

# Evaluation of Penny Brohn UK's national programme of 'Living Well With and Beyond Cancer' services

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## Background

Penny Brohn UK (PBUK) is a leading UK charity specialising in helping people live well with the impact of cancer<sup>1</sup>. National Lottery's Big Lottery Funding between 2015 and 2018 has supported PBUK Living Well With and Beyond Cancer (LWWBC) services in five areas of the UK. Services include Living Well courses (LWC) and Follow-Up (FU) support.



## Method

LWC services were evaluated before and six weeks after the course using the following questionnaires;

- MYCaW (Measure Yourself Concerns and Wellbeing)<sup>2</sup>, measuring the impact of the services on the severity of clients' cancer related concerns and wellbeing.
- Patient Activation Measure (PAM<sup>®</sup>)<sup>3</sup> for assessing the impact of the service on health self-management.
- Bespoke Patient Reported Experience Measure (PREM), for assessing clients' experience and personal reflection following the LWWBC.

*"When you first find out you have cancer you feel powerless and overwhelmed. The course and people on it turned that around. I now feel more in control"* (South Coast client)

*"I find the breathing exercises very effective and I eat healthily more than before"* (London & South East client)

## Results

144 courses (122 LWC and 22 FU), located in North England (8), South Coast (31), Midlands (29), London & South East (43) and South West (33) ran over three years. 1,227 people enrolled in total (77% cancer client, 23% supporter) with a mean age of 57 years (range 18-94 years). The majority were women (77%). 48% of clients had breast cancer.

Only LWC clients were included in the pre-post evaluation (n=1,053). Response rates were 33% (n=343) MYCaW, 32% (n=332) PREM and 20% (n=205) complete PAM<sup>®</sup> pairs.

Overall, clients attending LWC showed statistically significant improvements for their primary cancer related MYCaW concern and their PAM<sup>®</sup> score (both p<0.000).

Measures used	Lottery funded courses, July 2015 – June 2018					
	% of clients					
	Overall 5 Regions	South West	London & South East	Midlands	North*	South Coast
<b>Reported lifestyle changes and self-management (PREM)</b>						
• Positive lifestyle changes	86% (n=328)	92% (n=109)	84% (n=77)	91% (n=45)	62% (n=13)	80% (n=84)
• Improved ability to self-manage health	86% (n=303)	91% (n=102)	80% (n=74)	93% (n=42)	83% (n=12)	82% (n=73)
<b>Measure Yourself Concerns and Wellbeing (MYCaW)</b>						
• Clinically significant improvement in main cancer related concern	69%** (n=328)	70%** (n=108)	67%** (n=76)	68%** (n=47)	89%** (n=9)	68%** (n=88)
• Clinically significant improvements in Wellbeing	43%** (n=325)	40%** (n=107)	45% (n=75)	50%** (n=48)	25% (n=8)	43% (n=87)
<b>Patient Activation Measure (PAM<sup>®</sup>)</b>						
• Clinically meaningful improvement	44.4%** (n=205)	37% (n=68)	57.4%** (n=47)	57.1%** (n=28)	Not enough data	38.6% (n=57)

\*Data from the North should be treated with caution – very limited data

\*\*Statistically significant change (p<0.05) comparing before and 6 weeks after.

## Conclusion

Overall, PBUK LWC services have made meaningful improvements to people's cancer related concerns and health self-management. Lessons have been learned in more hard-to-reach regions, such as the North, where new partnerships have been developed for the future.

## References

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