

About the Project:

Background

Living with and beyond a brain tumour diagnosis can have a large impact on many areas of people's lives and quality-of-life.

There is an urgent need to find effective ways to improve quality-of-life in adult brain tumour patients. Actively engaging in behaviours to manage the illness (known as self-management) can improve quality-of-life in people with chronic conditions.

This is especially true if people are helped and encouraged to self-manage by health professionals and family members.

Programmes that help patients to help themselves (supported self-management) have been developed in several cancers. However, the unique challenges experienced by brain tumour patients mean these programmes are unsuitable for this group.

The aim of the Ways Ahead project is:

To design a prototype "self-management programme" that supports people with a brain tumour to manage their symptoms and treatment, as well as the physical, psychological, and social consequences of living with a brain tumour.

About the Project:

Work Packages

We will work with brain tumour patients, family and friends, healthcare professionals, and cancer support professionals, across two phases:

Interviews

Each of the four interview sets will cover various aspects of self-management from different perspectives. This will help us understand the barriers and facilitators, as well as what might help a brain tumour patient better self-manage.

Co-production Workshops

Findings from the interviews will be used to help generate ideas for a supported self-management programme. These workshops will inform how such a programme will be designed and gather feedback on prototypes.

Detailed information booklets for both phases are available on the project website.



The Project Team

and Site Collaborators

The team has 9 members, including:

- Two study co-ordinators,
- Prof. Linda Sharp (Lead Researcher)
- Dr Joanne Lewis (Consultant Clinical Oncologist),
- Dr Sophie Williams (Clinical Neuropsychologist).

Between us, the team has a lot of experience, both in conducting cancer research, and working clinically with brain tumour patients.

The study co-ordinators responsible for carrying out the research are:



Ben Rimmer



Lizzie Dutton

This project is working with several specialist NHS sites across the UK, including:

- Newcastle upon Tyne Hospitals
- South Tees Hospitals
- Leeds Hospitals
- Manchester Hospitals
- Edinburgh Hospitals
- London Hospitals

Project Partners:

The Brain Tumour Charity

The Ways Ahead project is funded by The Brain Tumour Charity. They are the world's leading brain tumour charity and offer a wide range of information and support for people living with a brain tumour and their friends and family.

For more information, visit:

thebraintumourcharity.org

The Ways Ahead project will address BCT's research strategy in the following ways:

- **Goal 2:** "Halve the harm that brain tumours have on quality-of-life"
- **Key objective:** "Improving life today" by providing support and information to help improve quality-of-life.
- **Priority:** "Enhance" by leading to the enhanced care and quality-of-life of everyone affected by a brain tumour.

**WE'RE
HELPING TO
FIND A CURE
FASTER**

Get in Touch:

Project Contact Details

Due to the project scope, we are looking for patients with a grade II astrocytoma, grade II or grade III oligodendroglioma, or family/friends who have helped look after someone with one.

For more information about the project, eligibility, or to register an interest in taking part, you can contact the research team using the details below:

Phone:

**0191 208 8306 or
07704 300 509**

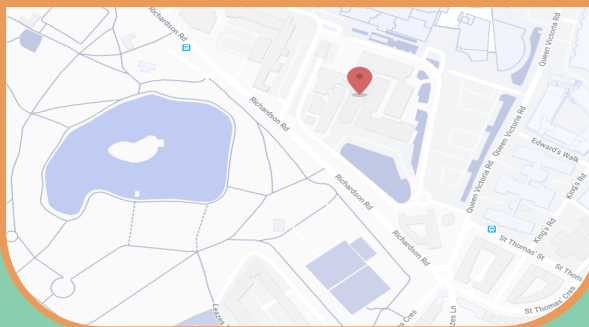
Email:

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Website:

research.ncl.ac.uk/waysahead

Research team location: Sir James Spence
Institute, Royal Victoria Infirmary,
Newcastle upon Tyne, NE1 4LP



**Improving Support for People
with Brain Tumours**

In partnership with:



For more information, visit:
research.ncl.ac.uk/waysahead