

# R CANCERS EUROPE

Joining forces for action



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## RCE-ESMO-ESO Training Course for Rare Cancer Patient Advocates 2022

**Nursing aspects on the transformation of cancer care in the  
Covid-19 pandemic, aspects of care and digital health**

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and Regional Cancer centre, Stockholm, Sweden

# AGENDA



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- Examples of how we tried to adopt using digital health
  - What do we mean with digital health
  - What did we learn
  - Where are we now?
  - Challenges and thoughts on future



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# What is digital health?

(WHO, 2022)



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- A broad umbrella term, including e-health, as well as areas under development; for example the fields of “big data”, genomics and artificial intelligence
- Plays an important role in strengthening health systems and public health, increasing equity in access to health services, and in working towards universal health coverage

# What did we learn?



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- Patients in general positive to digital health
- Video consultations excellent option!
- The challenge of symptom management....via telephone..
- There are systems in place – but not one system..
- Increasing equity in access to health services ?
- Increasingly important in a highly specialized system (rare cancers etc.)

# Transformation... or?



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## What did we already have?

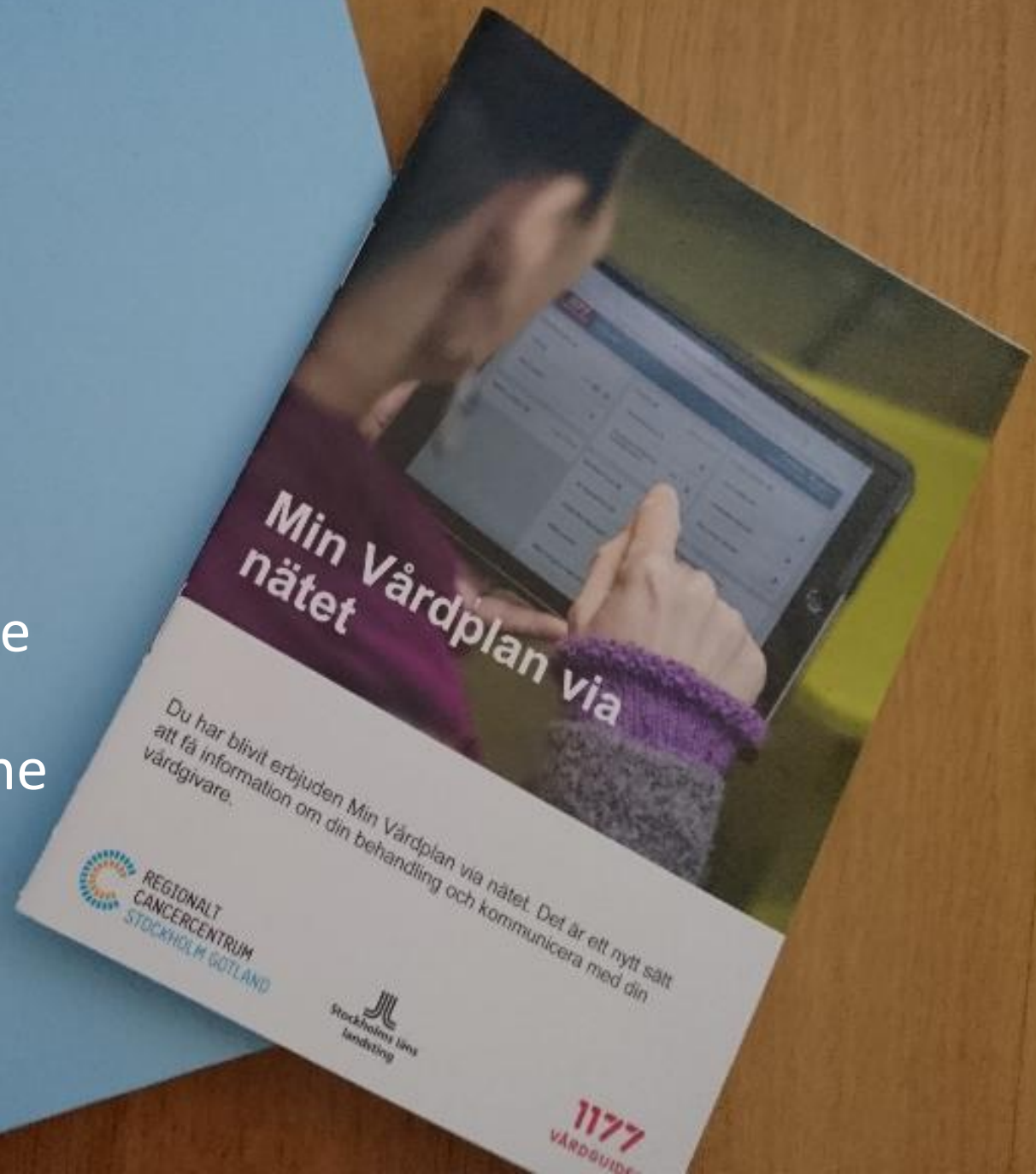
- Electronic health records
- Possibility to report symptoms
- Possibility to chat with nurses
- Access to the electronic medical file by patients
- A national “safe” platform where patients may log in

## What did we do?

- Implement a digital care plan, patients as co-creator
- Started using a “chat-function”
- Started using the possibility to have video meetings as an alternative to telephone.
- Piloted a platform to make second-opinion easier

# Information booklet

Made in a e-version, with the possibility to tailor information and chat with the nurse



**Om Min vårdplan** 1 av 1 steg är synliga

**Formulär i "Att fylla i"**  
 Vad är viktigt för mig?

**Diagnos** Synliga steg: 2 av 2 **Sätt till avklarad** Dagar kvar: 0

**Behandling** Synliga steg: 8 av 20 **Sätt till avklarad** Dagar kvar: 0

**Symtom, egenvård och cancerrehabilitering** Synliga steg: 20 av 29 **Sätt till avklarad** Dagar kvar: 0

**Praktiska råd** Synliga steg: 3 av 4 **Sätt till avklarad** Dagar kvar: 0

**Mina rättigheter som patient** Synliga steg: 4 av 4 **Sätt till avklarad** Dagar kvar: 0

**Dagbok/Mina anteckningar** Synliga steg: 1 av 1 **Sätt till avklarad** Dagar kvar: 0

Invånarstatus:  **Sätt till kommande**

**Dagbok** 1 av 1 steg är synliga

**Dagbok/anteckningar**  Synlig

**Formulär i "Att fylla i"**  
 Dagbok/anteckningar

**Aktivitetsplaner**

**Länkade moment**

**Behandling** Synliga steg: 8 av 20 **Sätt till avklarad** Dagar kvar: 0

**Symtom, egenvård och cancerrehabilitering** Synliga steg: 20 av 29 **Sätt till avklarad** Dagar kvar: 0

Invånarstatus:  **Sätt till kommande**

**Cancerrehabilitering** 2 av 5 steg är synliga

**Munvård och tandvård** 5 av 5 steg är synliga

**Mat och näring** 3 av 3 steg är synliga

**Mat, näring och vikt**  Synlig

**Kaloriista över vanliga livsmedel**  Synlig

**Kostnader och näringspreparat**  Synlig

**Egenvårdsråd** 8 av 13 steg är synliga

**Oro och nedstämdhet**  Synlig

**Trötthet vid cancer - fatigue**  Synlig

**Smärta**  Synlig

**Sexualitet**  Synlig

**Efter strålbehandling**  Synlig

**Bieffekter av strålbehandling**  Synlig

**Förstoppning**  Synlig

**Diarré**  Dold

**Stickningar och domningar**  Dold

**Formulär i "Att fylla i"**  
 [Hälsokattning för cancerrehabilitering](#)  
 [Smärtskattning](#)  
 [Salivtest](#)



# Other examples



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- Video consultations, patients logged on via mobile application with their unique personal identification number and a code



# More examples..



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- Piloted a tool for patients that sought a second-opinion
- Only 11 % of the patients with Head & neck cancer were informed on the right to have a second opinion (data from population-based national survey)
  - The tool improved the process for the patients, administrative staff and nurses..
  - A safe system to transfer medical records and a “easy access” platform was designed; the patient wrote a referral on why and where in addition to the physicians referral

# Summary



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- Evidence are supporting use of digital tools, but it is much more than the tool
- For all?
- Implementation takes time, the covid-19 pandemic “forced” us to start and adjust as we go
- Policy-makers and other stakeholders should focus on national/international platforms to ease patient access
- Health care professionals must get used to several platforms for a while
- Focus on health care systems that integrate with those platforms
- Huge opportunities to include PROM and PREM in daily care!

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# Thank you!

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