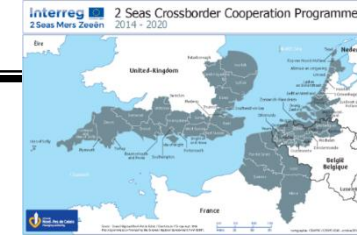


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## Introduction

Today, due to diagnosis at earlier stage and better treatments, more people survive cancer. To fully reintegrate into society, employment is crucial. "Job return program" must be flexible enough to meet the needs of a wide variety of stakeholders (employee, company, social services...).

The overall objective of the European project n° 2S06-034 (Interreg program 2 Seas 2014- 2020) "I-KNOW-HOW" : Integrated **KNOW**-ledge and coaching service to support people with cancer in **How to remain in Or return to Work** was to facilitate people who receive a diagnosis of cancer to remain or return to work, by co-creating and piloting new services for employees, employees, (para)medical professionals and jobcoaches.



## Methods

4 countries were involved: Belgium (leader), Holland, England, France. Within this framework, the Oscar Lambret Center (COL) was in charge of work package 1 : developing for the patient a cancer patients' booklet, developed to support return to employment. This work was done with the contribution of patients and our regional partners.

### Several stages followed:

#### 1st stage from 12/2019 to 6/2021: Interviews and focus groups :

##### > Semi-directed interviews with patients/employees from 12/2019 to 2/2020

- Invitation letter sent to patients on 10/2019
- After agreement and written consent for recording, 20 people were interviewed, aiming to find out about their experiences concerning their pathway and in particular employment. Findings, difficulties and key points have been identified, as well as obstacles and facilitators to return to work;
- Pooling the data of the 4 countries from 80 people interviewed (20 per country)

##### > Interviews with jobcoaches and healthcare professionals from 12/2019 to 2/2020

##### > Focus groups and co-creation meetings with employees, followed by Working meetings from 5/2020 to 8/2021.

- Opinions on the issues proposed by the entire European group then opinion on the prototype

#### 2nd stage from 10/2021 to 6/2022: Creation of the booklet :

##### > Upstream, we have worked on key situations and phases with the European team

Analysis of situations and work on analysis guide with our active partner MEL : European Metropolis of Lille and with the European team.

##### > Writing a booklet, in the form of sheets

**Prototype/booklet 1** writing containing the situations, validated by the patients, with provision of links to useful sites

##### > Proofreading by patients from 12/2021 to 2/2022

- After proposal following consultations, sending the document by email, with feedback by email or during interviews from more than 50 patients
- Rewriting taking into account the proposed changes
- Working meeting with 15 patients in 3/2022

#### Writing Prototype/booklet 2

##### > Prototype booklet 2 submitted to observing partners from 3/2022 to 7/2022

- for proofreading/modifications with our French observing partners ARS : Regional Health Agency, CARSAT : Pension fund and occupational health, North committee of the League Against Cancer, Health insurance, Occupational Health physicians, ISTNF : Institute of Occupational Health of Northern France, ARACT : Regional Association for the Improvement of Working Conditions, and also Human Resources Manager and General practitioners
- Work meetings (about 5), Phone and email exchanges (more than 20)

#### Writing final Prototype/booklet

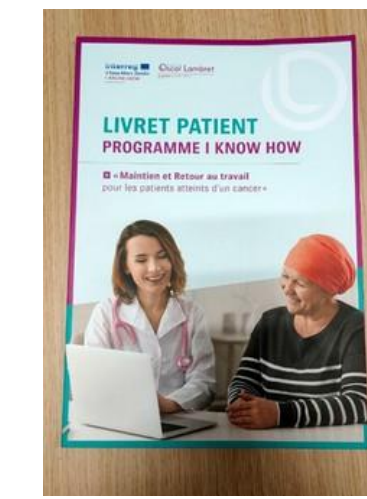
##### > Work on the finalized version with the Designer from 7/2022 to 8/2022

#### 3rd step: Creation of a self-questionnaire to allow the evaluation :

- Produced with the European team with addition of questions in particular aimed at assessing needs and proposal of testimony of experience in relation to employment
- Questionnaire accessible in paper or digital format via SurveyMonkey to ensure anonymity

## Results

Since November 2022 the patient booklet has been available, in printed and digital form, allowing direct links to useful addresses <https://www.centreoscarlambret.fr/sites/default/files/2024-01/livretpatient-maintien-retour-au-travail.pdf>. The chapters cover all domains from cancer announcement (How to announce it to the employer, to colleagues, collaborators, to preserve the link with the company), to the management of the treatment (to accept the new health situation, the impact of the illness on the employer's side) and to prepare the return to professional activity.



- Sheet 1: Cancer announcement to the patient
- Sheet 2: How to announce it to the employer?
- Sheet 3: How to announce it to colleagues, collaborators?
- Sheet 4: How to manage your treatment?
- Sheet 5: How to preserve the link with the company?
- Sheet 6: How to prepare for the return to professional activity?
- Sheet 7: How to envisage the return to work?
- Sheet 8: How to accept your new health situation?
- Sheet 9: Self-employed worker and cancer
- Sheet 10: Useful resources/sites to support you in your efforts
- Sheet 11: The impact of your illness on the employer's side
- Sheet 12: Conclusion
- Sheet 13: Glossary



#### > RAISING AWARENESS

Over 40 presentations were made in 2022-2023 to raise awareness among caregivers, partners and health policy makers

#### > SUSTAINABILITY and DURABILITY

Implementation with the help of partners and Hauts de France Oncology network.

Commitment of partners to continue, addition of new partners, for example the National Cancer Institute, a research laboratory in social humanities (SCALab – Univ. Lille), oncology network, and general practitioners, Development of a long-term action plan and allocation of responsibilities for each partner to ensure sustainability of results.

#### > UPDATING

Some of the partners are responsible for updating

#### > ASSESSMENT

Prospective evaluation of the booklet's usefulness to the patient, difficulties encountered and different experiences, enabling the stakeholders to do the appropriate actions

#### > FUTURE PROSPECTS

Operational support project :1st meeting in 10/2023

#### > TRANSFERABILITY

Due to differences in government policy, some of the fact sheets may only be useful in France. However, the booklet in fact sheet form will enable other data to be added, and other regions or countries to add other useful information and links.

## Conclusions

**For patients, the booklet provides better support throughout their cancer care by taking into account the issue of employment more systematically, together with personalized support, allowing them to maintain or resume employment during treatment or after.**

**For healthcare professionals, it allows them to be aware of the issue of employment and to better support their patients.**

**Today, the entire project including is co-supported by CARSAT and COL and is in the roll-out phase. This will enable the service offering (patient booklet, training for healthcare and social professionals, toolbox for employers) to be implemented via the network of partners, with evaluation.**

Read the Euronews report presenting this project :



<https://fr.euronews.com/my-europe/2023/01/16/retour-a-l-emploi-mieux-se-reconstruire-apres-une-longue-maladie>  
SwissTransfer - Envoi sécurisé et gratuit de gros fichiers

