

# COPS CHRONICLE

MAY 2026 - ISSUE 25

## WHAT'S NEW



## Contact Us



4TH FLOOR ROOM 30

BEATSON WEST OF SCOTLAND

CANCER CENTRE GLASGOW G12 0YN

TEL: 0141 301 9926 / 7137

EMAIL: [GGC.COPS@NHS.SCOT](mailto:GGC.COPS@NHS.SCOT)

Please note that all outpatient referrals to COPS have now returned to the original email referral system. Referrals should be sent directly to:  
[GGC.COPS@NHS.SCOT](mailto:GGC.COPS@NHS.SCOT)

### 🏆 Congratulations to Tracy Downey

#### RCN Scotland Nursing Awards Runner-Up

We're delighted to share that our Clinical Nurse Specialist, Tracy Downey, was recognised as a runner-up at the RCN Scotland Nursing Awards. This recognition reflects Tracy's commitment to supporting older adults with cancer through compassionate, holistic and frailty-informed care. We are incredibly proud of her achievement and contribution to the COPS team.

### 🍀 Good Luck to Our OT Assistant Practitioner!

We would like to wish Aiswarya Santhosh the very best as she moves on to a new Band 5 Occupational Therapy role within Paediatrics at NHSGGC. Aishy has been an enormous part of recent work and was the backbone of the team throughout the project. Her warmth, compassion, reliability and hard work have been felt across every part of the service.

While we are very sad to see her leave, we are incredibly proud of her progression and know she will be greatly missed by the team.

### 🇬🇧 National Realistic Medicine Conference 2026

We're excited to share that our poster has been accepted for presentation at the [Chief Medical Officer's Realistic Medicine Conference 2026](#). Selected through a highly competitive review process, the poster showcases the value of embedding occupational therapy within holistic, multidisciplinary cancer care for older adults.

GERIATRICIAN:  
DR SEENAN

CLINICAL NURSE SPECIALIST:  
TRACY DOWNEY

OCCUPATIONAL THERAPIST:  
CARLY ROLSTON

### TOPIC OF THE MONTH:

#### THE IMPORTANCE OF HONEST CONVERSATIONS IN OLDER PEOPLE'S CANCER CARE

May 4<sup>th</sup> to 10<sup>th</sup> marked [Dying Matters Awareness Week \(click to read more\)](#), a national campaign encouraging more open conversations around death, dying, grief and what matters most to people approaching later stages of life. This year's theme, "Let's Talk About Death and Dying," highlights the importance of compassionate, honest communication across health and social care settings.

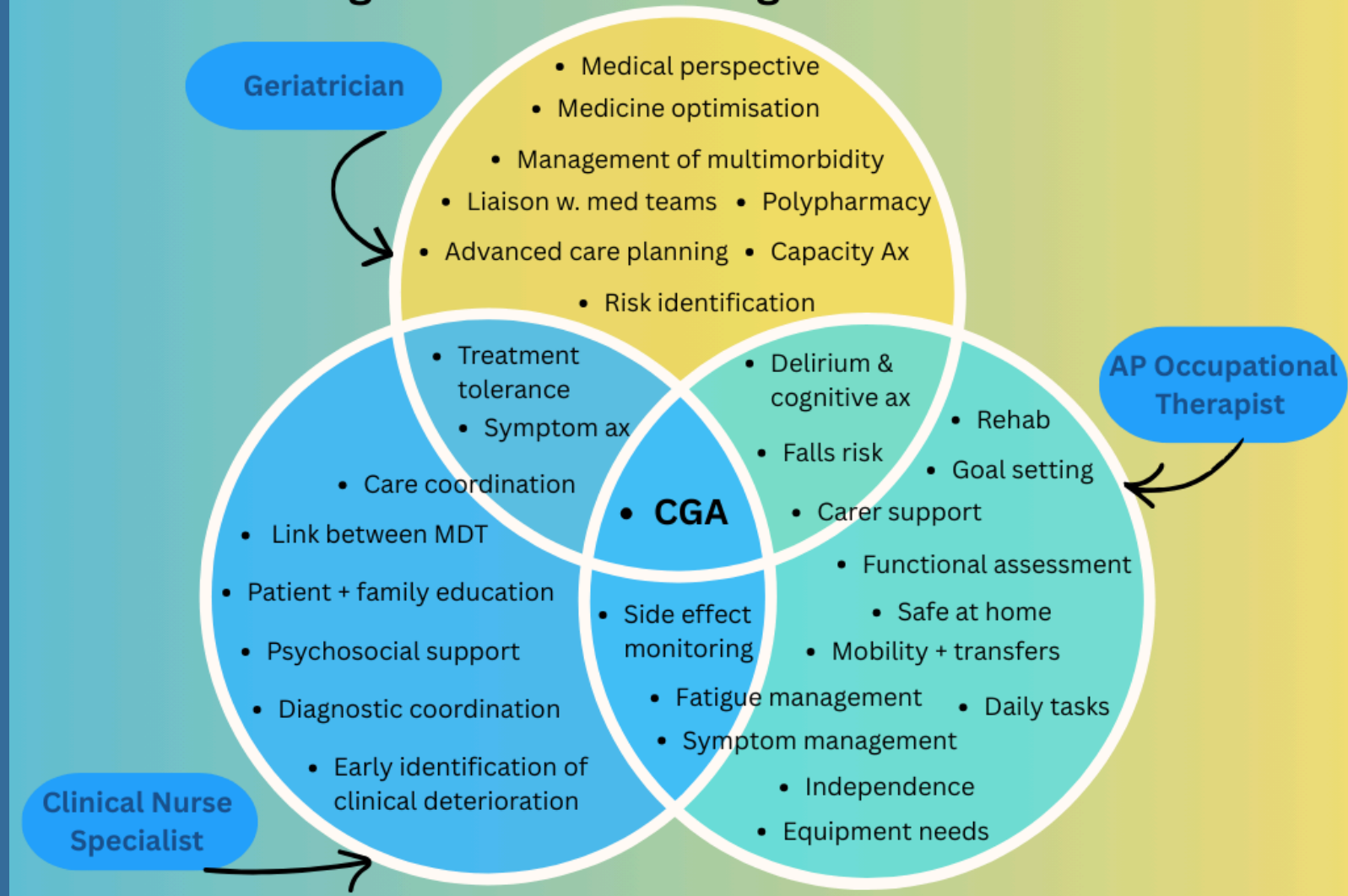
Within the Cancer Older People's Service, these conversations are often an important part of holistic cancer care. Older adults with cancer frequently face complex decisions relating not only to treatment, but also function, cognition, frailty, independence and quality of life. Taking time to understand a person's priorities, concerns and goals allows the multidisciplinary team to provide care that is both clinically appropriate and person-centred.

Conversations surrounding future planning, support needs and changes in health can sometimes feel difficult for patients, families and staff alike. However, creating space for open discussion can help reduce anxiety, support shared decision-making and ensure care remains aligned with what matters most to the individual.

As a multidisciplinary team, COPS recognises the value of compassionate communication and collaborative working when supporting patients through complex and often emotional stages of their cancer journey. [Dying Matters Week](#) offered an important opportunity to reflect on how meaningful conversations can support dignity, autonomy and quality of life for older adults with cancer.

# COPS CHRONICLE

## Comprehensive Geriatric Assessment: Enhancing Cancer Care through MDT Collaboration



The G8 screening tool helps identify older people with cancer who may benefit from a CGA. At COPS, CGAs are holistic, considering frailty, function, mobility, cognition, mental health, medications, and social factors to develop a personalised care plan based on what matters most 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**.

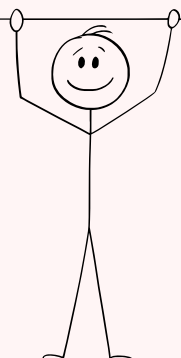
### THE G8 GERIATRIC SCREENING TOOL

The total **G-8 score** lies between **0 and 17**.

A **higher** score indicates a **better** health status.

**Not sure if your patient would benefit from CGA? A G8 frailty screen is a great starting point. COPS is happy to support, if you need.**

YOU CAN DO IT



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 <sup>2</sup> ))	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
<b>TOTAL SCORE</b>	<b>0 - 17</b>

A **threshold** is suggested at **14 points**, meaning that a patient with a **score of 14 or lower** should undergo **full geri-evaluation**.

# COPS CHRONICLE

## HOW TO REFER TO THE COPS TEAM:

**INPATIENTS:** All referrals to be done on Trakcare.

*\*Beatson WOS Cancer Centre Patients Only*

**ITEM LOCATION: CANCER OLDER PEOPLES SERVICE**

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



Please use the G8 screening tool (found in the **medical admission notes**) for every patient aged 65 years and older. A score of 14 or below indicates the need for further assessment. Please refer to the COPS team as soon as possible.

## **OUTPATIENTS:**

**NEW!**

All outpatient referrals are being taken by the original method - please email [GGC.COPS@nhs.scot](mailto:GGC.COPS@nhs.scot) with patient information, referral needs and cancer diagnosis.



## PATIENT CRITERIA & WHAT WE DO

### Referral Criteria

1. Aged **65 and over**
2. Attending the Beatson West of Scotland Cancer Centre (BWoSCC), **including umbrella clinics**, with a confirmed cancer diagnosis,
3. Patients presenting with **one or more frailty characteristics or complex comorbidities**, including:
  - Challenges with **activities of daily living** (ADLs)
  - **Falls** or high falls risk
  - Reduced or declining **mobility**
  - **Delirium**, cognitive change, or memory concerns
  - **Continence** issues
  - Treatment-related **side effects** impacting function
  - **Anxiety** or psychological distress affecting engagement or care
  - Palliative or supportive **care needs**
  - **Equipment** or environmental adaptation needs

A 'one-stop shop' supportive oncology and haematology service for older people with cancer and frailty. Our multidisciplinary onco-geriatric team provides holistic assessment and support, including medical review, symptom management, polypharmacy review, social support, equipment provision, and onward referral to hospital- and community-based services. We can see patients at any point in their cancer journey, including before, during, or after treatment, to support function, safety, and quality of life.