



## Wellness Package Evaluation

In 2014, Penny Brohn UK received Department of Health (DH) funding to offer the **Wellness Package** to people with cancer and their close supporters.

The Wellness Package comprised 60 Living Well courses, reaching 519 people, and 12 months Follow Up support.

Our Research & Evaluation (R&E) team has evaluated the courses to determine their impact. Data was collected pre-Living Well course, and 6 weeks and 12 months after. In short, results showed:

- **Concerns and wellbeing improvement**
- **People more able to self-manage health**
- **People changed how they accessed healthcare services**

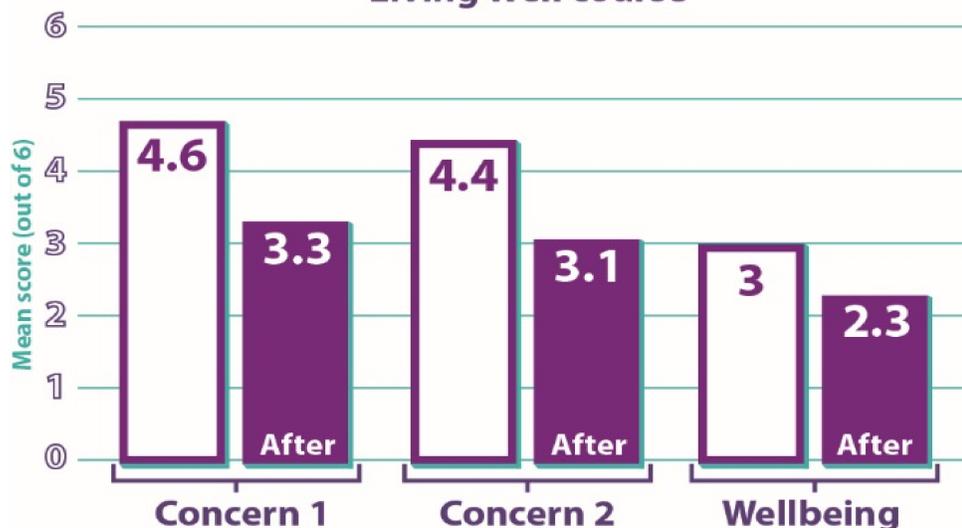
This is just a snapshot. In May 2016, we published a full report, <http://wp.me/a67kp9-1yn>

The report comes at an exciting time, with NHS England's Five Year Forward View building momentum around the need for the health and social care system to link better with the voluntary sector.

We hope the report provides useful evidence and shows Penny Brohn UK's role in this culture change in healthcare.

For more information on the report, email our R&E Lead, Dr Helen Seers: [helen.seers@pennybrohn.org.uk](mailto:helen.seers@pennybrohn.org.uk)

**MYCaW scores before and 6 weeks after the Living Well course**



**The Wellness Package's Impact on Concerns and Wellbeing**

We asked clients to write down and rate their two biggest cancer-related concerns on a one to six scale, with six being the worst. They rated their pre-course wellbeing level on the same scale. People were most concerned with **psychological** and **emotional** issues before the Living Well course.

6 weeks after the Living Well course, concerns and wellbeing scores had significantly improved.

At the 12-month Follow Up, people's concerns and wellbeing remained improved.

## The Wellness Package's Impact on Lifestyle

Reflecting on specific changes following the Living Well course:

- **84% said the course helped them improve diet**
- 69% said it helped them improve exercise
- **90% said it helped improve using self-help techniques**
- 67% said it helped improve their relationships

Reflecting on overall lifestyle changes post-Living Well:

- **87% said they made "a few" or "lots" of positive lifestyle changes**



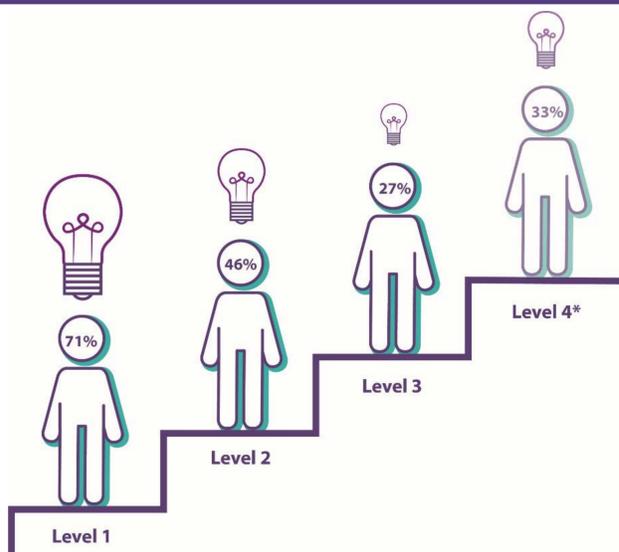
*"I'm more confident with food, cooking and menus. Have discovered fruit and yogurt smoothies, which I make every day".*

## The Wellness Package's Impact on Patient Activation

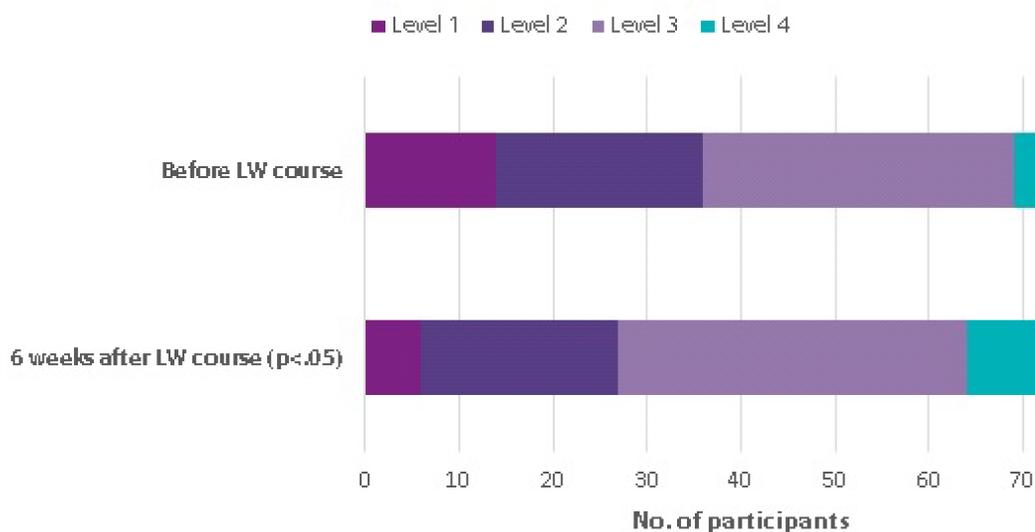
The internationally used and validated Patient Activation Measure (PAM) measures 'activation' – a person's knowledge, skills and confidence to manage their health. A higher activation level is linked to better long-term health and reduced healthcare costs.

PAM scores range from 0 to 100, with higher scores indicating higher activation. There are also four 'levels of activation' ranging from 1 (overwhelmed and lacking confidence), to 4 (maintaining a healthy lifestyle).

The PAM score was **56.5 before the course**. At the **6-week Follow Up, this improved to 59.5**, with **42% 'having a clinically relevant improvement'**. After the course, there were fewer 'low activators' (levels 1-2) and more 'high activators' (levels 3-4).



## PAM levels before and 6 weeks after the Living Well course (n=72)



**People in the lowest levels (levels 1-2) made the most improvement.**

A similar thing happened when looking at the number of clients with 'meaningful improvement' relative to their starting level.

**71% at level 1 and 46% at level 2 had meaningful improvement, compared to 27% at level 3.**

This shows that people at the lowest PAM levels have the most to gain.

## The Wellness Package's Impact on Self-management

Six weeks after the Living Well course, **86% of clients said it had enabled them to self-manage their health more effectively.**

Describing how it helped – four key themes emerged:

- Diet
- Exercise
- **Self-help techniques**
- Being given the knowledge, skills and confidence



*"The connectedness of attitudes, emotions, diet, sleep and exercise are much more obvious now. I'm empowered in a way I wasn't".*

## The Wellness Package's impact on use of healthcare services

At the 12-month Follow Up, **45% of clients said the package changed how they accessed medical services** because they felt more knowledgeable and confident. For some, this meant asking more focused questions in medical consultations. For others, they visited their GP less because they could self-manage their health.

Clients were asked to recollect their use of healthcare services as the course started and 12 months later. Results showed **reduced numbers of average GP visits** (1.4 versus 2.5 before the course), **cancer team visits** (1.3 versus 5.3 before), and **other NHS services** (1.5 versus 2.3 before). This suggests improved health 12 months after the course.

This, alongside some of our other data, suggests that the Wellness Package reduces healthcare use, and potentially strain on the NHS.



*"It definitely means I visit the GP less. I found Penny Brohn gave me more agency to get through than the NHS, and info and support".*

*"I feel more self-aware and listen to my body, therefore I don't rush to the GP with every ache and pain".*