

Bone metastasis: exploring early findings of an initiative to improve patient education, outcomes and quality of life.

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Around 4,000 new cases of bone metastases are diagnosed each year in the USA (American cancer society, 2023).

Over 70% of people with breast or prostate cancer will develop bone metastasis (Huang, 2020).

Bone health clinic aims to provide information and assessment of patients with bone metastasis

stakeholders consulted to support the development and continuation of this clinic



Abstract

The bone health clinic was initiated because of the profound affects of cancer and its treatment on patient's bone health, affecting quality of life, and putting patients at risk of metastatic spinal cord compression (MSCC), pathological fracture and hypercalcemia.

There are hundreds of patients living in Walsall with bone metastasis who can benefit from ongoing surveillance and support from the bone health clinic.

An increase of bone pain will lead to decrease in QOL (Ribi, 2021)

Further info

Aims of the bone health clinic:

To promptly identify patients at risk of bone-related injury resulting from bone metastasis, providing structured, in-depth assessment and education regarding bone health and what to do if symptoms arise. Also educating wider teams about the risk of bone-related injury in secondary cancer.

Therapy interaction has been previously underused in patients with bone mets but can massively impact QOL

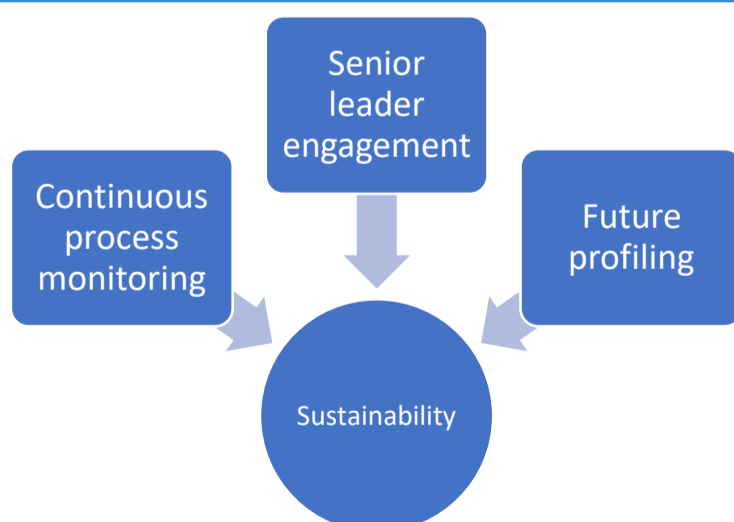
What we do:

- Clinical assessment include inc; diagnostic testing as needed
- OT and PT assessment, looking at education, equipment needs, home visits,
- Symptom assessment and prescribing of medications
- Referral to other teams and bridge the gap between specialist services
- Link in with orthopaedic-oncology MDT
- Monthly consultant-led MDT
- Education around red flags for MSCC and bone-related injury.

What next:

Aim to collect data regarding impact on services and patient quality of life and extend the boundaries of the clinic to continue improving patient care

Sustainability model used to support development of the clinic



Bone health clinic

Walsall palliative care team

Working in partnership

The Royal Wolverhampton NHS Trust
Walsall Healthcare NHS Trust