

Social equity in cancer rehabilitation

– experiences from the City of Copenhagen

Background

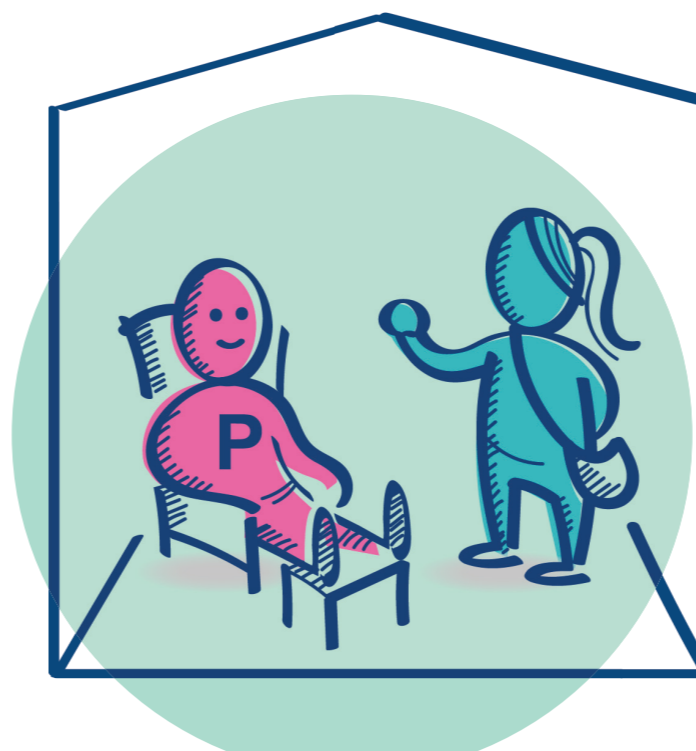
Patients with low socioeconomic position are less likely to be referred to cancer rehabilitation. A project from 2015 to 2017 at the Copenhagen Centre for Cancer and Health aimed at promoting social equity in cancer rehabilitation.

Social equity

- Access
- Participation
- Outcome



Results: What works?



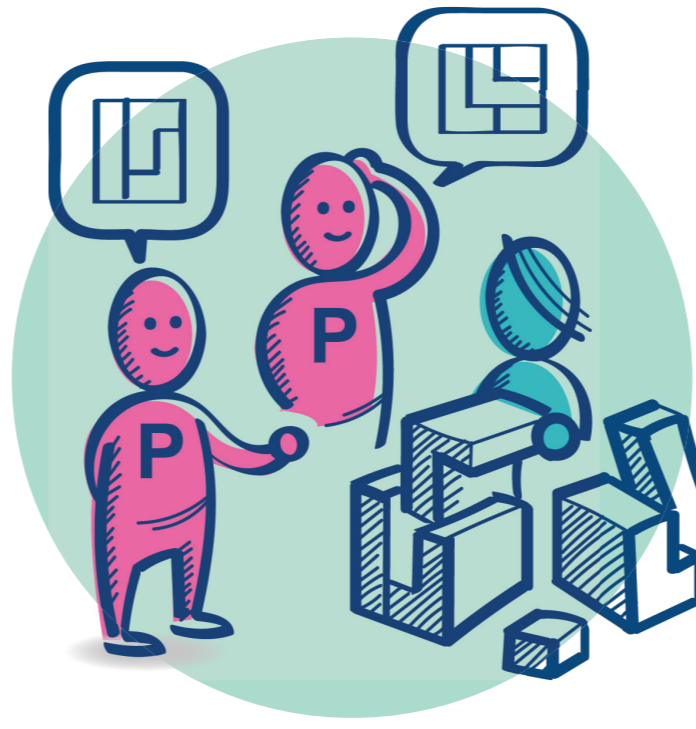
Home visits

Home visits can improve access to and participation in cancer rehabilitation for socially vulnerable patients.



Social worker

Social workers should be a part of the rehabilitation team. To ensure a holistic approach the social worker can participate in the first meeting with the patient together with the health care professional.



Individual and flexible programmes

Individuality and flexibility is required to secure that different needs are met – and with appropriate timing.

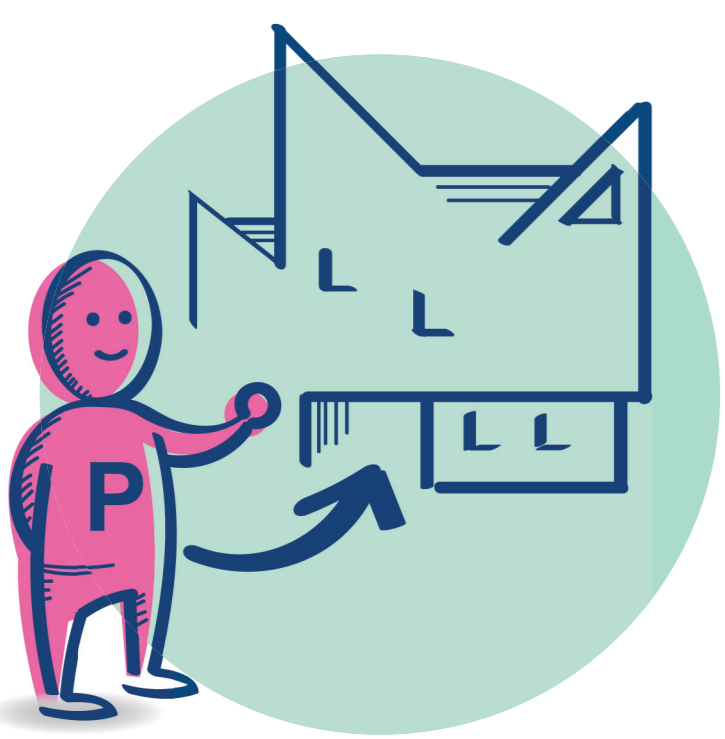


Relations

Relations between professionals and patients are crucial. It is essential to invest the time and resources to allow for relations to be established.

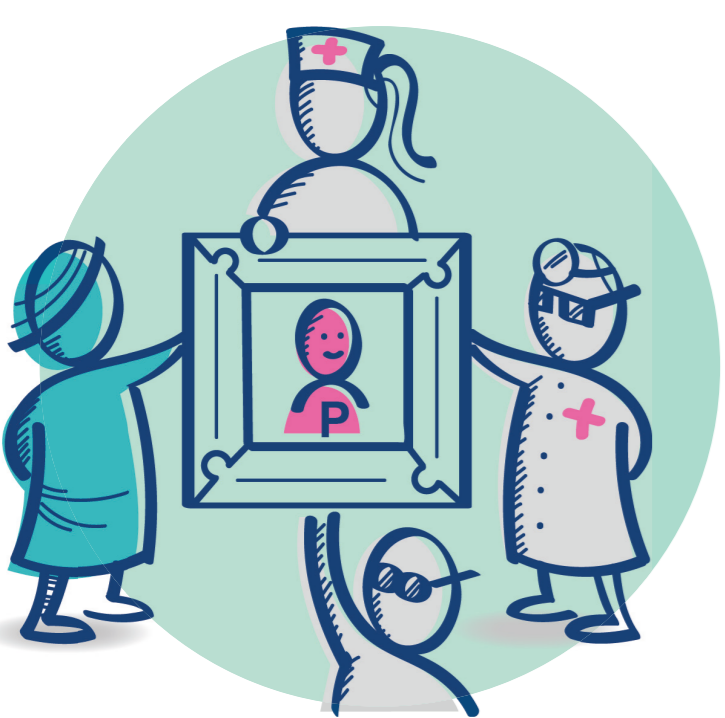
Results: A conceptual framework

– 5 tracks to achieve social equity



Access

Access to rehabilitation requires a referral from a hospital or general practitioner. Are all patients with needs referred to rehabilitation?



Coordination between sectors

Health care professionals are involved in an increasingly specialized health system. Do you and your colleagues in other units or sectors work together with a common goal?



Internal cooperation

Rehabilitation should involve health care professionals from different disciplines – nurse, physical and occupational therapist, dietitian and social worker. Do you use all available resources in your unit?



Interventions

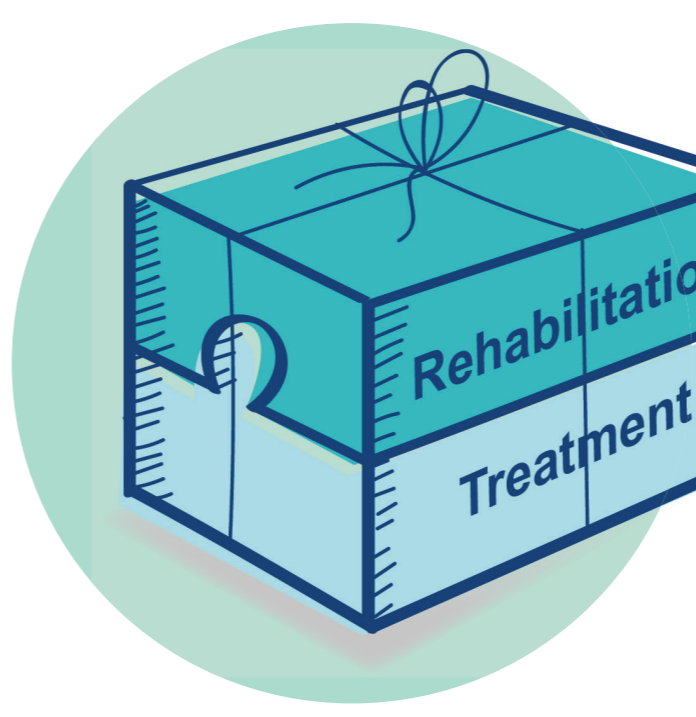
Be aware that each intervention can include or exclude a patient group. Do you offer relevant interventions to all patients irrespective of their social background?



Health education approach and methods

It is essential that health care professionals are competent to identify and meet patients needs. Do you have sufficient qualifications and use proper methods in your unit?

Perspectives



Treatment and rehabilitation as a "package"

Treatment and rehabilitation should be presented to all patients at the hospitals as a "package". All patients should automatically be referred to the municipality.



Data

Municipalities need methods to generate and monitor data regarding access to, participation in and outcomes of rehabilitation. A national database is necessary to improve quality.