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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने सुवातुं उरनमे दी लैउ वै उं विरथा वरवे इस नंघर उे बेन वरवे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
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**St. Peter's Hospital**  
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Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Clinical Nurse Specialist for Haematological Oncology



Sally Monaghan



Lindah Wareman

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### Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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## **ADDITIONAL SUPPORT AND USEFUL CONTACTS:**

Cancer BACUP                   **0808 800 1234**  
[www.cancerBacup.org.uk](http://www.cancerBacup.org.uk)

Leukaemia care               **01905 330003**  
[www.leukaemicare.org](http://www.leukaemicare.org)

Lymphoma Association       **0808 808 5555**  
[www.lymphoma.org.uk](http://www.lymphoma.org.uk)

Myeloma helpline           **0800 980 3332**  
[www.myeloma.org.uk](http://www.myeloma.org.uk)

CREST  
Cancer information and support centre   **01784 446298**  
[www.crestcancer.org.uk](http://www.crestcancer.org.uk)

Macmillan Cancerline       **0808 808 2020**  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

Patient Info  
[www.patient.info](http://www.patient.info)

## **Clinical Nurse Specialist**

Receiving a cancer diagnosis is a life changing event and you and your family may experience a wide range of emotions, and have a lot of questions and concerns throughout your cancer journey.

Your Clinical Nurse Specialist (CNS) is available to provide ongoing support from the initial investigations leading to diagnosis, throughout your treatment and on to living with and beyond cancer.

They will provide you with any necessary information, answer any questions and provide emotional support and guidance to you and your family.

## **How is your care planned?**

Your care is planned at a Multi-Disciplinary Team (MDT) meeting which is held weekly. The MDT consists of Surgeons, Medical Consultants, Radiologists, Histopathologists, Oncologists and Clinical Nurse Specialists. The recommended investigations that have been performed are discussed and a treatment plan is agreed by the team.

Treatment may involve one of the following; Surgery, Chemotherapy, Immunotherapy, Radiotherapy, Targeted Therapy and Hormone Therapy or a combination.

You will have the opportunity to meet with your doctor and CNS to discuss your treatment plan at an outpatient clinic appointment where specific information will be given to you, including the goal

and benefits of treatment and the possible side effects of treatment and any support services available to you.

We encourage patients to attend clinic appointments with a family member or friend for additional support.

For assistance regarding clinic appointments you may contact the haematology secretaries on:

**01932 723027 / 01932 723432 / 01932 722120**

**Haematology Day Unit**



Juliet Nkansa/Charlotte Smith/Mariana Silva/Lindah Wareman/Abi Cardano/Sally Monaghan

The nursing team is based in the Haematology Day Unit, Level 1 OPD block, St. Peter's Hospital, KT16 0PZ

Tel: **01932 722347**

**I will discuss the following with you:**

	<b>Date</b>	<b>Sign</b>
Likes to be known as .....		
Advised of Named Key worker / Named Clinical Nurse Specialist		
How to access Key worker / Clinical Nurse Specialist		
Invited to bring a friend / adult family member to appointments		
Patient held record given with written information to support verbal information given		
Verbal and written information on local and national services for all aspects of support services including emotional and psychological support		
Information on how to access financial support via various organization / entitlement for free prescription		
Entitled to copies of consultants clinic letters to GP		
Information on any current research trials		

## Clinical Research

Research is a key aspect of the work of the NHS. It is through research that we provide evidence upon which we base our care and treatments, and improve our treatments.

The NHS constitution states that it is every patient's right to be able to participate in a research study, should they wish to, and should they meet the requirements of the study.

There are many ongoing cancer clinical research projects at Ashford and St Peter's Hospitals, you may be asked to participate in a study by your Surgeon or Oncologist. Please see our website for further information.

[www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

## Improving Cancer Care and Action Group (ICCAG)

This is an established cancer service action group, consisting of patients, family members, carers and local community members.

They gather experiences of those affected by cancer, to help improve Cancer Services at Ashford and St Peter's Hospitals joining or learning more about the group please contact the Patient Navigators. **01932 722856**

## Our Day Unit Nursing team:

**Juliet Nkansa** Sister (Haematology Day Unit)  
**Mariana Silva** Deputy Sister (Haematology Day Unit)  
**Charlotte Smith** Staff Nurse (Haematology Day Unit)  
**Abee Cardano** Staff Nurse (Haematology Day Unit)

The Day unit is also available to contact regarding any concerns you may have, or merely to have someone to talk to.

Our working hours are Monday – Friday 9.00 – 5.00pm.

## Your Cancer Pathway

At Ashford and St Peter's Hospitals we provide a patient-centred approach to your care, helping to support people living with and beyond cancer. We aim to provide a well-coordinated, holistic, personalised approach to your care.

The National Cancer Survivorship Initiative's (NCSI) aim is to 'ensure that those living with and beyond cancer get the care and support they need to lead as healthy and active life as possible for as long as possible'.

To help improve your cancer experience, the NCSI have developed The Recovery Package, which has been introduced and supported by Macmillan. The Recovery package consists of the following 4 components and will be discussed with you by your CNS.

**A Holistic Needs Assessment (HNA)** will be completed at key points along your cancer pathway. You will have this assessment with your CNS either face to face or by phone. The HNA will address any physical, practical, family / relationship and emotional concerns you may have.

Following the HNA a care plan will be discussed with you, providing support and information, possible referrals to other agencies such as Macmillan.

**A Treatment Summary** will be completed at the end of your treatment, a copy will be sent to yourself and your GP.

It provides important information including side effects and any other consequences of your treatment. It will also highlight any signs and symptoms of recurrence of disease.

**A Cancer Care Review** will be completed by your GP or Practice Nurse within 3 months of your cancer diagnosis and will be the start of ongoing conversations between yourself and your GP throughout your cancer journey.

**Health and Wellbeing** events are held to provide information and support on work and finance, healthy lifestyle and physical activity and to help prepare you for the transition to a supported self-management programme. These events play an important role in moving forward to living with and beyond cancer.

A Health and Wellbeing event is held annually at Ashford and St Peter's Hospitals as well as other informational events throughout the year.

For further details please refer to our website.

[www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

## Macmillan Patient Navigators

Macmillan Patient Navigators offer a single point of contact for all our cancer patients, family members and carers. They are available to answer questions, help with appointments and access local support services as well as provide support throughout your cancer journey.

They work closely with your CNS and if the question or concern is of a clinical nature they will contact your CNS who will return your call.

**Contact Number: 01932 726856**



## Macmillan Support and Information

At St Peter's Hospital Outpatient department, area 2, there is a Macmillan Resource Room providing a quiet place to sit, offering many informational booklets for you to browse or take home. Macmillan provides a number of resources which are readily available to you such as:

- Welfare benefits
- Understanding your specific cancer
- Cancer treatments and their side effects
- Support groups and services

If you need further information Macmillan can assist you.

**Telephone: 0808 808 000**

[www.macmillan.org.uk](http://www.macmillan.org.uk)