



Thames Valley
Cancer Alliance



Cancer quality of life survey

October 2021



thamesvalleycanceralliance.nhs.uk



[@ThamesV_Cancer](https://twitter.com/ThamesV_Cancer)

Survey background

The cancer quality of life survey is a national survey run by NHS England and NHS Improvement and NHS Digital. People who have had a cancer diagnosis are being asked to complete the survey around 18 months after diagnosis.

Information from the survey is one of a range of resources that will be used to work out where improvements should be made to care, with the goal of improving quality of life for people diagnosed with cancer.

The survey is made up of two questionnaires that measure overall health and quality of life.

The data was last updated: 25th October 2021. This includes questionnaire responses received up to 12th September 2021 for questionnaire invites from September 2020 to July 2021.



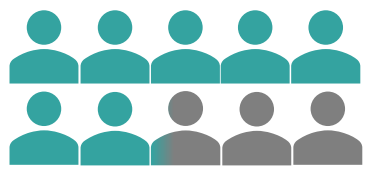
Overall health

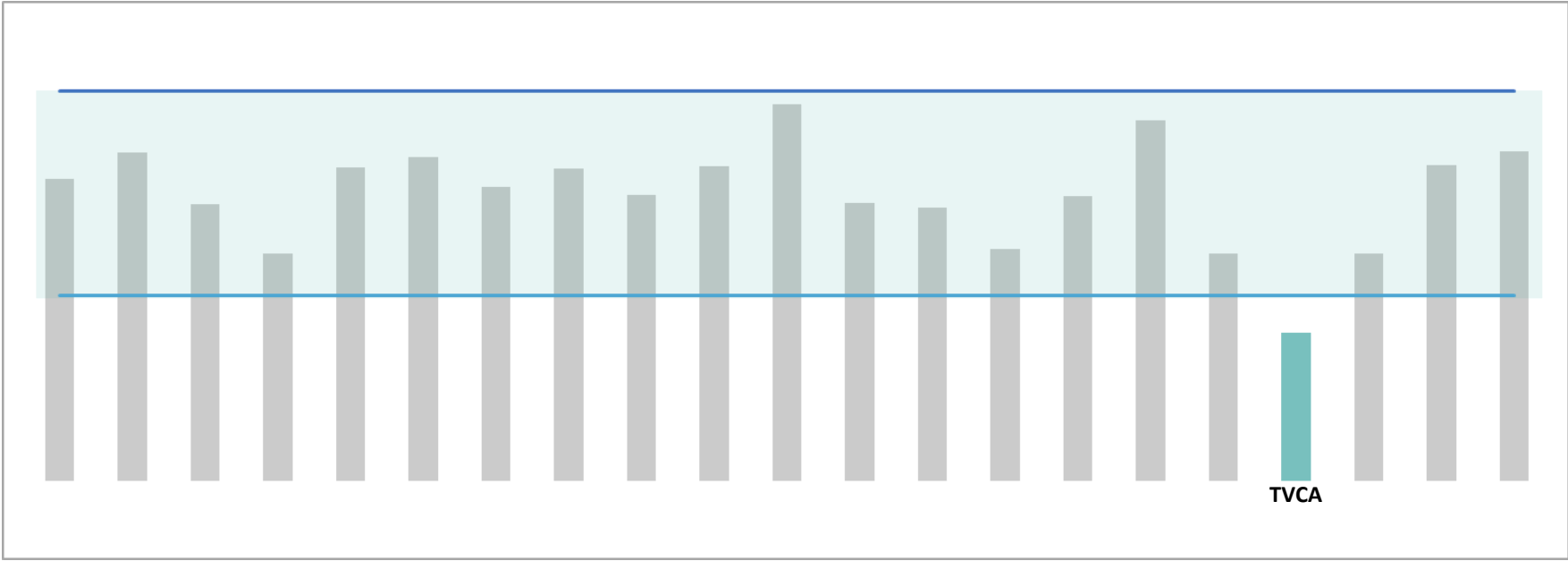
The survey had five items asking about mobility, self-care, usual-activities (such as work, study, housework, family or leisure activities), pain and discomfort, and anxiety and depression.

Each question had a range of five statements and respondents selected the best one for them. For example, the mobility item ranges from 'I have no problems walking about' through to 'I am unable to walk about'.



Percentage of people (who have had a cancer) that reported any level of problem (slight/moderate or severe/unable) overall

 71.2% of respondents within the TVCA reported a problem of some level



Shorter bars = better score

Each bar represents the results for each cancer alliance. 95% of the data captured falls within the shaded areas. If the scores of a cancer alliance fall outside of the area, this means that this difference is likely not due to chance.

TVCA was the only alliance to fall below the shaded area.

TVCA had the lowest percentage of respondents say they had any level of problem in the areas of mobility, self-care, usual activities, pain/discomfort or anxiety/ depression.

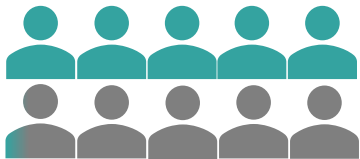
When splitting the responses by the individual tumour sites investigated (Breast, Colorectal and Prostate):

- TVCA respondents who had a prostate cancer reported the lowest percentage of any cancer alliance. This was below (better than) the expected average range.
- TVCA respondents who had either a breast or colorectal cancer were within the expected average range.

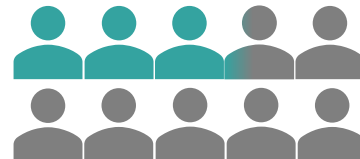
*Upper and lower limits were set as two standard deviations from the average



Overall health: Breast cancers



50.9% of respondents within the TVCA reported a problem of some level related to **anxiety and depression**.



32.8% of respondents within the TVCA reported a problem of some level related to **mobility**.



70.6% of respondents within the TVCA reported a problem of some level related to **pain/ discomfort**.



12.8% of respondents within the TVCA reported a problem of some level related to **self-care**.



42.9% of respondents within the TVCA reported a problem of some level related to **usual activities**.

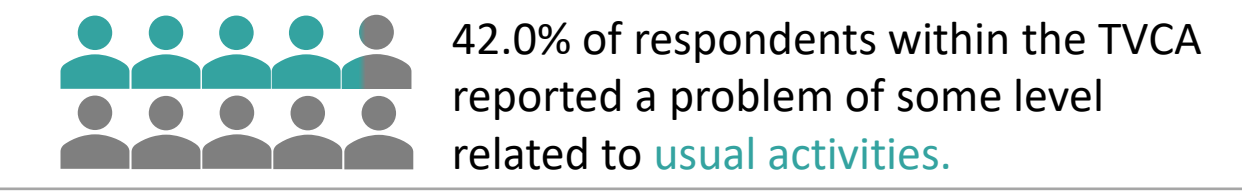
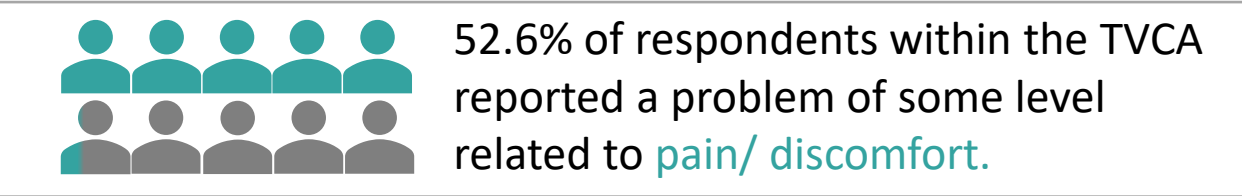
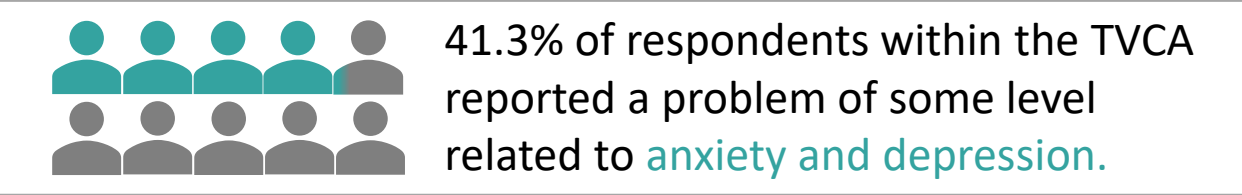
Respondents were asked if they had any level of problem in the areas of mobility, self-care, usual activities, pain/discomfort or anxiety/ depression. This could be a 'slight/moderate problem' or a 'severe/ unable problem'.

The TVCA compared the scores from TVCA respondents against the scores from other cancer alliances nationally. We found the TVCA scores to be:

- Anxiety and depression – within an expected average range
- Mobility – within an expected average range
- Pain / discomfort – within an expected average range
- Self-Care – within an expected average range
- Usual activities – within an expected average range



Overall health: Colorectal cancers



Better than average

Better than average

Respondents were asked if they had any level of problem in the areas of mobility, self-care, usual activities, pain/discomfort or anxiety/ depression. This could be a 'slight/ moderate problem' or a 'severe/ unable problem'.

The TVCA compared the scores from TVCA respondents against the scores from other cancer alliances nationally. We found the TVCA scores to be:

- Anxiety and depression – within an expected average range
- Mobility – 'TVCA respondents reported 'any problem' at the lowest percentage of all cancer alliances. This was below (better than) the expected average range
- Pain / discomfort – within an expected average range
- Self-Care – TVCA respondents reported a 'slight/ moderate problem' at the lowest percentage of all cancer alliances. This was below (better than) the expected average range
- Usual activities – within an expected average range

Overall health: Prostate



34.1% of respondents within the TVCA reported a problem of some level related to **anxiety and depression**.

Better than average



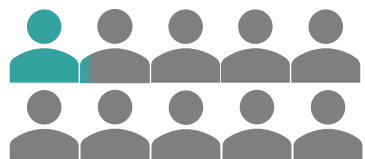
26.8% of respondents within the TVCA reported a problem of some level related to **mobility**.

Better than average



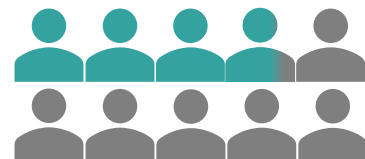
43.5% of respondents within the TVCA reported a problem of some level related to **pain/ discomfort**.

Better than average



10.3% of respondents within the TVCA reported a problem of some level related to **self-care**.

Better than average



37.0% of respondents within the TVCA reported a problem of some level related to **usual activities**.

Respondents were asked if they had any level of problem in the areas of mobility, self-care, usual activities, pain/discomfort or anxiety/ depression. This could be a 'slight/ moderate problem' or a 'severe/ unable problem'.

- Anxiety and depression – TVCA respondents reported 'any problem' at the lowest percentage, and 'no problem' at the highest percentage of all cancer alliances. These was better than the expected average range.
- Mobility — TVCA respondents reported 'any problem' and 'slight/ moderate problem' at the lowest percentage, and 'no problem' at the highest percentage of all cancer alliances. These was better than the expected average range.
- Pain / discomfort – TVCA respondents reported 'any problem' and 'slight/ moderate problem' at the lowest percentage, and 'no problem' at the highest percentage of all cancer alliances. These was better than the expected average range.
- Self-Care – TVCA respondents reported 'slight/ moderate problem' at the lowest percentage, and 'no problem' at the highest percentage of all cancer alliances. These was better than the expected average range.
- Usual activities – in line with the expected average range.

Quality of life

The survey had 30 items about functional issues, common symptoms or side effects, and overall health and quality of life.

From this, 15 items are used to produce summary scores for different functional categories: physical, social, emotional, work and leisure, and cognitive function.

The questionnaire also includes 13 items about some of the more common symptoms or side effects, such as pain and fatigue. Each question asks if the symptom has been experienced in the past week and has a range of four answers, from 'not at all' to 'very much'.



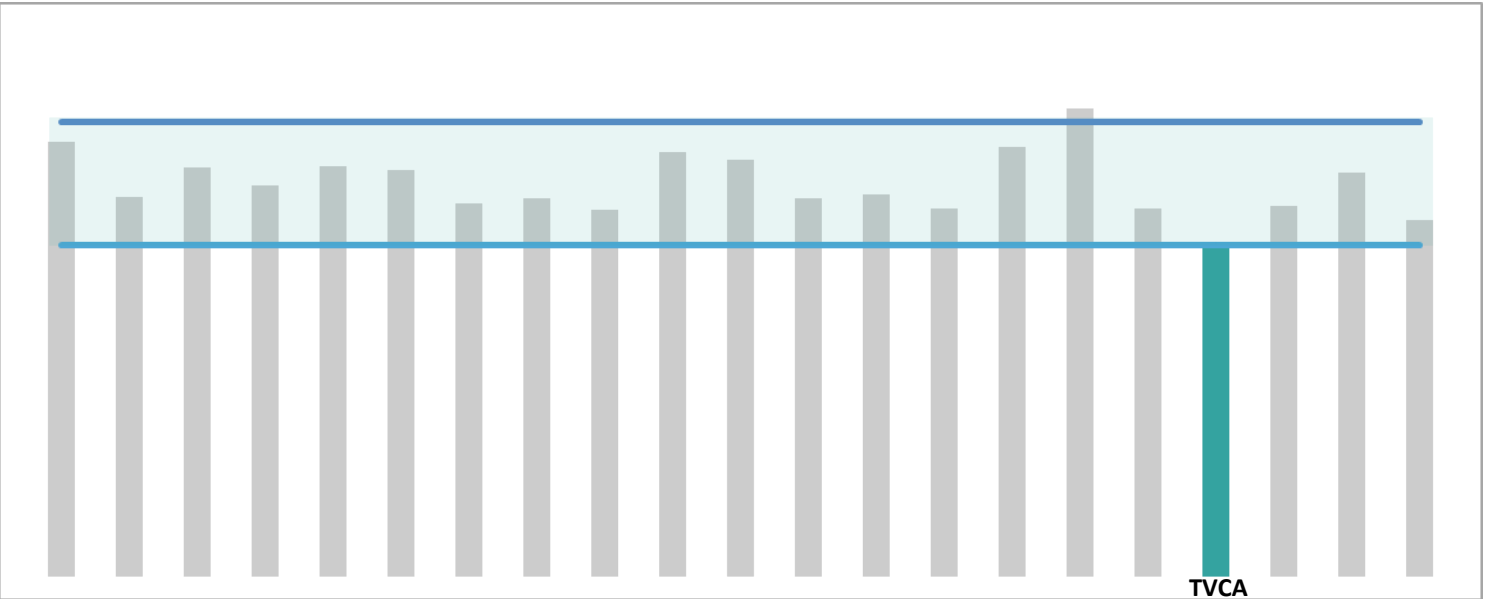
Quality of life: Breast

Reported work or leisure problems

Shorter bars = better score

Each bar represents the results for each cancer alliance. 95% of the data captured falls within the shaded areas. If the scores of a cancer alliance fall outside of the area, this means that this difference is likely not due to chance.

TVCA had the smallest proportion of respondents report a 'moderate problem' related to work or leisure



31% of TVCA respondents reported they had a 'moderate problem' related to work or leisure.

The national average score was 37%.



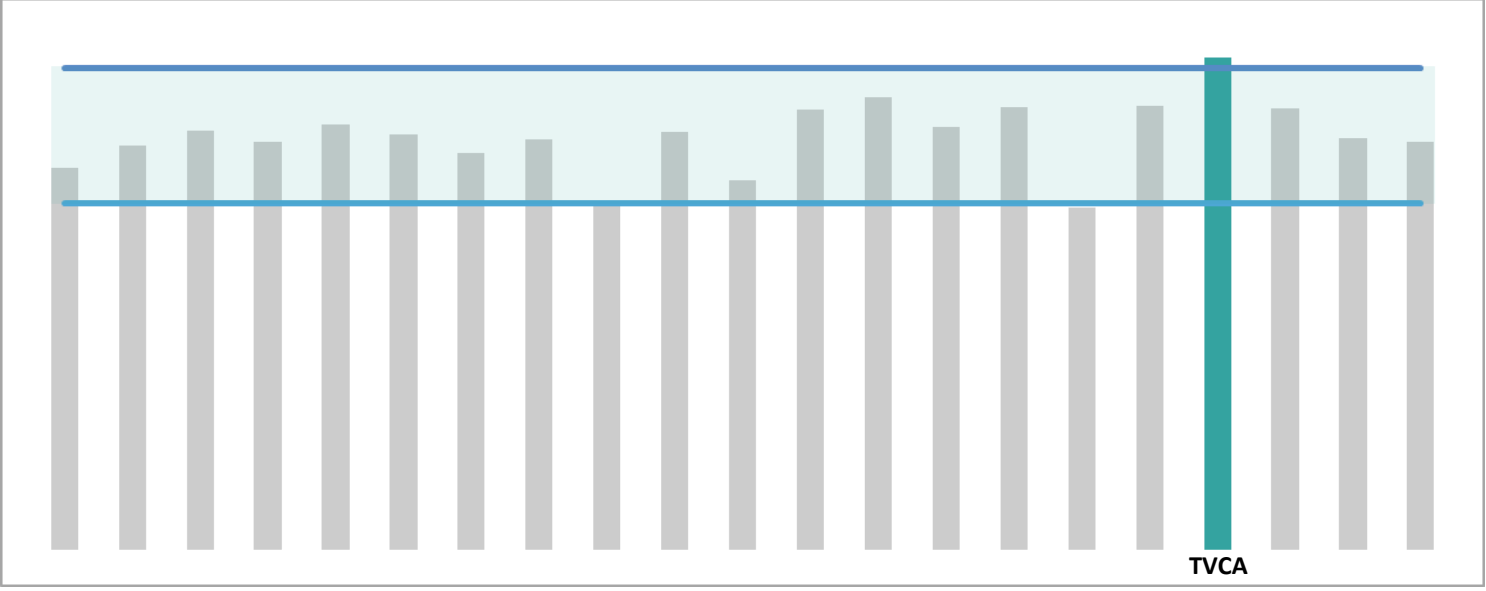
Quality of life: Colorectal

Reported work or leisure problems

Taller bars = better score

Each bar represents the results for each cancer alliance. 95% of the data captured falls within the shaded areas. If the scores of a cancer alliance fall outside of the area, this means that this difference is likely not due to chance.

TVCA had the largest proportion of respondents report 'slight or no problem' related to work or leisure



66% of TVCA respondents reported they had 'slight or no problem' related to work or leisure.

The national average score was 56%.

TVCA respondents also reported the lowest proportion of people with a 'moderate problem' related to work or leisure when compared to cancer alliances nationally.



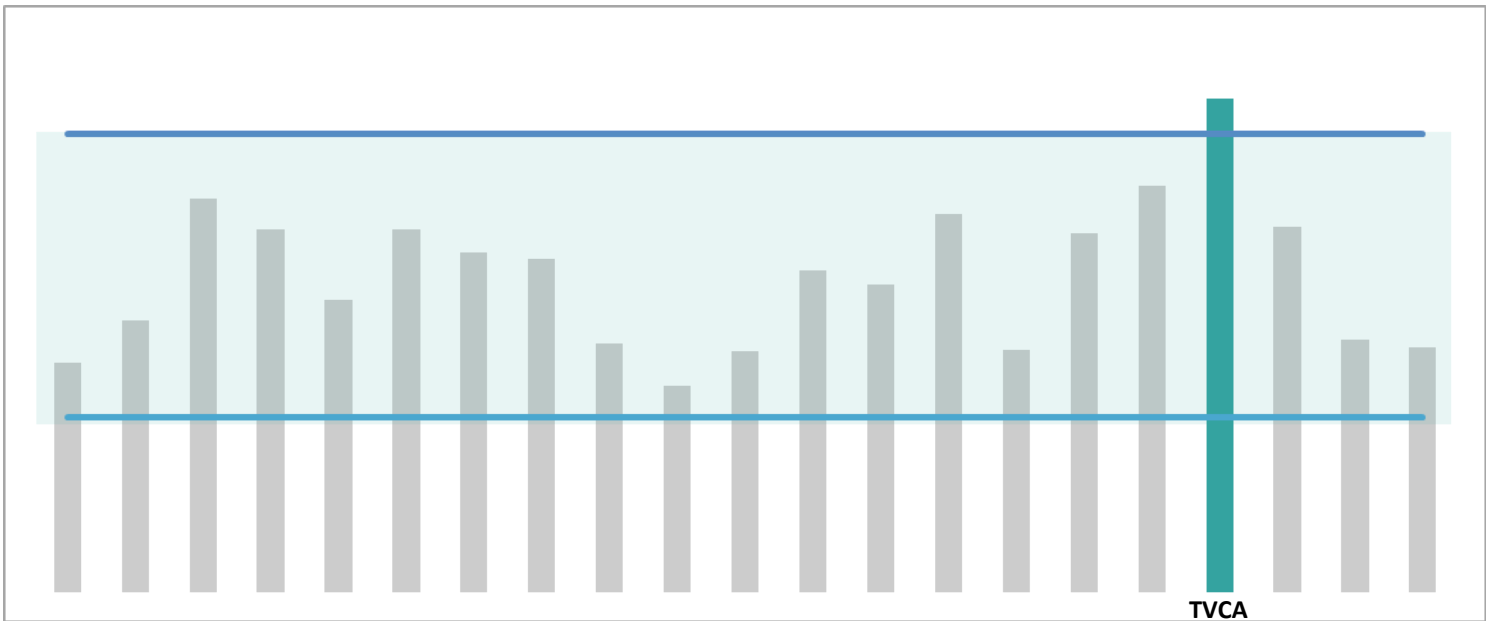
Quality of life: Prostate

Reported emotional problems

Taller bars = better score

Each bar represents the results for each cancer alliance. 95% of the data captured falls within the shaded areas. If the scores of a cancer alliance fall outside of the area, this means that this difference is likely not due to chance.

TVCA had the largest proportion of respondents report 'slight or no problem' related to emotion.



94% of TVCA respondents reported they had 'slight or no problem' related to emotion.

The national average score was 89%.

TVCA respondents also reported the lowest proportion of people with a 'severe' or 'moderate problem' related to emotion when compared to cancer alliances nationally.



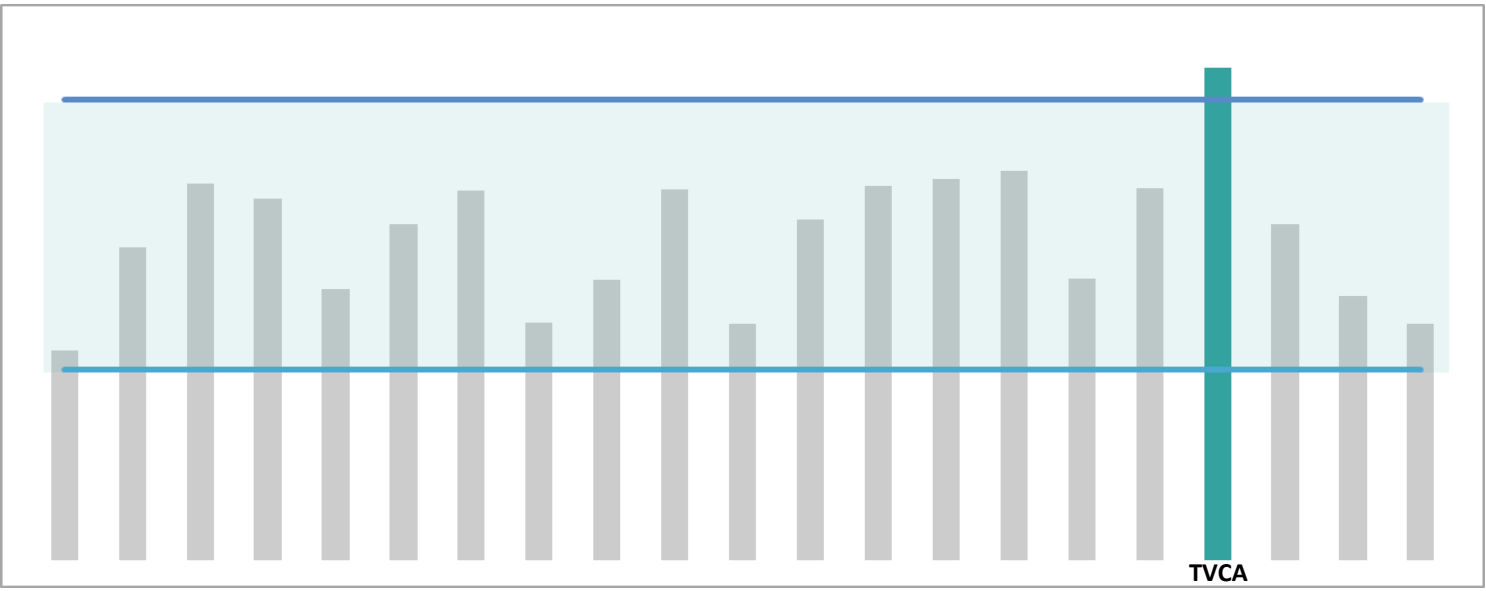
Quality of life: Prostate

Reported physical problems

Taller bars = better score

Each bar represents the results for each cancer alliance. 95% of the data captured falls within the shaded areas. If the scores of a cancer alliance fall outside of the area, this means that this difference is likely not due to chance.

TVCA had the largest proportion of respondents report 'slight or no problem' related to physical ability.



84% of TVCA respondents reported they had 'slight or no problem' related to emotion.

The national average score was 76%.



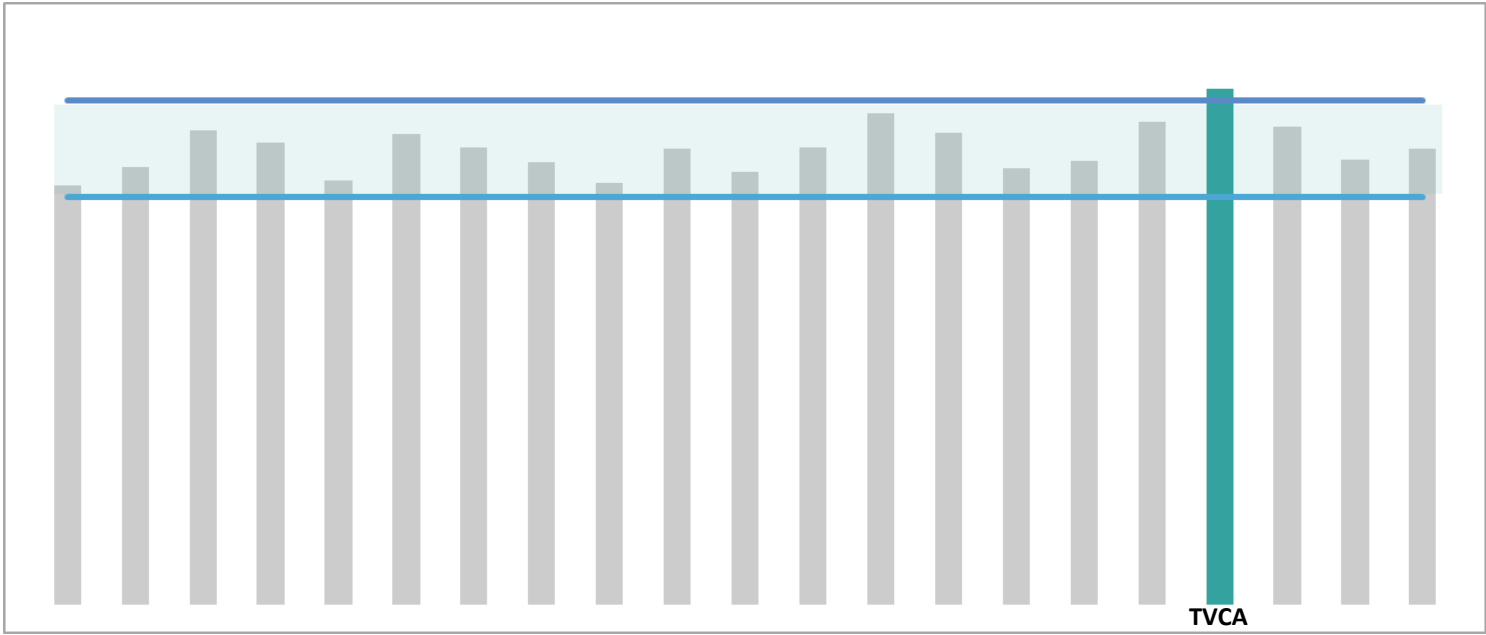
Quality of life: Prostate

Reported social problems

Taller bars = better score

Each bar represents the results for each cancer alliance. 95% of the data captured falls within the shaded areas. If the scores of a cancer alliance fall outside of the area, this means that this difference is likely not due to chance.

TVCA had the largest proportion of respondents report 'slight or no problem' related to being social.



73% of TVCA respondents reported they had 'slight or no problem' related to being social.

The national average score was 64%.

TVCA respondents also reported the lowest proportion of people with a 'moderate problem' related to social problems when compared to cancer alliances nationally.



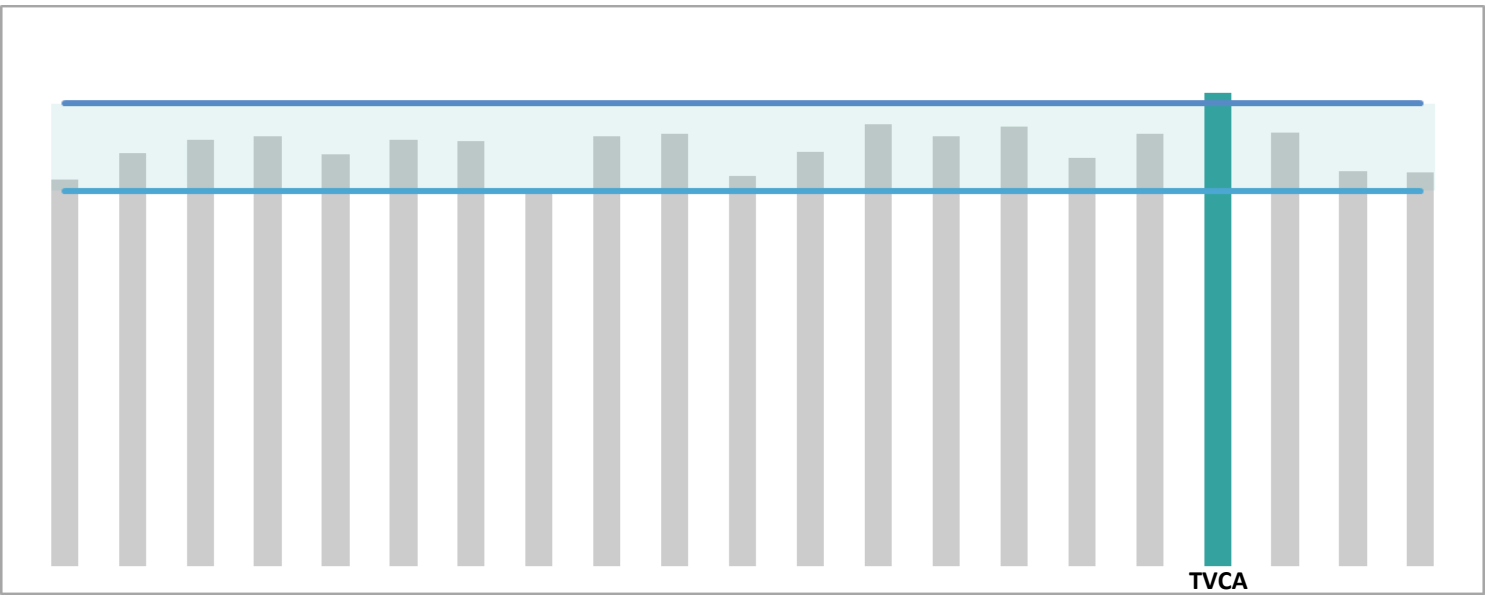
Quality of life: Prostate

Reported work or leisure problems

Taller bars = better score

Each bar represents the results for each cancer alliance. 95% of the data captured falls within the shaded areas. If the scores of a cancer alliance fall outside of the area, this means that this difference is likely not due to chance.

TVCA had the largest proportion of respondents report 'slight or no problem' related to work or leisure



71% of TVCA respondents reported they had 'slight or no problem' related to work or leisure.

The national average score was 63%.

TVCA respondents also reported the lowest proportion of people with a 'moderate problem' related to work or leisure when compared to cancer alliances nationally.



Quality of life: Breast, Colorectal and Prostate

Reported problems: Summary of findings that reported no difference from the expected range

Concentration and memory: no difference from expected range for Breast, Colorectal and Prostate

Emotion: no difference from expected range for Breast or Colorectal

Physical: no difference from expected range for Breast or Colorectal

Social: no difference from expected range for Breast or Colorectal



Quality of life: Breast

Reported symptoms

Findings for lack of appetite, fatigue, nausea and vomiting, pain, shortness of breath, difficulty sleeping, constipation and diarrhoea were within the expected range.



Quality of life: Colorectal

Reported symptoms

Lack of appetite: 4% of respondents from TVCA reported 'a problem with lack of appetite that might benefit from further investigation' compared to the average of 8%. This was the lowest proportion reported by any of the cancer alliances. This difference is likely not due to chance.

Findings for fatigue, nausea and vomiting, pain, shortness of breath, difficulty sleeping, constipation and diarrhoea were within the expected range.



Quality of life: Prostate

Reported symptoms

Constipation: 5% of respondents from TVCA reported 'a problem with constipation that might benefit from further investigation' compared to the average of 9%. This was the lowest proportion reported by any of the cancer alliances. This difference is likely not due to chance.

Fatigue: 7% of respondents from TVCA reported 'a problem with fatigue that might benefit from further investigation' compared to the average of 11%. This was the lowest proportion reported by any of the cancer alliances. This difference is likely not due to chance.

Findings for lack of appetite, nausea and vomiting, pain, shortness of breath, difficulty sleeping and diarrhoea were within the expected range.

