



## The Health Companion: Improving the lives of people living with lung cancer and mesothelioma

The Health Companion is a new way of helping patients take more control in the management of their cancer. It is very easy for patients to use and enables them to keep a diary of symptoms and health outcomes, experience of services and costs associated with their care.

They can choose to share this with healthcare providers and family and friends to enhance nurse-patient communication and we think it will prove invaluable for patients and nurses and ultimately help improve outcomes with healthcare services.

We are asking Clinical Nurse Specialists to enrol patients. By encouraging people to take part, you will contribute greatly into improving the management of cancer patients, enhancing NHS services, and providing new opportunities for research into new cancer medicines.

### **BEFORE ENROLLING PATIENTS...**

- Ensure that your hospital trust has given approval for this project. You can check at [www.health-companion.me/trustapproval](http://www.health-companion.me/trustapproval). If not, you will need to submit a pre-completed form to your local hospital audit department for approval. This will be emailed to you. If you have any queries contact [andrew@dash-global.com](mailto:andrew@dash-global.com)
- Read the patient section of [www.health-companion.me](http://www.health-companion.me) and watch the videos.
- Fill out the form on the nurse section of [www.health-companion.me](http://www.health-companion.me) and receive a link to download the nurse demo Health Companion (HC) app to your phone or iPad.
- Familiarise yourself with the enrolment steps and ensure you have: patient enrolment forms, patient information leaflets and prepaid envelopes. These will be posted to you and are also available to download from the website.

### **ENROLLING PATIENTS ONTO THE HEALTH COMPANION...**

- Enrolling a patient is quick and simple.
- One patient a week would be a good target.
- Please have patient enrolment forms and information leaflet available at clinical appointments then follow the simple steps to enrol patient.
- Once you have assisted patients with enrolment, ongoing support is provided by the dedicated HC Manager, call: 0116 218 5718 or email [HCManager@lcuk.org](mailto:HCManager@lcuk.org) or [HCManager@mesothelioma.uk.com](mailto:HCManager@mesothelioma.uk.com)

### **BENEFITS TO YOU OF PATIENTS USING THE HEALTH COMPANION...**

- Enhanced nurse-patient communication.
- Accurate information for better patient management.
- Creates efficiency in clinical appointments.
- Improves patient outcomes data that will lead to better care and improved medicines.

# The Health Companion: How to enrol patients

## 01

### TELL THEM ABOUT IT

During your normal clinical practice, tell your patients about the Health Companion (HC), outline the benefits and give them the patient information leaflet and ask them if they would like to enrol on the HC.

\*Please remember we are looking to recruit all patient types across the 'pathway' that reflects the national population of lung cancer patients.

Show patients the HC and demonstrate how it works by using the demo HC app on your PC, phone or show them the HC video on the patient website (or both!).

Answer any patient questions. If there is a question you can't answer, you can contact the Health Companion Manager: call: 0116 218 5718 or email [HCManager@lcuk.org](mailto:HCManager@lcuk.org) [HCManager@mesothelioma.uk.com](mailto:HCManager@mesothelioma.uk.com)

## 02

### SHOW THEM HOW IT WORKS

When the patient has agreed to proceed, give them the patient enrolment form to read. There are two sections to complete:

1. **Consent form:** The patient needs to complete the consent form, sign and date it.
2. **Clinical assessment form:** Once the patient has given consent, you need to complete the nurse clinical assessment form. This must be completed in full. **Incomplete forms cannot be processed by the HC Manager.**

## 03

### COMPLETE PATIENT ENROLMENT FORM

Send the completed patient enrolment form, including clinical assessment and patient consent forms, back to the HC Manager using the prepaid envelope provided. Send via internal hospital mail or normal post. Keep a record of the patient's name and send an email to the HC Manager informing them it's in the post.

This needs to be done immediately so patients receive their link to the HC as soon as possible. **\*Please keep forms secure at all times to protect patient privacy.**

## 04

### RETURN ENROLMENT FORM

Encourage patients to use the Health Companion and share their data at clinical appointments. Inform them that they will be fully supported and will receive an **email** with details of how they download and login to the HC and a **call from the HC Manager** within the first two-weeks to help them get started.

If they have further questions or technical difficulties they can contact the HC Manager, call: 0116 218 5718 or email [HCManager@lcuk.org](mailto:HCManager@lcuk.org) [HCManager@mesothelioma.uk.com](mailto:HCManager@mesothelioma.uk.com)

## 05

### NEXT STEPS AND SUPPORT