

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

Lung unit

Patient information

Ormskirk Hospital
Wigan Road,
Ormskirk,
L39 2AZ
Tel:
01695 577 111

Southport Hospital
Town Lane,
Kew,
Southport,
PR8 6PN
Tel:
01704 547 471

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Information for patients and their families

This pack aims to provide you and your family with some information that you may require now or in the future.

We recognise that each patient and their family may react differently to the diagnosis made and that your needs will vary at different times.

By providing you with this information, we hope you may find your own individual way to manage your condition.

Healthcare professionals whom you meet are identified and details of a selection of support services are within this pack. We would encourage you to share the pack with those who are involved in your care, by taking the pack with you to appointments, etc.

There are a number of pages that you or your family can use to record specific information that you want to remember, i.e. what you were told by the doctor or medication that has been prescribed. It may also be helpful for you to write down what you want to ask the doctor or nurse.

Notes

Contact information if you are worried about your condition after you have left hospital:

Contact your lung cancer nurse specialist if you need any advice.

For appointments:

Telephone number:
01695 656 680

Information about your diagnosis

You may wish to write down what you have been told about your diagnosis, so that you can refer to it when you have left the hospital.

What treatment has been suggested

Your lung specialist nurse and key worker is:

Your lung specialist nurse acts as your key worker and is available for support and advice for you and your family regarding your diagnosis, treatment and care. Contact details can be found on the next page.

If, after your initial consultation you would like a further discussion with your consultant, please contact your lung nurse specialist who will arrange a further appointment.

People you may meet:

Macmillan lung specialist nurses

We work between Southport and Ormskirk hospitals. You may have already met one of us either at your first clinic appointment or during your investigations.

We are here to provide you and your family with information, support and advice relating to your diagnosis, treatment and care.

We work Monday to Friday, 9am - 5pm.

01704 704 653 - Southport Hospital (Monday – Friday)
01704 705 161 - Southport Hospital (Monday – Friday)

We have an answering phone service for when we are unavailable. They are checked regularly throughout the day so please leave a message and your name and contact number. We will return your call when we are able to, though this may not be the same day (We do clinic all day on Friday).

We are regularly in contact with other health professionals within the hospital and the community setting.

This is to provide all members of the health care profession concerned in your care with up to date information and advice relating to your care.

If you need to come into hospital, it is important to us that you are happy with your care and treatment. Please speak to a member of staff and/or the ward sister/charge nurse if you have any questions or concerns.

Matron

A matron is also available during the hours of 9am - 5pm, Monday to Friday. During these periods, ward staff can contact the matron to arrange to meet with you. Out of hours, a senior nurse can be contacted via the ward to deal with any concerns you may have.

Infection control request

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high, our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections, by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member. They will be only too happy to put your mind at ease, by cleaning their hands so that you can see them.

Your views on our service

We have tried in this pack, to outline the services available within the hospital and community settings. We aim to provide a unified service for the benefit of you and your family at what can be a difficult time.

We would be grateful if you would contact us at the address below, if you have any comments or suggestions that can be used to improve the information and the service we provide.

If found, please return this pack to:

Specialist nurse,
Ward 14b
Southport & Formby District General Hospital
Town Lane
Kew
Southport
PR8 6PN

Book developed by the Merseyside & Cheshire lung cancer nurse specialists Merseyside & Cheshire Cancer Network.

Consultant chest physicians

You may have already met these doctors whilst you were undergoing your investigations. These consultant chest physicians are specialists in investigating and diagnosing lung conditions.

Following your diagnosis, your consultant chest physician will refer you to an appropriate specialist such as thoracic (chest) surgeon, oncologist (cancer specialist) and/or specialist palliative care.

Your chest physician will not routinely follow you up in clinic, but if however, your specialist thinks it would be of benefit for you to see him again, this can easily be arranged.

Thoracic surgeons

The surgeons are based at the Liverpool Heart and Chest Hospital. They specialise in the surgical removal of suspected or known lung cancers.

At clinic, they will discuss with you whether an operation is possible and the benefits and risks involved.

If surgery is the way forward, your surgeon's secretary will organise a date for your admission and inform you of the details either by telephone or letter. The secretary may also organise for you to see a clinical nurse practitioner, who will organise routine pre-operative tests before your admission such as up to date blood tests, chest x-ray, electrocardiogram (ECG) heart tracing and swabs.

You will also receive a booklet providing you with more information regarding your surgery with your admission letter.

Before, or on admission to hospital for your procedure, your surgeon may request further investigations. But this will be explained to you during your clinic appointment with your surgeon.

Some patients may require further treatment such as chemotherapy before or after surgery. Your surgeon or oncologist will discuss this with you, if he thinks this treatment is necessary.

Asthma and Lung UK

Telephone number: 0300 222 5800
www.asthmaandlung.org.uk

Cancer Research UK

www.cancerresearchuk.org

Remember, there is no way of monitoring the quality of information you may view on a website. If you are unsure, please ask your hospital consultant, GP or specialist nurse.

Merseyside Asbestos Victims Support

Telephone: 0151 236 1895

www.mavsg.org.

They offer completely confidential services to victims of asbestos related disease and their families.

Breathe Easy

Telephone: 01704 808 891

This is a self-help group for patients with a lung condition. The group which is patient led, meets the third Monday of each month at 1100 on Zoom, the patient will need to ring and then be given details on how to sign up.

Macmillan Cancer Support: Telephone: 0808 808 0000

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

Supports and develops services for people with cancer and provides Macmillan nurses, doctors and cancer care.

Patient Advocacy Liaison Service (PALS)

This is an independent service available within the hospital to you and your family. They can provide information and advice regarding services provided within the hospital.

Telephone: 01704 704 703 (Monday to Friday, 9:30am - 4:30pm). Email soh-tr.pals@nhs.net

Non-Emergency Patient Transport:

Telephone: 08000 323 240.

Should you need transport to your appointment or for your treatment. This provides free transport to patients who have a specific medical need and are attending healthcare services.

Oncologists

Oncologists specialise in the non-surgical treatment of lung cancer.

Treatment may include:

- Radiotherapy (x-ray treatment),
- Chemotherapy
- Immunotherapy
- Targeted therapy.

It is also possible that they will discuss a 'surveillance' or monitoring approach to your care.

You will be seen by either a consultant oncologist or his/her specialist registrar. He/she will discuss treatment options, risks and benefits to you and together you can make a decision regarding your treatment.

Further information regarding these treatments can be found in the booklet 'Lung cancer- answering your questions' or 'Living with lung cancer' which is enclosed. Alternatively, you can contact your lung nurse specialist.

You will be seen by the oncology team as an outpatient at University Hospital Aintree (UHA) or (CCL) Clatterbridge Centre Liverpool.

During your treatment at UHA/CCL, a lung cancer advanced nurse practitioner or a member of the team will take over as your key worker.

They can be contacted on:
0151 556 5346

Mobile:
07827 991 095.

The staff whom you meet during your visit to UHA/CCL, will be able to give you information and advice about the treatment you are receiving.

Useful contact numbers and website addresses

There are a variety of different organisations working with the NHS, which provide valuable information and support for patients with lung cancer. Listed below are a few that may be of some use to you.

Roy Castle Lung Foundation
Freephone: 0333 323 7200
<https://roycastle.org>

A UK wide lung cancer patient support and information network is available through the Roy Castle Lung Foundation. A free national help line provides information on support groups in each area. Written information booklets are also available.

Maggie's Charity providing free cancer support and information
Telephone number: 0151 334 4301
www.maggies.org

Sunflowers Support Services
21 Aigburth Road, Dingle, Liverpool, L17 4JR
Telephone number: 0151 726 8934
info@liverpoolsunflowers.com

Smoking cessation advice

Advice and support to help you stop smoking can be accessed by calling either:

- Smoke Free Sefton
0300 100 1000
- Quit Squad (West Lancashire)
0800 328 6297

<https://healthunlocked.com/quitsupport>

Specialist Palliative Care Team

Your doctor or nurse may refer you to a doctor, nurse or other professional from the palliative care service, for symptom control or psychological support. The palliative care services consist of health professionals trained in the care and support of patients living with cancer, their families and carers. Their knowledge and expertise plays a role in enhancing the care cancer patients receive, and aims to help them improve their quality of life throughout their illness.

The palliative care services provide free, non-discriminatory support and information for anyone (and their families/carers) affected from cancer from the time of diagnosis, throughout treatment and at any point during the illness.

The team also support medical, nursing and other colleagues and facilitate formal and informal educational activities for health professionals and unpaid carers.

The palliative care services for West Lancashire and Southport & Formby consist of:

1. Palliative care team - 01704 517 927 (9am - 5pm, Monday to Friday, answerphone out of hours), who provide support in hospital and in your own home
2. Queens Court Hospice – 01704 544 645
 - Short inpatient stays for symptom control (for residents of Southport & Formby and West Lancs)
 - Medical outpatient services (for residents of Southport & Formby)

Psychology services

Anxiety and depression are often experienced by patients and their families when living with a lung cancer diagnosis. If you think that these feelings are affecting your day-to-day living, then discuss this with your GP, district nurse, lung cancer nurse or hospital doctor.

In some circumstances, specialist support from a psychologist may be helpful and your nurse or doctor will discuss this with you. If you feel you would benefit from any of these services, please ask your consultant, GP or lung specialist nurse to refer you as needed.

General Practitioner (GP)

Following your clinic appointment, we will inform your GP of your diagnosis the same day and whoever you have been referred to for treatment. Throughout your treatment, your GP will be kept informed as to what treatment you receive and your subsequent progress.

Your GP should remain your first point of your contact for medical review.

Roy Castle Lung Foundation
Freephone: 0333 323 7200.

Macmillan Cancer Support/Roy Castle can also provide patient grants.

Enquiries can be made via your palliative care specialist nurse, lung cancer specialist nurse, district nurse, medical social worker or Macmillan information and support centre.

SR1

If your treatment is not curative/with palliative intent, or you are not well enough to receive treatment you may be entitled to SR1. This form can be completed by your GP, consultant, lung cancer nurse specialist or palliative care team. It is a report form used to tell the Department of Work and Pensions about a patient who meets the special rules criteria

Free prescriptions for people affected by cancer

All cancer patients undergoing treatment for cancer can apply for exemption certificates from their GP.

Benefits and financial advice

Due to your recent diagnosis, you and your family may be entitled to receive benefits, from the Benefits Agency. The process of applying for benefits can appear daunting to some people, however help is available.

Macmillan support line
Freephone: 0808 808 0000

Macmillan information & support centre
(Sefton patients)
29 Wright Street, Southport, PR9 0TL
Telephone number: 01704 533024
Mobile number: 0797 6167 188

Macmillan information & support centre
(West Lancs patients)
Telephone number: 01704 533024 / 07830 378516

Sefton M.B.C welfare rights/advisory service
Telephone number: 0151 934 3660
Email: welfarerights.advice@sefton.gov.uk

District Nurses

You may be referred to your local district nursing services, which work alongside your GP and other community services. The reason for this referral is for you and your family to have a point of contact within your community and access to care and support at home. This service is available 24 hours a day, 7 days a week.

Your first contact from this service may be either a visit or a telephone call. The district nurse will provide you with contact details of their service and discuss with you and your family, your individual needs as well as plan further contact.

Symptoms

Lung cancer and its treatments may cause some people to experience symptoms such as a cough, pain, breathlessness, coughing up of blood, tiredness, reduced appetite or depression.

The severity of symptoms can vary from patient to patient and at different times during an illness. If you feel your normal daily activities are being affected by any symptoms we would advise that you seek advice, as it is often possible for symptoms to be relieved/controlled.

Should you have any symptom issues whilst receiving your oncology treatment, it is important that you contact the triage number on 0800 169 5555

Alternatively, advice may be sought from your GP (during surgery hours) or GP on call service (out of hours), lung cancer nurse specialist nurse, district nurse or specialist palliative care team .

Date started	Medicine	How much is taken and at what times	Reason for the medicine	Date stopped

Medicines that I take regularly

Please ensure that your list is accurate and up to date.
You may want to attach your repeat medication prescription provided by your GP.

Date started	Medicine	How much is taken and at what times	Reason for the medicine	Date stopped

Clinical studies

Your oncologist may invite you to take part in a clinical study. These are research studies involving patients which compare a new or different type of care, with the best treatment currently available.

If you are asked to take part in research, your oncologist, nurse or researcher will explain what the project is about and what is involved in taking part. They will give you some written information about the project for you to keep. You will be given time to think about all the information and to ask questions. If you don't understand anything, please ask.

Taking part in a clinical study is entirely voluntary and you must decide whether or not to take part. If you do decide to take part, you will be asked to sign a consent form confirming your agreement and you will be given a copy of this to keep.

However, even after signing the consent form, you are still free to withdraw from the study at any time without giving a reason. Your care will not be affected if you decide not to take part, or if you say yes and then change your mind.

Appointments

The following tables can be used for you to record any appointments you may have and the outcome of those appointments.

Date	Consultant	Summary of events

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