

Healthier Communities,
Outstanding Care



Sherwood Forest Hospitals
NHS Foundation Trust

Support services for patients with prostate cancer

Information for patients/relatives/carers



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

What is the Urology Multi-Disciplinary Team (MDT)?

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

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

Cancer consultants

The urology consultants involved in cancer care are:

- Mr Ashraf
- Mr Bhojwani
- Mr Krishnan
- Mr Bodiwala
- Mr Miller
- Miss Burge.

The consultant you saw today was:

Cancer Nurse Specialists (CNS)

The Urology CNS team are available for patients (who are being treated for a urology cancer) and their relatives / carers.

One of our CNS team will be your key worker, who will ensure support and information is available for you and your family at all stages of your treatment pathway.

A CNS 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.

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

The Urology Cancer Nurse Specialists are:

- David Johnson
- Sue Ludgate
- Kerry Smith
- Nicola Brown.

The Urology Cancer Support Workers are:

- Rebecca Carlin
- Christy Noble.

Their main contact number is **01623 622515, extension 6284.**

The urology nursing team work Monday to Friday between 8am and 4pm (excluding bank holidays). Please leave a message on the answerphone at times when they are unavailable and your call will be returned within the next working day.

Your Nurse Specialist/Key Worker is:

You may be referred to other healthcare professionals. The team 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.

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.

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
- Emotional and psychological difficulties.

You can request to be referred to a social worker, benefits advice officer, counsellor, 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 generally be seen at King's Mill Hospital, unless your consultant discusses with you about being referred to Nottingham University Hospitals.

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.

Surgery

If you require surgery, you will receive care at Nottingham University Hospitals. 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 you will meet with the chemotherapy nurse who will give you in-depth information and advice and support you throughout your treatment.

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

Radiotherapy

Radiotherapy, if required, is given at Nottingham City Hospital.

Members of the radiotherapy team will give you information and support. They can be contacted on 01159 627976.

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.

Personalised follow-up

Following your primary treatment, your follow-up plan will be tailored to you and your needs.

This may result in you having follow-up appointments booked at different intervals to others, however all patients will have the opportunity to contact us where they have any concerns of things to discuss which will provide rapid access back into the service.

More detailed information will be provided, and the full pathway explained at a three-month review following your primary treatment. An information leaflet will also be provided with all the key information you need to know.

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

- Macmillan Cancer Guide
- Macmillan Holistic Needs Assessment (planning your care and support)
- National Disease Registration Service – Cancer Registration
- Research and Innovation
- Macmillan Beyond Diagnosis Cancer Support – Nottinghamshire Walking Groups
- Macmillan Cancer Information and Support Centre at King's Mill Hospital
- Macmillan Money and Work Service
- Prescription Exemption
- Macmillan Beyond Diagnosis Gateway
- PSA Just Diagnosed.

Useful contacts:

- **Cancer Care Map Directory**

(to discover cancer support services available in the area)

Web: <https://www.cancercaremap.org/>

- **Macmillan Cancer Information and Support** (King's Mill Hospital)}

Telephone: 01623 622515, extension 6499

Web: <https://www.macmillan.org.uk/>

- **Maggie's Centre** Nottingham City Hospital

Telephone: 0115 9246210

Web: <https://www.maggiescentres.org/our-centres/maggies-nottingham>

- **Prostate Cancer UK**

Telephone: 0800 074 8383

Web: <https://prostatecanceruk.org/>

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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

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.

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 (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202307-02-SSPC
Created: October 2022 / Revised: July 2024 / Review
Date: July 2026