



The Dudley Group
NHS Foundation Trust

Patient-centred follow up

The Colorectal Nursing Service

Patient Information Leaflet

Why have I been given this leaflet?

You have been given this leaflet to explain personalised follow up which The Dudley Group NHS Foundation Trust has put in place for patients who have been treated for colorectal cancer.

What is self-managed follow up?

Self-managed follow up is a new type of follow up that is being introduced at all hospitals. It is when routine, clinical examination appointments are replaced by a system where patients can call us when they have a problem, so that they do not have to come to hospital at times when they feel well and symptom free.

Why has self-managed follow up been introduced?

We have introduced self-managed follow up as it has been shown to be better for patients in lots of ways.

It means that you do not have to make unnecessary trips to the hospital at times when you are feeling perfectly well and just want to concentrate on living your life.

Patients often find traditional clinic appointments can lead to anxiety and a delay in reporting worrying signs and symptoms if a routine clinical appointment is “not too far way”.

Also, it has been proven that new problems are unlikely to happen in line with your appointment time, and that they are identified by patients themselves, in between routine appointments.

It will also mean that you can access support and advice quickly from the right people when you need it, allowing you piece of mind.

If necessary, you can have rapid clinical access to your consultant within two weeks.

Communication between everyone involved in your care will be better, including those inside the hospital and outside, such as your GP. This will mean that everyone can support you or signpost you to others who can support you at the right time.

What information will I be given?

In addition to this leaflet, you will have an end of treatment review with your colorectal nurse, and you will be taught specific symptoms you should report without delay to your colorectal nurse.

What signs and symptoms do I need to be aware of?

Below is a list of signs and symptoms you need to tell your clinical nurse specialist (CNS) or doctor about following your colorectal cancer treatment:

- Any changes in bowel habits, or passing blood in or on your stool.
- Blood on the toilet paper when you wipe.
- Any recurrent new onset of abdominal pain or discomfort, bloating or fullness.
- Unexplained weight loss.
- Increased tiredness / lack of energy.
- Loss of appetite.
- Abdominal swelling or tenderness, cramping pain or not passing wind.
- Pain when opening your bowels.
- New or worsening incontinence.
- A feeling of pressure, as if you want to open your bowels all of the time.

You will also be given written information in a treatment summary. This will include:

- Your diagnosis and medication.
- The treatment you have had and the possible side effects.
- Signs and symptoms to report.
- Arrangements for scans and other tests.
- How to use the helpline, which gives you fast access to your colorectal nurse if you need it.
- Advice on exercise and nutrition.
- Health and wellbeing support.
- Any local support groups and useful contact numbers.

Will I still be able to access the colorectal service if I have concerns?

Yes. You can call the colorectal team on the dedicated **helpline telephone number 01384 244286** if you have any queries or problems, and you will be encouraged to do so. The helpline is monitored from **9am - 5pm, Monday to Friday**. If you call in the evening or on a weekend, please leave a message with your name, hospital number and telephone number and the team will call you back on the next working day. If they feel that it would be appropriate for you to come back to the clinic to be seen, you will be offered a clinic appointment, or if necessary, an appropriate diagnostic test within 14 days of your telephone call.

Will I continue to have routine tests?

Yes. Unless it has been otherwise specified at the end of your treatment, you will continue to be followed up for five years with routine investigations.

Where can I have my carcinoembryonic antigen (CEA) blood test?

You may have your blood test at any of the following places, or your GP surgery may be able to book a blood test for you.

Russells Hall Hospital, North Wing, Blood tests (no appointment necessary if you have a consultant blood form)

- Monday to Friday, 8am to 6pm
- Saturday, 8am to 1pm (booked appointments only)

Corbett Outpatient Centre, Main Reception

- Monday to Friday, 8am to 1pm

Guest Outpatient Centre, Main Reception

- Monday to Friday, 8am to 1pm

Contact details for the colorectal nursing team

Clinical nurse specialist (CNS) - Colleen Fernando

Specialist sister - Helen Hill

Specialist sister - Janet Whittaker

Specialist sister - Amy Dingley

Specialist sister - Alison Petford

Specialist sister - Bobbie Taylor

Support worker - Amanda Chater

Telephone number: 01384 244286

Patient centred support coordinator (PCFU) – Simon Humphreys

Telephone number: 01384 456111 ext 2745

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The colorectal / stoma care specialist nurses

01384 244286 (8.30am to 6pm, Monday to Thursday, 8.30am to 5pm on Fridays). If we are not available, please leave a message on the answerphone and we will get back to you.

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/oncology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

Please note that we hold all patient details regarding care on a computer programme in the department.

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ براہ مہربانی فون نمبر 08000730510 پر رابطہ کریں۔