

Professionals' Views on Aftercare for Teenagers and Young Adults (TYA) with Cancer in South West England

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Participants were:

Working within health / social care / education

Known to have an interest in TYA and / or specialist cancer care knowledge

Online Modified Delphi Survey n=122

Semi-structured interviews and focussed group discussions n=97

Professionals valued interventions for issues common to TYA

Maintaining education, work and meaningful activity

Finance and housing concerns

Managing cognitive effects

Managing fear of recurrence

Provision of psychosocial support

Peer support and mentoring

Building resilience

Responding to specific requests e.g. fatigue management

Support for self management was consistent, but opinions on timing and suitability varied

"I agree that the concept of self management should be introduced very early on, but perhaps not from the time of diagnosis, which is a very challenging time"

"Some of the younger, 15, 16 year olds who are still very dependent on their parents may find it hard to cope with"

Professionals identified their own support needs

"We would have better conversations at the end of treatment if we knew what we should talk about"

"The biggest challenge is having time"

CONCLUSION: These findings inform interventions to improve TYA care and will help deliver NCSI priorities: many are applicable to aftercare of cancer patients at other ages.