmes were welcomed. An individualised exercise and rehabilitation programme would be preferable. 70% surveyed wanted to know more about The Recovery Package

Conclusion:

For The Recovery Package to be effective it needs to be managed and maintained by all health care professionals involved in the patient pathway. Patients and carers need to be made aware of what is available locally and nationally to enhance their recovery and quality of life. Implementing a dedicated rehabilitation programme to promote the enhanced physical recovery and to address psycho-social needs of people living with and beyond lung cancer is required.