



Changing cancer care together

OPTIMOC PROJECT SUMMARY

Multidisciplinary Team Meetings (MDTMs) are legally regulated in Belgium since 2003 by the name of Multidisciplinary Oncological Consultation (MOC). Research shows that MOC's are resource and time intensive and not all disciplines present at the meetings take part in the discussion.

The OPTIMOC project aims to test the feasibility of a complex, non-standardised intervention in the MOCs of 5 Belgian hospitals and has the goal to make the MOC meetings more efficient for all those present and make the discussions more patient-centred by increasing the input of non-medical disciplines during the meetings. The intervention comprises two instruments, one that allows the complexity of cases to be determined (the MDT-MeDiC instrument) and one that consists of a checklist (the MDT-QuIC instrument) allowing for more structure and consultation between all disciplines present. Observations are quantified using an instrument developed specifically to observe multidisciplinary team meetings in oncology (the MDT-MODE instrument). This is the first time that the complex intervention and this method of observation will be tested in the Belgian context.

In the project, 5 Belgian hospitals (3 in Flanders and 2 in Wallonia) are included. Each hospital takes part in the project with 2 different MOC groups.

The research question for the feasibility study is formulated as follows: *What is the feasibility of implementing a complex intervention in Belgian MOC's?*

Future research

- By concluding the feasibility study in March 2023, there will be MOC's that implement the intervention as it is, MOC's that implement and adapt the intervention and MOC's that will not implement the intervention further. This leaves interesting research questions for future research, such as: How does the intervention improve the working processes of the MOC's?
- To what extent does the intervention support the involvement of non-medical disciplines in the MOC discussions?

Another perspective that can be considered in future research is that of the patients and family members and their knowledge about MOC meetings in their treatment trajectory.

More information can be found here: <https://optimoc.be/>