



The Dudley Group
NHS Foundation Trust

The Living with and Beyond Cancer (LWBC) team

Oncology

Patient Information Leaflet

Introduction

This leaflet is for people who are living with cancer and who may need support from the Living with and Beyond Cancer (LWBC) team. The team comprises of two clinical nurse specialists and a cancer care coordinator, and you can contact the team at any time of your cancer pathway. This leaflet gives information on the four interventions of personalised cancer care and when and how to get support and information if you require it.

The LWBC team can be contacted on 01384 456111 ext 5315 and at dqft.lwbcteam@nhs.net.

Holistic Needs Assessment (HNA)

A Holistic Needs Assessment (HNA) is a tool used to consider what matters to you as an individual, your priorities and your life choices. It can help health professionals identify any issues or concerns you may have, and ensure that you are provided with the appropriate information or signposted/referred to appropriate support and agencies.

You will be given a pack and information, including a HNA booklet and checklist. You will be offered a HNA at your diagnosis appointment. The process may be completed with your clinical nurse specialist (CNS) or key worker, or with a member of the LWBC team. A HNA can be completed at any point during your care. It is also useful to complete a HNA once hospital-based treatments end, to establish whether any community support is needed.

Health and wellbeing clinics

Once you have had your cancer diagnosis, you will be invited to a face-to-face group event at Russells Hall Hospital.

People who are living with cancer, and those who have had cancer, often have specific support needs. If these needs are not addressed, it can damage their long-term prognosis and their ability to lead an active and healthy life.

These needs can include information about treatment and care options, psychological support, advice about financial assistance and support in managing their condition themselves.

Carers also play a vital role in supporting people with cancer, and it is important that their needs for information, advice and support are addressed. Addressing all of these needs is central to the National Cancer Survivorship Initiative (NCSI), which is coordinating efforts to improve the quality of services available to people affected by cancer to enable them to lead as normal a life as possible.

What are the benefits of the clinic?

It enables people living with cancer, and their families, to manage the effects of their illness by giving them the necessary information and promoting positive lifestyle changes.

Who are they for?

They are for people who are living with cancer. Your clinical nurse / LWBC specialist will give you an appointment when it is relevant for you to attend. You can bring a relative, a friend or carer along with you.

What will I gain?

Each session is delivered by a professional with expertise in that field. Topics being covered include:

- Holistic Needs Assessment (HNA) – you will have the opportunity to complete one of these during the session.
- White House Cancer Support.
- Citizens Advice benefits.
- Action Health (part of Action Heart) and what exercise can help you.
- Oncology treatments and the effects of treatments.
- Nutrition.
- Palliative care.
- Signposting.
- Psychological support.

Where are they held?

They are held at Russells Hall Hospital in the Clinical Education Centre in South Block. The sessions last about two hours, and tea, coffee and biscuits will be provided.

Resources

Our slide presentation for these clinics is available to view on The Dudley Group NHS Foundation Trust website, on the Living with and Beyond Cancer (LWBC) page:

<http://www.dgft.nhs.uk/services-and-wards/living-with-and-beyond-cancer-lwbc/health-and-wellbeing/>

There are also some useful short videos available for more information.

Should you wish to speak with someone about any of the subjects covered in our health and wellbeing sessions, or if you have any other queries about living with cancer, please contact our LWBC team.

They will be happy to discuss any concerns with you, send out information or signpost/refer you to other services as appropriate.

They can be contacted on 01384 456111 ext. 5315 or by email at dgft.lwbc@nhs.net

Treatment summaries

Another element of person centred care is a treatment summary. This should be discussed with you and sent to your GP on completion of your cancer treatment or when a management plan is agreed. It should explain your diagnosis and the treatment you have received, but it should also include any side effects, signs or symptoms to be aware of in the future, and information about any follow up tests which may be needed.

The treatment summary ensures that everyone is aware of how to move forward in your cancer pathway - this includes yourself and other medical/health professionals.

Cancer care reviews

Within six months of a cancer diagnosis, your GP or practice nurse should invite you for an appointment for a cancer care review. This is an opportunity for you to think through your future needs and plan with your community-based team how best these needs can be met. You may wish to take someone with you to this appointment. Your GP may discuss any late effects your cancer or its treatment may have, and they may also take the opportunity to offer some health promotion information.

Can I find out more?

If you have any further questions, you can contact your clinical nurse specialist on one of the following numbers or the LWBC team.

Dial **01384 456111** plus one of the following extension numbers:

- LWBC team 5315 **(8am to 5pm)**
- Bowel cancer 2286
- Breast cancer 2065 **(8.30am to 5pm)**
- Chemotherapy 2028
- Gynaecological cancer 3355
- Haematology 2453
- Head and neck cancer 2655 **(8.30am to 4.30pm, not available on Thursdays)**
- Lung cancer 2752
- Prostate cancer 2873
- Skin cancer 3088
- Upper GI cancer 2443 **(8am to 4pm)**
- Urology cancer 2873

Useful information

Free prescriptions

There are charges for prescriptions in England. However, if you have cancer, you can apply for a certificate to allow you to get free prescriptions. This is called an exemption certificate.

You qualify for an exemption certificate if you are receiving treatment for:

- Cancer.
- The effects of cancer.
- The effects of current or previous cancer treatment.

You can get a form to apply for the certificate from your GP, pharmacy or cancer clinic. Your GP or hospital doctor will need to sign the form.

You might not need an exemption certificate if you are already entitled to free prescriptions. For example, if you are over 60 years old or under 16 years of age, or if you are receiving certain benefits.

Speak to your doctor, pharmacist or specialist nurse if you are not sure whether you are entitled to free prescriptions. They can refer you to a benefits adviser if needed.

Who is your clinical nurse specialist (CNS)?

As part of your care, you will be assigned a clinical nurse specialist (CNS). A CNS is a nurse who has a more specialist knowledge in your type of cancer.

They will often meet you at your early appointments or follow up with a telephone call. Sometimes referred to as a specialist sister or key worker, they are your first point of contact with any clinical questions.

Your clinical nurse specialist is:

.....

References

Office for Public Management (2011) Evaluation of Health and Wellbeing Clinics. Final Report. Macmillan Cancer Support.

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/living-with-and-beyond-cancer-lwbc/>

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

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۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔