

Major milestone for NHS Targeted Lung Health Check Programme as unit moves to east Hull

Hull's NHS Targeted Lung Health Check Programme reached a major milestone recently – with the team having now carried out more than 10,000 assessments and 7,000 scans since the programme started in the city in January 2020.

The programme invites past and current smokers aged between 55 and 74 who live in Hull and are registered with a Hull GP to a free lung health check, to identify potential lung problems early so effective and early treatment can be provided.

The Lung Health Check mobile scanning unit's relocation from north Hull to Morrisons supermarket on Holderness Road will see approximately 19,000 people in east Hull invited for a lung health check within their local community.

The NHS Targeted Lung Health Check Programme supports the **NHS Long Term Plan** ambition of detecting more cancers at an earlier stage when they are easier to treat.

The lung health check takes place in two stages. The first is an initial phone assessment with a specially trained respiratory nurse. If the assessment finds someone to be at high risk, they will be offered a low dose CT scan of their lungs for further investigation at the mobile unit.



Targeted Lung Health Checks

Stuart Baugh, Clinical Director, NHS Targeted Lung Health Check Programme in Hull, said: "Over the last year the NHS Targeted Lung Health Check mobile screening unit has moved across various sites in Hull, offering thousands of people easy access to screening in their local communities.

"The overwhelming majority of the scans and nurse-led assessments find no abnormalities or signs of lung cancer. In the small percentage where lung cancer is detected, many have been found at an earlier stage, meaning a much higher potential for better outcomes for local people.

"If you are invited by your GP to have a lung health check we strongly advise you to take up the offer. It is not an exaggeration to say that the initial 20-minute assessment could save your life."

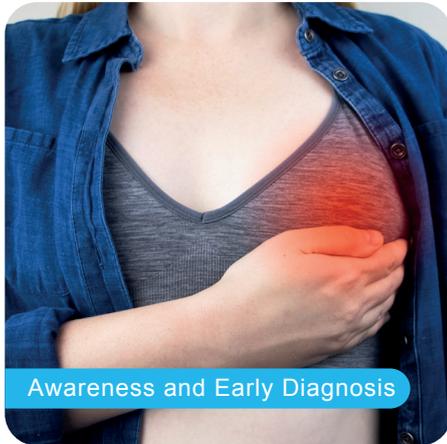
Gavin Anderson, Responsible Clinician for the NHS Targeted Lung Health Check Programme in Hull, said: "Early intervention can make a huge difference with a CT scan three times more likely to diagnose cancer at an early stage.

As Hull has one of the highest rates of mortality rates for lung cancer in England, this type of screening can be potentially lifesaving and will make a huge difference to thousands of people across the city."

The first GP practices in East Hull to invite patients to attend screening are East Hull Family Practice, East Park Practice, Laurbel Surgery and Dr Weir – based at Marfleet Primary Healthcare Centre. Further practices will follow over the coming weeks.

Find out more about lung health checks in Hull at lunghealthcheck.org.uk.

Cancer Alliance teams up with partners to launch breast pain clinics



Awareness and Early Diagnosis

Clinics have been set up to help people experiencing breast pain without other symptoms in North Lincolnshire, North East Lincolnshire, North Yorkshire and York.

Breast pain alone, where there are no other symptoms is rarely a symptom of breast cancer but can understandably cause a lot of worry.

Historically GPs have referred people with breast pain to an urgent appointment, called a two week wait, which carry out more in-depth assessments of symptomatic people displaying signs of breast cancer.

The wait for a scan to detect or rule out cancer can be an anxious one and, in the case of patients with breast pain symptoms only, the underlying problem remains undiagnosed even when cancer is ruled out.

However alternative options, such as breast pain clinics, now offer more appropriate approaches for people experiencing breast pain alone.

The breast pain clinics offer examination, guidance and support to patients who are referred by their GP.

Patients with a family history of breast cancer can understandably become anxious when they experience breast pain, so their family history will be reviewed and they can be referred to specialist services if required.

The clinics are led by Advanced Nurse Practitioners and provide a bespoke service for women who are experiencing breast pain and have not found a solution via primary care.

This ensures that breast pain symptom-only patients get help they need to manage their condition, and this frees up two-week wait referrals for people who really need them. Any patient found to have suspicious symptoms will be urgently referred for a further assessment.

The Cancer Alliance has worked with York and Scarborough Teaching Hospitals NHS Foundation Trust and Northern Lincolnshire and Goole Foundation NHS Trust to develop these community-based clinics.

The York and North Yorkshire clinic, based in Malton, started treating patients on 20th June and the North Lincolnshire clinic in Scunthorpe and the North East Lincolnshire clinic in Grimsby opened their doors on 4th July.

More than 50 patients were seen at the first few clinics and none of these people required an urgent two-week wait referral for suspected cancer.

Dr Dan Cottingham, the Cancer Alliance's Cancer Research UK GP Lead, held [a webinar for GPs](#) last month to raise awareness about the clinics and the referral process.

Visit the [Cancer Alliance website](#) to find out more about the breast pain clinics.

Cervical screening awareness through bitesize sessions

Humber and North Yorkshire Cancer Alliance hosted a series of bitesize sessions to raise awareness of NHS cervical screening as part of Cervical Screening Awareness Week (20th – 26th June).

Cervical screening can prevent cancer by detecting the human papillomavirus (HPV), which can cause cervical cancer, and changes to cells in the cervix, before they have chance to turn into cancer.

Anyone aged 25-64 with a cervix is eligible for cervical screening. However, one in three people in the UK delay or don't attend their screening appointment.

The training helped people to understand the importance of cervical screening and to feel supported to attend appointments.

The sessions provided information about symptoms, HPV and the HPV vaccination programme, what to expect and tips to help people feel more comfortable to book a test.

Trish Rawnsley, Awareness and Early Diagnosis Programme Lead, Humber and North Yorkshire Cancer Alliance, said: "We received great feedback from the sessions and we hope that as a result people feel confident to attend their cervical screening appointments and to take the message forward to their friends and family."

For more information on NHS cervical screening visit nhs.uk/conditions/cervical-screening.

Cancer Alliance staff spotlight



Awareness and Early Diagnosis

James Pearce,
Project Delivery Manager,
NHS Targeted Lung Health
Check Programme

What does your Cancer Alliance role involve?

There are many different aspects to my role as Project Delivery Manager for the NHS Targeted Lung Health Check Programme, but essentially it's about promoting, developing and helping to manage lung health checks in the local community, supporting the programme to reach as many people as possible.

What attracted you to the role?

This was a great opportunity to be part of a programme that makes a considerable difference to the lives of so many and being able to catch and treat cancer and other lung conditions at an early stage is hugely rewarding. It's great to know that the work we are doing will have significant health benefits for our local population, both in the immediate and long-term.

What are you looking forward to most?

Early diagnosis and treatment of patients who otherwise may have been unaware of lung disease is a huge motivation for me. There's a lot of hard work that's gone into the programme and the thing I'm most looking forward to is seeing this come to fruition and improved outcomes for patients as a result.

What do you see as being the main challenges?

We hear a lot, in the NHS, about the need for collaborative working. I think this is always a challenge, as understandably different people have different opinions and priorities.

However, in this case a collaborative and cohesive approach is essential to support us to achieve our goals.

Can you tell us about the NHS Targeted Lung Health Check Programme and how it benefits local people?

The NHS Targeted Lung Health Check Programme is open to people aged between 55 and 74yrs who smoke or have previously smoked, live in Hull and are registered with a Hull GP.

It provides the opportunity for specialist screening which in turn can lead to early diagnosis and treatment of a wide range of lung conditions, including lung cancer.

Lung cancer can often go undetected as symptoms don't appear until it is at an advanced stage. So this programme has huge health benefits, meaning many people can receive treatment sooner, which could increase survival rates.

The programme will be rolled out across North and North East Lincolnshire in 2023.

Cancer Alliance Managing Director takes up new role



Cancer Alliance News

Dr Simon Cox has been appointed as NHS Place Director for East Riding of Yorkshire and will therefore be stepping down as Managing Director of the Humber and North Yorkshire Cancer Alliance.

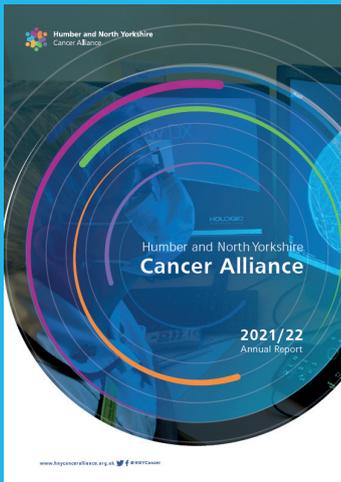
Although Dr Cox has started his new role following the establishment of the NHS Humber and North Yorkshire Integrated Care Board (ICB) on 1st July 2022, he will continue to support the work of the Cancer Alliance until a new Managing Director is in place.

Dr Cox said: "I have enjoyed my time with the Cancer Alliance. The challenges within cancer services, like most healthcare services, are significant but I have been encouraged by the commitment of colleagues and partners to improve outcomes for cancer patients in Humber and North Yorkshire.

"I want to thank you for your support and contributions during the time I have been in post – your energy, enthusiasm and commitment is commendable."

Restoring cancer services to pre-pandemic levels remains a priority for the NHS and the Cancer Alliance will continue to work with partners to transform the diagnosis, treatment and care for cancer patients in our region.

To find out more about the Humber and North Yorkshire Cancer Alliance priorities visit the [Cancer Alliance website](https://www.hnycanceralliance.org.uk).



Cancer Alliance Annual Report

Humber and North Yorkshire Cancer Alliance's 2021/22 annual report captures our work and documents the key achievements of our programmes, in line with the requirements of the NHS Long Term Plan.

[Click here](#) to read the Cancer Alliance's annual report.

Students benefit from Cancer Champions Training

Students at Hull's Wyke Sixth Form College are just one of several groups to have completed the Cancer Alliance's Cancer Champions training recently.

The **Cancer Champions training** educates people about cancer symptoms to encourage early detection and empowers them to raise awareness about cancer in their community.

Jo Foster, Head of Health and Social Care at Wyke Sixth Form College, said: "Our students now will not only be able to talk to their friends and family members about cancer, they can also take this training forward in their future careers."

One of the students who took part in the training, said: "Someone close to me has cancer. Knowing what I know now I could have recognised the signs and it could have been caught earlier. I'd recommend the training to anyone as it could save someone's life."



Humber and North Yorkshire Cancer Alliance offers regular Cancer Champions training sessions. Anyone can sign up to these free 90-minute sessions; you do not need prior experience or knowledge about cancer to participate.

There's currently over 3,500 Cancer Champions across Humber and North Yorkshire. Visit the **Cancer Alliance website** to book your place or find out more about the Cancer Champions training programme.

The Cancer Alliance also offers group sessions for businesses, organisations and schools. Email hny.cancerchampions@nhs.net or call 07519 120809 for more information.

Cancer Patient Experience Survey results published



The 2021 Cancer Patient Experience Survey (CPES) results have been published.

The survey, which has been carried out annually since 2010, helps organisations that commission and provide cancer services to understand what aspects of cancer services are working well and identify areas for improvement.

The survey was completed refreshed in 2021 in response to feedback from patients, and providers and commissioners of cancer services, and therefore should not be compared with results from previous years.

The 2021 CPES survey was completed by 59,352 patients nationally, equating to a response rate of 55%. In Humber and North Yorkshire 2,433 patients completed the survey, resulting in a response rate of 60%.

As in previous years, the Humber and North Yorkshire Cancer Alliance will work with partners, using the 2021 CPES results, to identify priorities in each of the areas in our region and to deliver positive change.

The areas for improvement identified in the 2021 survey across the Humber and North Yorkshire area include: waiting times for diagnostic test results; patients having a main point of contact in their care team; staff providing patients with information on available support; and cancer research opportunities being discussed with the patient.

[Click here](#) to view the Humber and North Yorkshire Cancer Alliance-area CPES results.