



ROY CASTLE
LUNG CANCER
FOUNDATION

SPOT THE DIFFERENCE

Primary Care toolkit



The campaign

A new lung cancer awareness campaign from Roy Castle Lung Cancer Foundation is launching on 24th June.

Spot the Difference is in response to the significant and prolonged drop in lung cancer referral rates since the start of the pandemic. At the peak of the pandemic, lung cancer referral rates were down 75%¹ and still remain below expected levels.

We appreciate that the majority of patients who contact primary care with symptoms such as a persistent cough, breathlessness and recurrent chest infections will not have lung cancer. However, we want to help ensure patient with potential symptoms are referred where appropriate.



¹ Covid-19 Matters, UK Lung Cancer Coalition 2020

Resources for Primary Care

As part of the Spot the Difference campaign, we have created a number of tools and resources for primary care to help identify potential lung cancer cases as soon as possible.

- Primary care referral guidelines
- Symptoms tracker for patients
- Lung cancer signs and symptoms video and infographic
- How to differentiate lung cancer from Covid-19 infographic
- Patient case studies
- Safety netting and re-consultation for lung cancer symptoms research video
- Lung health checks
- Smoking cessation

There are also a number of difference tools available to help:

- Promote the campaign
- Raise awareness of signs and symptoms, and
- Encourage and reassure those with symptoms to contact their GP practice.

Primary Care referral guidelines

NICE guidelines

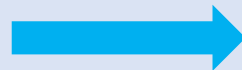
A patient should be referred for an urgent chest x-ray if they:

- Are over 40
- Have two or more symptoms, or
- Have one symptom and have ever smoked.



- Cough
- Fatigue
- Shortness of breath
- Chest pain
- Weight loss
- Appetite loss.

An urgent chest X-ray should also be considered to assess for lung cancer in people aged 40 years and over with any of the following symptoms:



- Persistent or recurrent chest infection
- Finger clubbing
- Chest signs consistent with lung cancer
- Supraclavicular lymphadenopathy or persistent cervical lymphadenopathy.
- Thrombocytosis

Primary Care referral guidelines

SIGN guidelines: Urgent suspicion of cancer chest X-ray (CXR)

- Any unexplained haemoptysis
- Unexplained and persistent (more than three weeks)
 - change in cough or new cough
 - chest signs
 - dyspnoea
 - hoarseness (if no other symptoms present to suggest lung cancer refer via Head & Neck pathway)
 - chest/shoulder pain
 - fatigue in a smoker aged **over 40 years**
 - loss of appetite
 - weight loss
- New or not previously documented finger clubbing
- Persistent or recurrent chest infection
- Cervical and/or persistent supraclavicular lymphadenopathy*
- Thrombocytosis where symptoms and signs do not suggest other specific cancer**
- Any person who has consolidation on chest X-ray should have further imaging no more than six weeks later to confirm resolution.

* if CXR normal, refer via Head and Neck pathway

** if CXR normal, consider alternative diagnosis including other cancer

Symptom tracker for patients

Our free symptom tracker allows patients to monitor their symptoms and allow them to present a fuller, more detailed picture of the problem.

[Click to download](#)

How are you doing? If you are aware of any changes in your lung health use these pages to take notes (with as much detail as possible) and show them to your doctor if you are concerned.

Please put a date for any changes you have noticed and tick the box that is closest to how often you have been affected:

About me and my Lungs:

I currently smoke I have COPD or emphysema
 I am an ex-smoker I have worked with diesel, asbestos etc.
 I have never smoked I have family experience of lung cancer

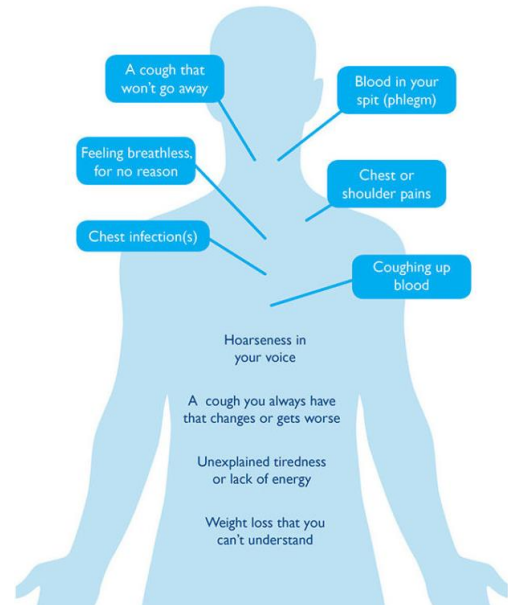
This affects me:

I have experienced:	Date I first noticed:	Occasionally	Every day	Every week	Every month	Never affects me
Cough that lasted, changed or got worse						
Feeling breathless for no reason						
Coughing up blood or blood in spit						
Chest or shoulder pain						
Unexplained tiredness						
Unexplained weight loss						
Chest (respiratory) infection not improving after treatment or recurring						

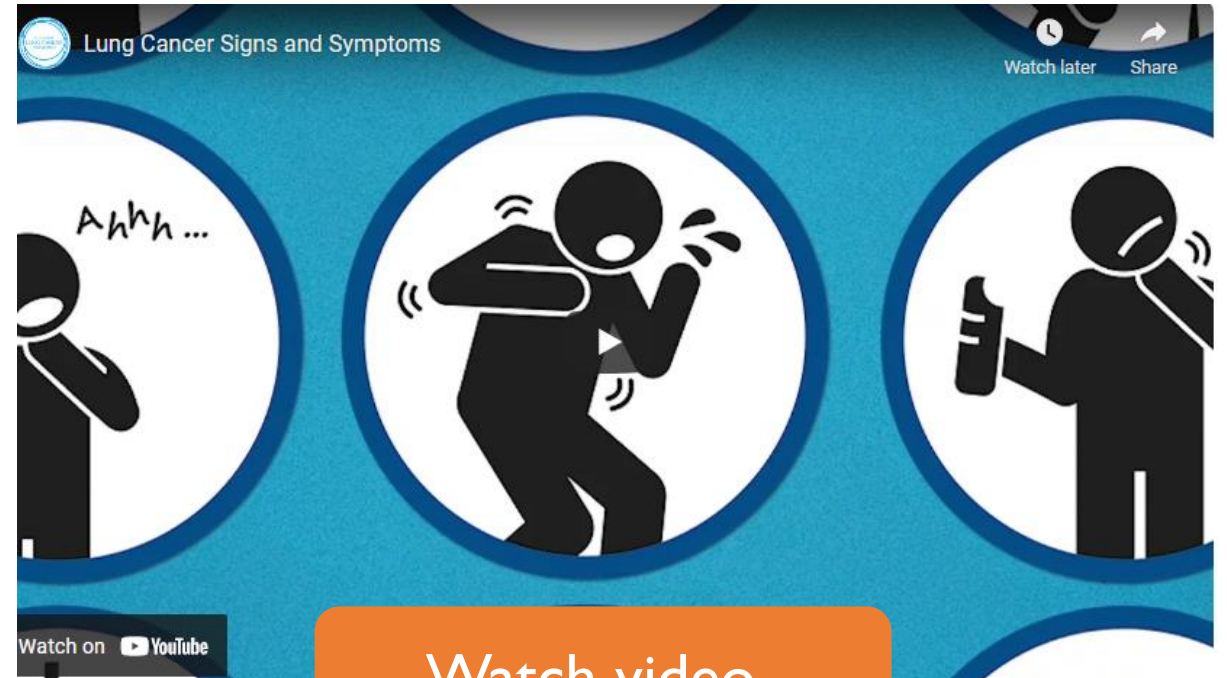
Any other notes about your concerns or changes in your health:

Lung cancer signs and symptoms

There are many different symptoms of lung cancer. They are often vague and can be attributed to many other conditions. Our infographic and video provide a simple guide to the different types of symptoms.



[Click to download](#)



[Watch video](#)

How to differentiate lung cancer from Covid-19 infographic

One of the contributing factors of the decline in lung cancer referral rates is due to the similarities in symptoms with Covid-19.

The following infographic has been produced by the Lung Cancer Clinical Expert Group to help healthcare professionals spot the differences between lung cancer and Covid-19.

[Click to download](#)

How to differentiate lung cancer from COVID 19
An infographic for healthcare professionals by Lung Cancer Clinical Expert Group (CEG) and secretariat Roy Castle Lung Foundation

Start

LUNG CANCER
Features more suggestive of lung cancer:

- Unexplained / Persistent Cough
- Unexplained / Persistent Breathlessness
- Duration > 4 weeks
- Unexplained / Persistent Fatigue

COVID-19
Features more suggestive of Covid 19:

- Acute onset
- Acute onset
- Acute onset

Other red-flag Covid-19 symptoms?

- Fever
- Myalgia
- Loss of smell
- Loss of taste
- Initial flu-like symptoms for 1-2 weeks with onset of respiratory symptoms from 7-10 days
- Close contact with a confirmed/highly suspected case of COVID-19

Any of these red-flag lung cancer symptoms?

- haemoptysis
- chest pain
- weight loss
- appetite loss

And any other findings?

- finger clubbing
- neck nodes / supraclavicular nodes
- chest signs consistent with lung cancer
- thrombocytosis

Consider lung cancer risk factors:

- smoking
- Age
- Asbestos exposure

INDETERMINATE FEATURES

- Cough, unclear onset and persistence
- Breathlessness, unclear onset and persistence
- Flu-like symptoms lasting longer than 3 weeks
- Fatigue with duration <4 weeks
- Unclear if any fever
- Feeling of chest tightness
- Difficulty in taking a deep breath
- Recurrent chest infections with possible features of COVID-19
- No other clear red flag symptoms

ACTION

1 a) Arrange an urgent swab for SARS-CoV-2 PCR, and; b) Refer for chest X-Ray or direct to lung cancer service for CT (await PCR negative result prior to imaging and follow local COVID-19 guidelines)

2 **Emergency**
If symptoms require urgent attention, consider emergency admission.

PCR Positive
Manage according to current COVID-19 guidelines and review after 2 weeks if hospital admission not required;

PCR Negative
Refer for Chest X-ray or direct to lung cancer service for CT and triage on national Optimal Lung Cancer Pathway.

ACTION

- 1 Manage according to current COVID-19 guidelines.
- 2 Consider differential diagnosis.
- 3 If symptoms require urgent attention, consider emergency admission.

1 Arrange a swab for SARS-CoV-2 PCR. If...

PCR Positive
Manage according to current COVID-19 guidelines and review after 2 weeks hospital admission not required.

PCR Negative
Ask patient to self-isolate as per current guidance.
Persistent Symptoms if persistent, refer as lung cancer symptoms left.

2 If symptoms require urgent attention, consider emergency admission.

MSD
INVENTING FOR LIFE

MSD UK has funded the design and visualisation of this infographic with the agreement of the authors - Lung Cancer Clinical Expert Group (CEG) and secretariat Roy Castle Lung Foundation. Not for public use. Information correct at time of production.

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Patient Case Studies

Lung cancer is a disease which can affect anyone. These two very different case studies are designed to act as a useful tool should you see a similar patient.



**Nick, 54,
CURRENT SMOKER.**

ROY CASTLE LUNG CANCER FOUNDATION
SPOT THE DIFFERENCE

Symptoms: PERSISTENT COUGH
BACK PAIN

DURATION OF SYMPTOMS: TWO YEARS

DIAGNOSIS: STAGE 3 LUNG CANCER

We know the majority of cases like Nick's won't be lung cancer but if you see a patient who is displaying any of these symptoms, it is important to consider lung cancer and refer for x-ray where appropriate.

Our online toolkit can help you spot potential lung cancer symptoms.

ROYCASTLE.ORG/TOOLKIT

WATCH NICK'S FULL STORY HERE

Reg. Charity England & Wales: 1046854. Scis: SC337796. No. of Plan: 1277

Nick, 54

Persistent cough, back pain

Symptoms persisted for two years before Nick coughed up blood. He went on to be diagnosed with stage 3b lung cancer via A&E.

[Download poster](#)

[Watch video](#)



**JOANNA, 33,
NON-SMOKER.**

ROY CASTLE LUNG CANCER FOUNDATION
SPOT THE DIFFERENCE

Symptoms: BREATHLESSNESS
SHOULDER PAIN
INTERMITTENT COUGH
RECURRING CHEST INFECTIONS
WEIGHT LOSS (WHILST PREGNANT)

DURATION OF SYMPTOMS: 16 MONTHS

DIAGNOSIS: STAGE 4 ALI-LUNG CANCER

We know the majority of cases like Nick's won't be lung cancer but if you see a patient who is displaying any of these symptoms, it is important to consider lung cancer and refer for x-ray where appropriate.

Our online toolkit can help you spot potential lung cancer symptoms.

ROYCASTLE.ORG/TOOLKIT

WATCH JOANNA'S FULL STORY HERE

Reg. Charity England & Wales: 1046854. Scis: SC337796. No. of Plan: 1277

Joanna, 33

Breathlessness, intermittent cough, recurring chest infections, weight loss and shoulder pain

Symptoms persisted 16 months inc. during pregnancy. Joanna went on to be diagnosed with stage 4 lung cancer.

[Download poster](#)

[Watch video](#)

We appreciate the majority of patients like Nick and Joanna won't have lung cancer but if you see a patient with similar symptoms, please do refer for x-ray.

Safety netting and re-consultation for lung cancer symptoms

“From the first noticed symptoms, it takes longer to reach a diagnosis for lung cancer than for many of the other majority cancer types. This fact greatly contributes to poorer survival rates among lung cancer patients.”

Dr. Georgina Black, UCL

A Roy Castle Lung Cancer Foundation funded research project aims to identify the current strategies of “safety netting” implemented and the unintended negative effects in general practice with regard to patients who present with common lung cancer symptoms with low predictive value.



The graphic features the Roy Castle Lung Cancer Foundation logo (a circular emblem) and text on a blue background. A dark blue banner contains the text "'Safety netting' and re-consultation", and a white banner below it contains "for Lung Cancer symptoms". At the bottom, an orange button contains the text "Watch video".

ROY CASTLE
LUNG CANCER
FOUNDATION

'Safety netting'
and re-consultation

for Lung Cancer
symptoms

[Watch video](#)

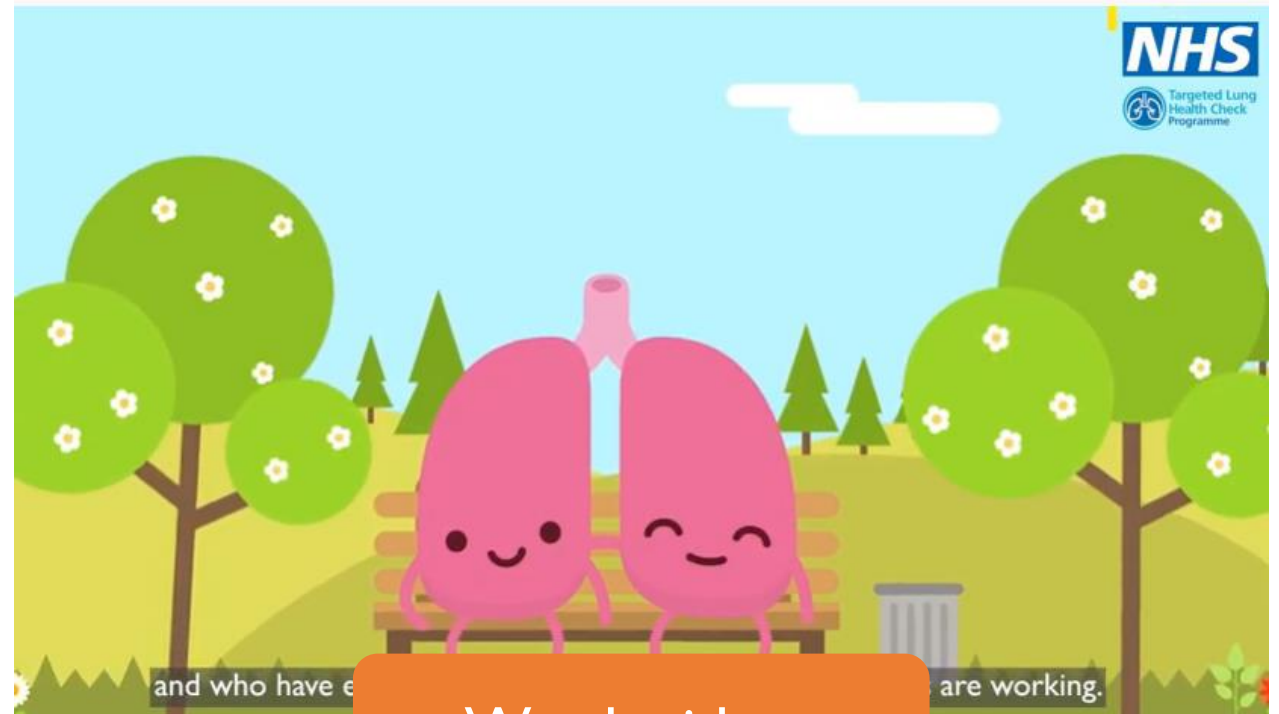
Lung health checks

Targeted lung health checks are now back up and running in selected sites across England.

If there is a lung health check programme in your area, please encourage patients to attend if they are eligible to do so.

Lung health checks are available to people:

- Aged 55-74
- Current and former smokers.



[Watch video](#)

Smoking cessation

If you spot a patient who is still smoking, please do what you can to encourage them to stop smoking.

We appreciate many smoking cessation services are no longer available, or have endured cut backs. We run a free online stop smoking forum called Quit Support.

Users share their experiences, ask questions and benefit from support from people who know exactly what they are going through.

We can provide Quit Support business cards with all the required details upon request. Alternatively, visit roycastle.org/quitsupport for more information.



QUIT SUPPORT

Stop smoking with Roy Castle Lung Cancer Foundation

Join our online stop smoking community:

www.healthunlocked.com/quitsupport

Expect Better

- Ask our stop smoking advisors a question
- Share your story
- Get support from others who want to quit
- Find out how to get **FREE** nicotine replacement therapy (NRT)
- Get Support in your local area

 @QuitSupport

Reg Charity No. Eng & Wales 1046854 Scotland SC037596

How you can support the campaign

We would be delighted if you can support the Spot the Difference campaign. We do not have a large budget so we would be very grateful if you can share some of the campaign collateral. This can include:

Share our symptom videos focusing on persistent cough, breathlessness, fatigue, weight loss / loss of appetite, recurrent chest infections and hoarseness on your social channels to help raise awareness.

Share our early detection patient stories to demonstrate that when lung cancer is caught early, it is easier to treat and can be cured.

Display copies of our literature including Lung Health and You, About Lung Cancer and charity information.

Example social media posts

If you've been [*INSERT EXAMPLE OF SYMPTOM*] and that's unusual for you, contact your GP practice.
roycastle.org/spotthedifference #spotthedifference

The sooner #lungcancer is found, the easier it is to treat. Just ask [*INSERT PATIENT NAME*]. So if you've spotted a difference in your health that's unusual for you, don't delay. Contact your GP practice and get checked. #spotthedifference

You can access all the campaign assets [here](#).

Contact

For more information about the **Spot the Difference** campaign, contact:

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Additional lung cancer primary care educational tools are on the GatewayC website
<https://courses.gatewayc.org.uk/>

