

COPS CHRONICLE

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WHAT'S NEW

COPS Wins NHS GGC Excellence Award!

We're proud to share that COPS has won the **NHS GGC Excellence Award for 'Better Care'** at the 2025 Awards Ceremony held on May 28th.

The award recognises the successful establishment and implementation of the new **occupational therapy service** within COPS – a dedicated, frailty-informed model designed to support older adults with cancer through personalised, goal-focused care. While COPS as a wider service has been running for some time, this data specifically looks at the work done over the past year to embed OT leadership and improve outcomes for this population at the Beatson West of Scotland Cancer Centre.

A huge thank you to everyone who has supported this development. This award is a shared celebration of innovation, collaboration, and person-centred care. We are excited to see what the future of COPS holds.

GERIATRICIANS:

DR SEENAN & DR COLQHOUN

CLINICAL NURSE SPECIALIST:

TRACY DOWNEY

OCCUPATIONAL THERAPIST:

CARLY ROLSTON

TOPIC OF THE MONTH: DEMENTIA AWARENESS WEEK – LET'S KEEP THE CONVERSATION GOING

This month, the COPS team is proud to support **Dementia Awareness Week (June 2nd–6th)**, in partnership with Alzheimer Scotland and alongside AHP colleagues across NHS Scotland. Dementia Awareness Week is about improving understanding, reducing stigma, and making sure everyone, no matter their diagnosis, gets the support they need to live well.

As a team embedded in frailty-informed cancer care, we see first hand how dementia and cognitive impairment can impact older adults going through treatment. Allied Health Professionals have a key role in recognising, responding to, and supporting people with dementia – helping them remain engaged, independent, and involved in decisions about their care.

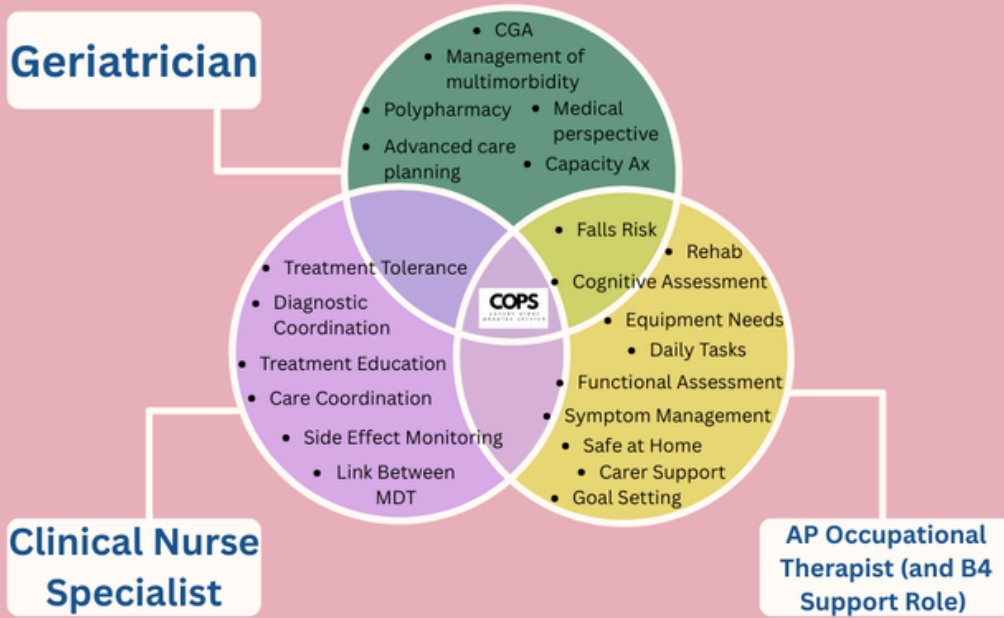
Throughout the week, the COPS team will be hosting **ward-based education sessions** for staff and running a **dementia awareness stand** at the main entrance of the Beatson (next to Aroma Café). You'll also spot our **Tea Trolley Quiz** making the rounds bringing resources, small prizes, and a hot cuppa to brighten someone's day.

Every staff member can make a difference. From adjusting how we communicate, to creating quieter spaces or offering a few extra minutes of time – small changes can have a big impact.

If you'd like to explore the intersection of dementia and cancer care further, Carly recently wrote a blog for [Alzheimer Scotland's Let's Talk About Dementia platform seen here.](#) Let's keep learning, sharing, and making the Beatson a dementia-friendly place for all.

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Comprehensive Geriatric Assessment: Enhancing Cancer Care through MDT Collaboration



The G8 screening tool helps identify older cancer patients who may benefit from a CGA. At COPS, CGAs are holistic and include review of frailty, physical function, mobility, cognition, mental health, polypharmacy, and social factors. This helps us develop a personalised care plan based on what matters most to the patient, with regular reviews to ensure each aspect of care is followed through.

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.
 1. 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

*THERE ARE POSTERS TO ASSIST WITH THIS IN EACH DOCTOR'S ROOM

PLEASE USE THE G8 SCORING TOOL (IN THE MEDICAL ADMISSION NOTES) FOR EVERY PATIENT 65 YEARS AND OLDER. IF A PATIENT SCORES 14 OR BELOW - THIS INDICATES THE NEED FOR FURTHER ASSESSMENT. PLEASE REFER ON TO COPS AS SOON AS ABLE.

OUTPATIENTS:

- EMAIL GGC.COPS@NHS.SCOT - 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



PATIENT CRITERIA & WHAT WE DO

Referral Criteria

1. Every patient over 65 who attends (or previously has attended) BWoSCC with a CA diagnosis AND

2. Any patient who presents with frailty characteristics or complex comorbidities:

- Challenges with ADLs
- Falls
- Decreased mobility
- Delirium / cognition
- Continence issues
- Treatment side effects
- Anxiety
- Pall care needs
- Equipment needs

A 'one-stop shop' supportive oncology service for people over 65 years old, with a cancer diagnosis and complex needs and/or comorbidities. Our multidisciplinary onco-geriatrics team can provide medical assessments, assist with symptom management, implement social support, provide equipment, complete polypharmacy reviews and refer onwards to community and hospital based services. We can see patients at any time during their cancer journey, including before or after treatment.