

## Qualitative results of a pilot lymphoma nurse-led survivorship model of care.

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**Introduction:** Lymphoma is the sixth most common cancer diagnosed worldwide and five year survival after diagnosis is currently 74%. The consequences of treatment can be long-term and may impact a patient's quality of life. Current post-treatment follow-up is often brief and missing supportive care, health promotion, late effects information and written resources.

**Aim:** The aim of this study was to explore lymphoma survivor's perceptions and personal experiences of the components of a nurse-led survivorship model of care intervention that provided support to lymphoma patients who had completed treatment. This substudy provided qualitative semi-structured interview data which added depth to the randomised controlled trial quantitative findings.

**Methods:** An exploratory, qualitative descriptive study was undertaken by interviewing 10 participants who had transitioned post-treatment into the survivorship phase via a nurse-led lymphoma survivorship model of care intervention. The intervention included validated assessment measures, the delivery of a unique and individualised survivorship care plan and treatment summary and a tailored resource pack. It comprised three face-to-face appointments at 3, 6 and 9 months post-treatment completion.

**Results:** Thematic analysis revealed three major themes: reassurance and individualised care; information and support; and Individual sense of empowerment. Participants described the reassurance they gained from having contact with a health professional post-treatment who individualised information and support. The survivorship care plan and treatment summary, developed for this study, was perceived by participants as very patient-centred and helpful. This enabled participants to take back control of their health and well-being and to rebuild self-confidence.

**Conclusions:** In this study, participants were appreciative of patient-centred follow-up care that addressed their concerns and supported them in the survivorship phase to get their life back on track. Nurse-led follow-up may offer a viable model of post-treatment survivorship care to lymphoma cancer survivors.