

COPS CHRONICLE

AUGUST 2024 - ISSUE 4



Contact Us



4TH FLOOR ROOM 30
BEATSON WEST OF SCOTLAND
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WHAT'S NEW

- WITH THE FANTASTIC SUPPORT FROM MACMILLAN, WE ARE ABLE TO EXPAND OUR SERVICE! WE ARE HIRING A BAND 4 OCCUPATIONAL THERAPY ASSISTANT PRACTITIONER AND A PROJECT AUDITOR!
- **COME MEET OUR COPS CNS & OT AT MAGGIE'S GLASGOW TO LEARN MORE ABOUT OUR SERVICE!**
- **AUGUST 30TH 2:00 - 3:30PM!**
- **OUR *NEW* OT/NURSE LED OUTPATIENT CLINIC IS UP AND RUNNING AND WE HAVE DOUBLED OUR OUTPATIENT CAPACITY!**



GERIATRICIANS:
DR SEENAN & DR COLQHOUN

CLINICAL NURSE SPECIALIST:
TRACY DOWNEY

OCCUPATIONAL THERAPIST:
CARLY ROLSTON

TOPIC OF THE MONTH - WE ARE RECRUITING!

OT ASSISTANT PRACTITIONER - WHAT WILL THEY DO?

WE ARE EXCITED TO RECRUIT FOR THIS POST! THIS ROLE WILL ENABLE MORE OT PATIENT ASSESSMENTS WHILE ASSISTING WITH GOAL SETTING, TREATMENT, REHABILITATION AND INTERVENTIONS. IT WILL ALSO ALLOW COPS TO INCREASE OUR PATIENT CASELOAD AGAIN. ALSO, WE ARE EXPLORING POSSIBILITIES OF HOSTING GROUP SETTINGS WHICH COULD HELP OLDER PEOPLE WITH CANCER IN MANY WAYS. SOME OF THESE POSSIBILITIES MAY LOOK LIKE SUPPORT GROUPS, FITNESS CLASSES, MINDFULNESS AND ANXIETY MANAGEMENT.

PROJECT AUDITOR - WHAT WILL THEY DO?

AS WE CONTINUE TO BUILD OUR SERVICE, WE WANT TO MAKE SURE WE ARE TARGETING THE RIGHT INDIVIDUALS AND THAT WE ARE DELIVERING CARE AS EFFICIENTLY AS POSSIBLE. OUR PROJECT AUDITOR WILL UNDERGO A NUMBER OF QUALITY IMPROVEMENT PROJECTS TO ENSURE OUR SERVICE IS BEING UTILIZED AS BEST AS POSSIBLE AND ASSIST US WITH PRESENTING THIS DATA TO OTHERS. NOT ONLY DO WE WANT TO BE RECOGNISED AS THE GOLD STANDARD BUT WE WANT TO PAVE A PATHWAY THAT CAN BE REPLICATED IN OTHER AREAS OF SCOTLAND. CURRENTLY WE ARE THE ONLY TEAM IN THE COUNTRY TO PROVIDE THIS SERVICE AND WE ARE WORKING HARD TO HIGHLIGHT THE NEED FOR ALL AREAS.

WE WOULD LOVE TO HEAR YOUR IDEAS AND HOW YOU FEEL COPS COULD HELP YOU OR YOUR SERVICE USERS! COMMENT YOUR THOUGHTS ON 'X' AND TAG US @COPSBEATSON ! WE LOOK FORWARD TO HEARING FROM YOU.

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COMPREHENSIVE GERIATRIC ASSESSMENT

'THE G8 GERIATRIC SCREENING TOOL WE USE IDENTIFIES OLDER CANCER PATIENTS WHO COULD BENEFIT FROM A COMPREHENSIVE GERIATRIC ASSESSMENT (CGA).

WHEN UNDERTAKING A CGA THE PERSON CAN BE ASSESSED HOLISTICALLY. IN COPS WE USE A NUMBER OF TOOLS WHICH REVIEW: FRAILITY INDICATORS, SOCIOECONOMIC/ENVIRONMENTAL FACTORS, PHYSICAL FUNCTION, MOBILITY AND BALANCE, REVIEW OF POLYPHARMACY, MENTAL HEALTH AND COGNITION.

BY DISCUSSING THESE FACTORS WITH THE PATIENT, IT DETERMINES THEIR ABILITIES AND IDENTIFIES ANY NEEDS THAT WILL NEED TO BE ADDRESSED THROUGH CREATING AN INDIVIDUALISED CARE PLAN. THE CARE PLAN SHOULD BE REVIEWED AT REGULAR INTERVALS AND YOU MUST ENSURE THAT EACH ASPECT OF THEIR CARE HAS BEEN FOLLOWED THROUGH. IT IS CRUCIAL TO REMEMBER THAT YOU SHOULD ALWAYS CONSIDER WHAT IS IMPORTANT TO THE PATIENT.

CGA AND ONCOLOGY - DOES IT HELP?

EVIDENCE SUGGESTS THAT FOLLOWING A CGA:

1. PATIENT OUTCOMES ARE **IMPROVED**
2. PATIENTS ARE MORE LIKELY TO COMPLETE TREATMENT AND EXPERIENCE LESS SEVERE TOXICITIES
3. THE PATIENT AND TEAM PRODUCE PROBLEM LISTS AND DEVELOP GOAL-DRIVEN INTERVENTIONS TO TACKLE THESE.
4. HOSPITAL RE-ADMISSIONS ARE REDUCED.

THE G8 GERIATRIC SCREENING TOOL

- THE TOTAL G-8 SCORE LIES BETWEEN 0 AND 17. A HIGHER SCORE INDICATES A BETTER HEALTH STATUS.
- A THRESHOLD IS SUGGESTED AT 14 POINTS, MEANING THAT A PATIENT WITH A SCORE OF 14 OR LOWER SHOULD UNDERGO FULL GERI-EVALUATION.

G8 questionnaire	
Items	Possible answers (score)
Has food intake declined over the past 3 months due to loss of appetite, digestive problems, chewing or swallowing difficulties?	0 : severe decrease in food intake 1 : moderate decrease in food intake 2 : no decrease in food intake
Weight loss during the last 3 months	0 : weight loss > 3 kg 1 : does not know 2 : weight loss between 1 and 3 kgs 3 : no weight loss
Mobility	0 : bed or chair bound 1 : able to get out of bed/chair but does not go out 2 : goes out
Neuropsychological problems	0 : severe dementia or depression 1 : mild dementia or depression 2 : no psychological problems
Body Mass Index (BMI (weight in kg) / (height in m ²))	0 : BMI < 19 1 : BMI = 19 to BMI < 21 2 : BMI = 21 to BMI < 23 3 : BMI = 23 and > 23
Takes more than 3 medications per day	0 : YES 1 : NO
In comparison with other people of the same age, how does the patient consider his/her health status?	0 : not as good 0.5 : does not know 1 : as good 2 : better
Age	0 : >85 1 : 80-85 2 : <80
TOTAL SCORE	0 - 17

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HOW TO REFER TO THE COPS TEAM:

INPATIENTS



OUR REFERRALS ARE NOW ON TRAKCARE!

ITEM LOCATION: CANCER OLDER PEOPLES SERVICE

*IF YOU NEED ASSISTANCE WITH THIS NEW FORM PLEASE EMAIL OR CALL THE TEAM

OUTPATIENTS:

- EMAIL COPS@GGC.SCOT.NHS.UK - PLEASE GIVE THE PATIENT'S NAME, CHI AND SHORT STATEMENT AS TO WHY YOU ARE REFERRING THEM.

OR

- CALL 01300 9926 / 7137 WITH THE INFORMATION ABOVE



LEARNING AND SUPPORT

- THE BRITISH GERIATRICS SOCIETY (BGS) - THIS CPD ACCREDITED COURSE IS FREE FOR ALL HEALTH AND SOCIAL CARE PROFESSIONALS TO ACCESS, UNTIL JUNE 2024. WWW.BGS.ORG.UK/ELEARNING/2023-FRAILITY-IDENTIFICATION-AND-INTERVENTIONS
- COMPREHENSIVE GERIATRIC ASSESSMENT TOOLKIT FOR PRACTITIONERS WWW.BGS.ORG.UK/RESOURCES/RESOURCE-SERIES/COMPREHENSIVE-GERIATRIC-ASSESSMENT-TOOLKIT-FOR-PRIMARY-CARE-PRACTITIONERS
- ONLINE FRAILITY TRAINING. FREELY AVAILABLE (AFTER REGISTRATION) AT: WWW.ELFH.ORG.UK/PROGRAMMES/