Therapeutic education for patients receiving anti-cancer oral therapies: Practical aspects and AFSOS Guidelines
Faculty Disclosure

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More and more therapeutic options

Earlier diagnosis, effectiveness of specific therapies and supportive care availability

- Cancer is becoming a chronic disease for many patients
- Improving quality of life is mandatory

Ambulatory care is often possible

- Today more patients have access to oral therapies: home treatment
Oral therapies: challenges

- Patients earn autonomy in getting treatment
- But this could be stressful for patients and relatives
  - Treatment Management
  - Side Effects detection and care
  - Compliance
- Iatrogenic risks are increased
- Caregiver involvement and training
Patient Therapeutic Education aims to help patients to acquire or maintain the skills they need to manage their life with chronic illness. 

Rapport de l’OMS-Europe, publié en 1996, Therapeutic Patient Education – Continuing Education Programmes for Health Care Providers in the field of Chronic Disease, traduit en français en 1998

- 2009: Official recognition of therapeutic education for patients in French Health Law (Loi HPST Hôpital Patient Santé Territoire)
  
  Reference text: Decree of 02/08/2010 amended and supplemented by the decree of 14/01/2015 and the decree of 31/05/2013

- Methodological Guidelines defined by Health Authorities (Haute Autorité de Santé)

- French National Cancer Plan 2014-2019
  - « to develop patient’s skills as a care partner using Therapeutic Education Programs (ETP) »
Therapeutic Education Programs: objectives

- Maximise the effectiveness of specific treatments
  - Optimize therapeutic index
- Improve patient’s quality of life
- Make the patient an actor in his care
  - Understanding the disease and the treatments
  - Help patients and their families live better with the disease
Therapeutic education: implementation
(1)

✓ Proposed by a physician

✓ Involving at least 2 different health care professionals
  • Always including one physician

✓ Specific training for ETP healthcare team required (42H training)
  • In order to get specific skills (technical, relational, educational and organizational)

✓ Always patient centered
Therapeutic education: implementation (2)

- Should be included in treatment planning and care
- Should be a continuous process
- Should be multi-professional and interdisciplinary
- Should include an individual patient assessment and program evaluation
The educational approach: in 4 steps

I – *initial assessment needed*

Shared education assessment (BEP) or educational diagnosis in order to evaluate:

- Patient's difficulties and resources
- His priorities and life projects
  - In agreement with the patient: define personalized and realistic goals.
The educational approach: in 4 steps

II - Set goals:

- Understanding disease
- Understanding treatment
  - Managing treatment
- Preventing and monitoring side effects of treatment and disease symptoms
  - Identifying and managing them
- Maintaining general status as good as possible
  - Maintaining patient’s social life
The educational approach: in 4 steps

III - Educational workshops

Define with the ETP team:

- Themes
- Individual or collective workshops
- Target population
- Objectives and skills to acquire
- Key messages based on current recommendations
- Stakeholders
- Educational tools
- Duration
- Evaluation
The educational approach: in 4 steps

IV - *Evaluation*

When?

- At the end of the program with initial BEP

Goals?

- Highlight patient changes
- Check understanding of information
- Adjust patient's personalised program

Tools?

- Quizz/Role play/Quality of Life Assessment Scale
Nurse point of view

- Patient education is part of nurse work
  - ETP develops further this skill
- A different role for nurse
- Education approach is long term oriented
- ETP helps to fill the gap between patient and health care professional perception
ETP limitations

- Time
  - Patient availability

- Patient participation
  - Performance status and psychological status
  - Not always agree to go back to school

- Course of the disease

- Place for caregivers
ETP program for all?

- ETP program may not be adapted to all patients
- But limited and targeted ETP should be offered to all patients
  - Ex: localized prostate cancer patients
  - Ex: oral therapies for patients with metastatic disease
Thanks you for your attention