The C Factor - Pilot for a group approach addressing the emotional impact of cancer.
1. Background to The C Factor
Two consultation workshops with patients and their family members

July 2017: consultation on development of the psychology service with 8 patients, 3 carers, 1 volunteer and 8 medical and admin staff

April 2018: consultation/brainstorming workshop - 7 patients and 2 partners, a range of ethnicities and cancer types and stages.

Requesting:

• Group approaches
• Building resilience
• Fun, Uplifting, Energising, Replenishment, not getting dragged down by other people’s difficulties
• Informative
• Social – a place to meet other people going through cancer
Our Rationale

- Common psychological themes in one to one sessions
- Patients have a wealth of knowledge and experience to share
- To offer a more equitable and inclusive service
- An intervention for people who would not access one to one psychology

- To extend the reach of the cancer care psychology service
- Offering a new and different approach as requested by patients
- Offering psychological approaches, tips and techniques
- A place for people to develop new friendships and supports
Our Approach

• A narrative approach (White 1990) – building on strengths and skills rather than pathologizing problems
• A community psychology approach (Smail 1994)
• Participatory Process Performance approach
• Focus on a character and their story, less confronting than focus on the patient.
• A place where people can learn from each others’ experiences and skills
• Having one’s experience witnessed as a powerful therapeutic tool (Freedman 2014)
• Normalising people’s experience – lessens the impact
• Asking patients for their help in developing the programme (giving vs taking)
• The therapeutic power of fun and laughter (endorphins, immunity, relaxation... )
• Combining arts, creativity and psychology
THE ARTS CAN RECONSTRUCT YOU
2. Existing Research

- Very little! A new approach
All Party Parliamentary Report 2017:

*Creative Health:*
The Arts for Health and Wellbeing
After engaging with the arts:
- 77% of people engaged in more physical activity
- 82% enjoyed greater wellbeing

Literature search – little else similar. As far as we know this programme is totally unique.

3. Our Research
Consultation with theatre projects

• Complicite: A Pacifist’s Guide to the War on Cancer, performed at The National Theatre. Brian Lobel: artist and co-writer, reader at University of Chichester, living with cancer.

• Toby Peach, performing artist living with Hodgkin’s Lymphoma.
Our research (continued)

• Brainstorming workshop April 2018 with 7 patients and 2 partners – gave us key approach and themes
• Adam – in depth interviews with 5 patients and 3 professionals leading to the development of ‘Ricky’
• Sue – consultations with colleague Lisa Clarke, Consultant, Owls Organisation, Problem Solving Booths HQ.
• Consultation with clinical psychologists at St. Bartholomew’s Hospital running Emotional Impact of Cancer workshops.
• Consultation with member of APPG 2017: The Arts for Health and Wellbeing
4. The C Factor Pilot
• A team: Adam - facilitator and artist from ‘Wake the Beast’, Tracey - Macmillan Information and Support Manager and Sue - Macmillan Clinical Psychologist, with support from Dr. Ruth Allen - Macmillan Clinical Psychologist.

• Recruited an honorary assistant psychologist – Shannon Potter.

• A successful funding application to Macmillan for their new support grant

• A one year pilot

• 8 x 2 hour sessions run twice over the year

• From 8 topics (quantity) to four (quality) – The shock of diagnosis, talking to friends and family about cancer, effects of treatment, the end of intensive treatment.
• Combining storytelling with theatre elements and psychology
• A musician for two of the 8 sessions
• Following the story of Ricky and his cat Whitt, his friends and family, through Ricky’s cancer diagnosis and treatment.
• Targeting patients who hadn’t accessed one to one psychology
An example session

- Relaxation
  - Calm place

- Introductions
  - Icebreaker

- Storytelling:
  - Ricky tries to tell Sami about his diagnosis

- Participants discuss ways to manage telling others

- Tea break!

- Volunteers play Ricky in conversation with his friend: freeze frame technique

- Summary and feedback
A bit more about our approach

- People can participate as much or as little as they choose
- Relaxed non clinical atmosphere
- Music
- Colourful jazz café style tables
- Afternoon Tea break
- Not everyone is literate.
- Creativity encouraged. Participants developed characters – Dr. Feelgood, Peace Galaxy.
5. Outcomes
## C Factor: our pilot programs

<table>
<thead>
<tr>
<th></th>
<th>Start date</th>
<th>End date</th>
<th>Total attended</th>
<th>Breast cancer</th>
<th>Lung cancer</th>
<th>Prostate cancer</th>
<th>Colorectal cancer</th>
<th>Endometrial cancer</th>
<th>Non-Hodgkin’s lymphoma</th>
<th>Carers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pilot 1</strong></td>
<td>19/09/18</td>
<td>19/12/19</td>
<td>20</td>
<td>9</td>
<td>6</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td><strong>Pilot 2</strong></td>
<td>20/03/19</td>
<td>03/07/19</td>
<td>19</td>
<td>10</td>
<td>2</td>
<td>3</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>2</td>
</tr>
</tbody>
</table>
Who attended?

Ethnicity
- White British
- Black Caribbean
- Black African
- White Other
- Asian Pakistani
- Any Other Ethnic Group

Sex
- Female
- Male
Pilot 1 outcome data

Three time points:
- First session patient attended
- Fourth session patient attended
- Final session patient attended

Scale: 0 (very little) – 3 (most of the time)

I feel alone with cancer

First session attended  | Fourth session attended  | Final session attended
World Health Organisation Well-Being Index (WHO-5)


0 represents the worst imaginable well-being and 100 represents the best imaginable well-being (WHO, 1998).
WHO-5 questions

**Scale**
Questions are rated from 0-5
5 = All of the time; 4 = Most of the time; 3 = More than half of the time; 2 = Less than half of the time; 1 = Some of the time; 0 = at no time

**Q1** I feel cheerful and in good spirits

**Q2** I feel calm and relaxed
WHO-5 questions

Q3 I feel active and vigorous

Q4 I wake up feeling fresh and rested

Q5 My daily life is filled with things that interest me

Scale
Questions are rated from 0-5
5 = All of the time;
4 = Most of the time;
3 = More than half of the time;
2 = Less than half of the time;
1 = Some of the time;
0 = at no time
Section of interview with participant (video)
In which ways has attending the C Factor made a difference to you in your day to day life?

“I kept using Ricky's mantras when talking to other people, I know that I am not alone."

“It has made me feel more hopeful about longer term effects”

“I know there are techniques available now which I can follow if I feel in need.”

(Question appeared on midway feedback forms)
Which ideas or skills from the 'C-Factor' have helped you to manage the effects of cancer?

“Putting my own problems in the context of others”

“Relaxation exercises (candle) I found very relaxing”

“Dealing with friends / colleagues etc”
What have you liked most about these sessions?

“how the patients were involved at all stages”

“Ricky & listening to his story and how he makes us all feel good and laugh”

“Speaking to other patients and hearing their journeys. A lot was relatable and that I'm not alone with fear of treatment”
Please rate how helpful the C-Factor has been in helping you to...

Scale 1-4: 1 Unhelpful; 2 Made no difference; 3 Helpful; 4 Very helpful

- Feel more able to deal with what is going on
- Understand the ways that cancer can affect you emotionally
- Have fun
Please rate how helpful you found these aspects of the C Factor.

- Hearing the experiences of others who are going through/have been through cancer: 3.6
- The story of Ricky brought to life through storytelling and theatre: 3.4
- Psychological tools and tips to manage the emotional challenges of cancer: 3.5
- Learning from others who are going through/have been through cancer: 3.2
- The opportunity to be creative: 3.0
- Talking with others about my experience of cancer: 3.3
“When I finished my treatment for bowel cancer the fears and feelings that come with having a life-threatening illness rose to the surface. I had been offered one to one sessions with the psychologist but felt that would be too intense.

The opportunity to join the C Factor group came just at the right time. The informal atmosphere allowed me to process my feelings in a non-threatening way. I became more confident and felt better understood as I interacted with others.

The drama sessions often had a humorous element, which lightened the mood, and the singing energised me despite my chemo fatigue. I felt useful again I could contribute ideas and support others in the group”
Laughter episodes: 23 in session 4
Two participants have struck up a supportive friendship and now play music together
Participants have been encouraging others to attend e.g. in the chemotherapy unit
Patients now know each other when attending chemotherapy, clinics etc.
Two participants have started a patient meet up once a month meeting in the local community
Four referrals for 1-1 psychology
Creative: participants composed a song about The C Factor and performed it at the final session.
Presentation at Whittington Cancer Conference
(video)
Plans for the Future

• The C Factor has been shortlisted for a Macmillan Excellence Award for Innovation

• Presentations to Whittington NHS Trust Board, London Cancer Psycho-social Forum, Camden & Islington Clinical Psychology Service

• Application to Whittington Health Charitable Funds for continuation of the project at the Whittington

• Meeting with Haringey & Islington CCG Senior Engagement Lead

• Assess feasibility for the programme to be rolled out
  • With our facilitation
  • or for others to facilitate in the community or in other hospitals and organisations
Is there anything else you’d like to tell us?

“I am new living with cancer. I feel like since being diagnosed I am beginning to see a new me evolve. Thank you to Sue, Tracy, & Adam for all your enthusiasm.”

“It is fantastic! It really helps me and I think it’s a perfect way to deal with cancer. A very big thank you.”

“It has been amazing and really helped me in my day-to-day life after the diagnosis”
The C Factor Team

- Dr. Sue Gibbons, Macmillan Clinical Psychologist
- Adam McGuigan, Facilitator and Artist from ‘Wake the Beast’
- Tracey Palmer, Macmillan Information and Support Manager
- Shannon Potter, Honorary Assistant Psychologist
- Dr. Ruth Allen, Macmillan Clinical Psychologist

Whittington Health NHS Trust
Camden and Islington NHS Foundation Trust
Macmillan Cancer Support