

Patient name and hospital number: \_\_\_\_\_

**INFORMATION PRESCRIPTION FOR PATIENTS**

**Support services for patients with breast cancer**

The aim of this leaflet is to provide information and details of support services available to people diagnosed with breast cancer.

**What is the breast multi-disciplinary team (MDT)?**

This is a team of healthcare professionals who specialise in the treatment and care of women and men with a diagnosis of breast cancer.

The team consists of nurse specialists, doctors, support workers, radiographers, and physiotherapists. They work alongside each other to ensure all your care is planned and implemented by a specialist team.

**Breast surgeons**

The surgical team working within the breast unit:

<ul style="list-style-type: none"> <li>• Mr Jahan</li> <li>• Mr Dube</li> <li>• Mr Puthu</li> </ul>	<ul style="list-style-type: none"> <li>• Mr Elamin</li> <li>• Dr Muntean</li> <li>• Dr Elkouly</li> </ul>
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The surgeon your saw today was:  
.....

**Clinical nurse specialists (CNS)**

The breast care nurses (BCN) are available for patients (who are being treated for breast cancer) and their carers. The BCN is your key worker who will ensure support and information is available for you and your family at all stages of your treatment pathway.

The BCN is available to talk to you and your family about any aspect of the disease or treatment options given to you by the consultant. They will provide emotional support and counselling should you or your family need it. They will also arrange further consultations with the doctor should you feel it necessary. Additionally, they will liaise with your GP to help with ongoing care in the community and can signpost or refer you to other health and wellbeing services.

A key worker will be allocated to you at the time of your diagnosis to ensure that your care and treatment is coordinated in a timely manner.

The breast care nurse team includes:

<ul style="list-style-type: none"> <li>◦ Gill Clark</li> <li>◦ Yvonne Lisseman-Stones</li> <li>◦ Lisa Rahn</li> <li>◦ Carolyn Bennett</li> </ul>	<ul style="list-style-type: none"> <li>◦ Kersten Hardy</li> <li>◦ Beccy Warren</li> <li>◦ The breast care support worker is Charlotte Batty.</li> </ul>
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Their main contact number is **01623 622515, extension 3884.**

The breast care nursing team working hours are Monday to Friday between 9am and 5pm. Please leave a message on the answerphone at times when they are unavailable.

Your breast care nurse / key worker is:

.....

Contact number: .....

You may be referred to other healthcare professionals. They are there to ensure support is available for you and your family at all stages of your pathway. They will help you cope with the illness and symptom control and help with care at home. You may also wish to request for a second opinion.

### **Following your consultation**

You will be sent a copy of your letter. This is a summary of the consultation in which your diagnosis and treatment options were discussed. If you have any concerns about this, please contact your key worker.

Please also write down any questions you may have as your key worker will be able to answer these and provide any further information you may require.

### **Physiotherapist**

Before your operation, a physiotherapist will explain the therapy and advise you on arm movement and exercise following surgery.

### **Social care**

Please talk to your key worker if you or your family/carers have concerns regarding:

- Financial problems
- Benefit rights
- Difficulty managing household tasks.

You can request to be referred to a social worker, benefits advice officer or an occupational therapist, dependent on your needs. Your key worker will arrange this.

Free prescriptions are offered to patients who are under the age of 60 with a cancer diagnosis. Please ask your key worker about this.

### **Where will I be seen?**

You will be seen in the appropriate breast clinic at King's Mill Hospital. Telephone clinics are also in operation for certain clinical discussions if appropriate as decided by your medical team.

You and your family/carers can ask to discuss any concerns or problems relating to your treatment pathway with members of the MDT. This will be arranged by your key worker.

### **Wards**

You will be admitted to either Ward 14 or the Day Case Unit for your surgery. Most patients will be discharged within 24 hours. This will be discussed with you by your surgeon prior to admission.

### **Chemotherapy**

If you require chemotherapy, it will be given at King's Mill Hospital or Nottingham City Hospital.

Prior to your treatment starting you will be introduced to the chemotherapy nurse who will give you in-depth information and advice either face to face or by telephone in what is known as a New Patient Interview. The chemotherapy nurses will support you throughout your treatment.

If your chemotherapy is to be administered at Nottingham City Hospital, you will be given contact details.

### **Radiotherapy**

Radiotherapy, if required, will be given at Nottingham City Hospital.

Members of the radiotherapy team will give you information and support. They can be contacted on 0115 9627976.

### **Clinical trials**

You may be asked to take part in a clinical trial. If you have not been asked, it may be because there are no clinical trials you would currently be eligible for. You can, however, ask at any point to be considered for up-and-coming clinical trials.

You have the right to decline to take part or withdraw from a trial at any time.

## Open access follow-up

Following your surgery, you will be placed onto a personalised open access follow-up pathway.

This will reduce the amount of follow up appointments you would be required to attend at the Breast Unit and allows rapid access to the department should you have any concerns.

You will be invited to a nurse-led workshop once your main treatment pathway has completed, where a presentation is given to explain the process and health and wellbeing information and support advice is provided.

## Information included in this pack as part of your information prescription:

- Breast Cancer Resource Leaflets
- Holistic Needs Assessment (planning your care and support)
- Amazon Breast Cancer Support Group leaflet
- Spring into Action leaflet.

## Useful contacts

Amazon Support Group  
Meeting: The second Tuesday of each month (except August)  
Venue: Amazon Lounge, King's Mill Hospital  
[www.amazonsgroup.org.uk](http://www.amazonsgroup.org.uk)

Macmillan Cancer Information and Support (King's Mill Hospital)  
Telephone: 01623 622515, extension 6499  
<https://www.macmillan.org.uk/>

Breast Cancer Care  
Free helpline: 0808 800 6000  
[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

Maggie's Centre  
Nottingham City Hospital  
Telephone: 0115 9246210  
<https://www.maggiescentres.org/our-centres/maggies-nottingham>

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know.

You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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