

COPS CHRONICLE

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Contact Us



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WHAT'S NEW

- **Scotland Health Awards:** The COPS team was honoured to be finalists in three categories; AHP Award, Innovation, and Integrated Care. We were thrilled to celebrate amongst such inspiring colleagues across NHS Scotland. Congratulations to all of the winners!
- **World OT Day & OT Week:** World OT Day and RCOT Occupational Therapy Week (**3-9 November 2025**) offered a fantastic opportunity to spotlight the unique role of occupational therapy across the Beatson and beyond.

• Christmas Fundraiser: Be a Santa to a Senior

This year, our team is supporting the Be a Santa to a Senior initiative in Renfrewshire - an area where many of our patients live. The project provides small, meaningful gifts to isolated or vulnerable older adults who may otherwise receive nothing at Christmas. If you want to get involved you can drop items off at the COPS Office or email us, and we'll come to you! Thank you for your support this Christmas. 😊

GERIATRICIANS:
DR SEENAN & DR ADREES

CLINICAL NURSE SPECIALIST:
TRACY DOWNEY

OCCUPATIONAL THERAPIST:
CARLY ROLSTON

TOPIC OF THE MONTH: TAKING SCOTTISH INNOVATION GLOBAL – COPS AT SIO BOSTON 2025

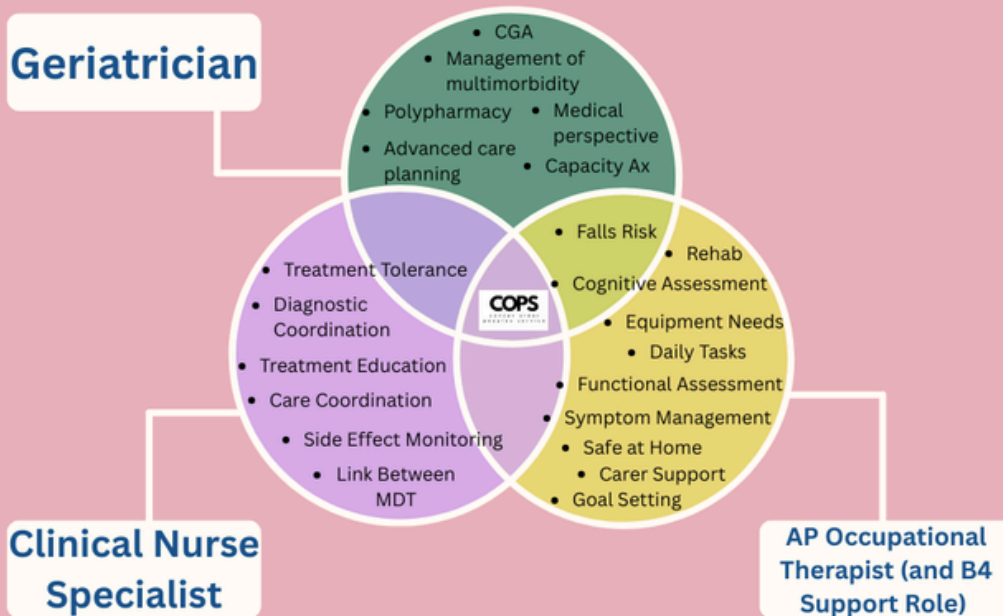
Last month, COPS had the privilege of presenting our audit findings on an international stage at the SIO Conference in Boston, USA. This was a significant moment for our team and for NHS Greater Glasgow & Clyde, as we showcased how Scotland is leading the way in delivering frailty-informed, person-centred cancer care for older adults. Thank you to the Beatson WoS Cancer Centre, Macmillan Cancer Charity and the Beatson Cancer Charity for supporting our journey!

Our poster highlighted how integrating geriatrician, nursing and occupational therapy expertise within oncology pathways improves outcomes such as treatment adherence, functional ability, independence at home and overall quality of life. Delegates were particularly interested in how COPS blends holistic assessment with practical intervention – from cognitive screening and medication review to fatigue management, ADL support and community linkage. Many international colleagues commented that Scotland is ahead of the curve in embedding frailty support directly into cancer pathways, rather than treating it as an optional add-on.

The conference offered an invaluable opportunity to learn from global experts, compare approaches and reflect on the universal challenges of supporting older adults with complex needs through cancer treatment. What stood out most was how aligned our COPS model is with worldwide priorities: safe treatment planning, shared decision-making, improved function, and helping people remain at home for as long as possible. Being invited to present internationally reinforces that the work happening here at the Beatson is innovative, evidence-based and worthy of global recognition. As we continue to strengthen and develop the COPS model, this international interest offers momentum, validation and a reminder of the positive impact we can make for patients across the West of Scotland.

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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: 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:

The new Sci Gateway referral pathway has been paused. Please return to emailing ggc.cops@nhs.scot with all outpatient referrals. Thank you.

If you would like to discuss a referral, please email GGC.COPS@nhs.scot and we can assist you.

Please ensure patients meet the referral criteria below, which help identify those who will benefit most.



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.