



Southport and
Ormskirk Hospital
NHS Trust

PATIENT INFORMATION

Gynaecology

Oncology

WHAT INFORMATION IS IN THIS BOOKLET?

- Introduction
- Information about you and your diagnosis
- Treatment plan
- Holistic Needs Assessment
- Questions you may wish to ask your Doctor
- Transfer of Care to Liverpool Women's Hospital
- What is a Gynaecology-Oncology Multi-disciplinary Team (MDT)?
- Clatterbridge Cancer Centre
- Social, Dietary and Community Advice and Support Teams
- Useful contact numbers
- Record of Outpatient Appointments/Hospital Admissions
- Pages for your own use
- Medicines that I take regularly

INTRODUCTION

This booklet is for patients and their families to provide you with information that you may require now or in the future about your diagnosis and treatment.

We recognize that each patient and those close to her may react differently to her diagnosis 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.

This booklet is portable so we suggest that you bring it along to your clinic appointments and add to it according to your own needs.

INFORMATION ABOUT YOU AND YOUR DIAGNOSIS

Patients Case Note Number:

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Keyworker/Clinical Nurse Specialist

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Name of Consultant(s)

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.....

You have received a diagnosis of

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Date of diagnosis

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TREATMENT PLAN

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You have been referred to

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who will discuss further treatment with you.

As part of the recovery package you will also be referred to Macmillan Wellness Programme. This is for you to meet a physiotherapist who will assess what help you may require pre and post treatment. Your nurse specialist will discuss this with you.

HOLISTIC NEEDS ASSESSMENT

What is an Holistic Needs Assessment?

People with cancer often require care, support and information in addition to the management of their actual cancer condition.

The focus is on you as a whole not just your illness. The Doctor or Nurse will need information from you but you decide how much information you wish to share.

It is an opportunity for you to have a discussion about your physical, emotional, social needs, worries or concerns and ensure you are referred to the relevant services.

You will usually be contacted by your Nurse Specialist soon after diagnosis and she will discuss Holistic Needs Assessment with you.

QUESTIONS YOU MAY WISH TO ASK YOUR DOCTOR

- What treatment options do I have?
- Is the treatment being offered:
 - to cure my disease?
 - to help me live longer?
 - for symptom relief?
- What effects will this treatment have on:
 - my working life?
 - my relationships/my sex life?
 - my everyday life/sporting activities?
 - my fertility?
 - my menopausal state?
 - opportunities to go on holiday?
 - diet?
- Are there any new treatments or clinical trials which may help me?
- What complementary therapies are available?
- What if I don't want surgery/chemotherapy/radiotherapy?
- How often will my cancer be monitored? Who will I see?

TRANSFER OF CARE TO LIVERPOOL WOMEN'S HOSPITAL

Liverpool Women's is the regional cancer centre for the treatment of women with a confirmed diagnosis of gynaecological cancer (endometrial, vulval, ovarian and cervical).

The Consultants work in conjunction with colleagues in all hospitals across Merseyside and Cheshire to ensure that women receive prompt access to appropriate treatment whether that is medical treatment or surgical treatment. Sometimes women will need treatment such as radiotherapy and chemotherapy.

WHAT IS A GYNAECOLOGY-ONCOLOGY MULTI-DISCIPLINARY TEAM (MDT)?

The Gynaecology-Oncology Multidisciplinary Team (MDT) is made up of experts in gynaecological cancer disease. The MDT works by following national guidelines or rules on how you should be treated, how they work with each other, with your GP and with other specialist services. The core members of this MDT who will look after you are:

Consultant surgeons – Mr J Kirwan, Mr R Macdonald, Miss S Taylor and Mr S Sawan (specialize in performing the type of operations that may be needed to treat your condition).

Oncologists - Dr K Whitmarsh, Dr J Green, Dr R. Lord
(A doctor who is a specialist in the treatment of cancer)

Histopathologist -

(A doctor who looks at tissue and cell samples under a microscope)

Radiologist –

(A doctor who performs and reports on tests carried out in an x-ray department)

Keyworker/Clinical Nurse Specialists –Dawn Valentine Gray, Sheelagh Mahoney, Emma Silker, Nicola Holland-Smith, Kellie Harries-Batkin - 0151 702 4186 (8.30-4pm)

Emma Mccomish (Cancer support worker) (Southport and Ormskirk) 01695 656964 (Emma assists in caring for patients with gynaecology cancer)

Linda Fitzpatrick (St Helens Hospital) 01744 26633
(switchboard)

You will also have a keyworker in the community which is usually your district nurse.

Consultant in Palliative Medicine - Dr Leslie Allsopp
(a doctor who is a specialist in supportive care, when treatment you may have is not expected to cure your cancer)

Lymphoedema Nurse

Dietician – Linda Hill

CLATTERBRIDGE CANCER CENTRE

Clinical Oncologists

Dr Whitmarsh is a Clinical Oncologist (cancer doctor) who is based at Clatterbridge Cancer Centre, who has a special interest in the non-surgical treatment of gynaecological cancers. These treatments may include medication, radiotherapy and chemotherapy. There is a clinic at Liverpool Women's Hospital each Wednesday, which they attend on alternate weeks. The Oncologist will discuss with you the various treatment options available and where you will have your treatment.

If you need to attend to see the Oncologist, you will be given written information at the time about treatments if you attend Clatterbridge Cancer Centre you can access information whilst you are there or download from their website.

The staff that you meet during your visit to Clatterbridge Cancer Centre will be able to give you more information and you may contact them by using the phone numbers in your chemotherapy information sheets.

Medical Oncologists

Dr Green and Dr Lord are Medical Oncologists (cancer doctors), who specialize in the treatment of cancer using medications known as chemotherapy drugs.

They are based at Clatterbridge Cancer Centre however they hold a clinic at the Liverpool Women's Hospital on a Wednesday morning. Dr Lord has a clinic at St Helens Hospital on a Monday morning.

Where you will have your chemotherapy and on what day will be discussed with you. Information about chemotherapy is available in the Liverpool Womens Clinic and St Helens Clinic.

Clinical Nurse Specialist

Works alongside the oncology doctors at Clatterbridge and can be contacted either through your keyworker or directly at CCO.

SOCIAL, DIETARY AND COMMUNITY ADVICE AND SUPPORT TEAMS

General Practitioners (GP's)

Following your clinic appointment your General Practitioner will have been informed of your diagnosis and to whom you have been referred for treatment. They will be kept informed as to what treatment you receive and your progress. Your General Practitioner should still remain your first point of contact for a medical review. However if you are on chemotherapy or radiotherapy treatment, as previously advised, you should contact Clatterbridge Cancer Centre.

Southport Macmillan Cancer Information and Support Centre

The Macmillan Cancer Information Centre provides a free, confidential drop in service for anyone affected by cancer.

This includes people who:

- Require information about cancer.
- Have a cancer diagnosis.
- Are a carer, relative or friend of someone with cancer.

Community Support

You may be referred to your local District Nursing Services, who work alongside your General Practitioner and other community services. The reason for this referral is for you to have a point of contact within your community and access to care at home. This service is available twenty-four hours a day, seven days a week.

Community Macmillan nurses support District Nurses. Your first contact from this service may be either a visit or a telephone call. They will provide you with contact details of their service and discuss your individual needs and plan further visits.

Palliative Care Services, Southport & Ormskirk

Your doctor or nurse may refer you to a doctor, nurse or other professional for 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 patient's 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 to improved quality of life throughout their illness. The Palliative Care Services provide free, non discriminatory support and information for anyone, their families and carers affected by cancer from the time of diagnosis throughout treatment and at any point during the illness.

They area a resource providing advice and support to medical, nursing and other colleagues and facilitate formal and informal educational activities for health professionals and lay carers.

The Palliative Care Services for West Lancashire, Southport and Formby consist of:

1. Palliative Care Team who provide support in hospital and in your own home and can be contacted on: 01704 704540 – West Lancs, Southport and Formby.

Monday to Friday 9.00 am – 5.00 pm. Answerphone out of hours.

2. Queenscourt Hospice – (01704) 544645

- Short inpatient stays for symptom control for residents of Southport, Formby and West Lancs.
- Day Therapy Services
- Medical outpatient services

Referrals to Consultant in Palliative Medicine: Dr Karen Groves.

Palliative Care Team Liverpool Womens Hospital

The hospital palliative care team provides specialist palliative care in the acute hospital setting. This includes support and advice about social, psychological, spiritual and complex pain and symptom control.

At Liverpool Women's the Clinical Nurse Specialists offer support in oncology and specialist palliative care related to gynaecology. If you need to contact us you may do so on:

0151 702 4186 – 8am –4pm. There is an answer machine to pick up messages when we are not in the office.

Palliative Care Consultant

Dr Leslie Allsopp, who works at the Marie Curie Centre in Liverpool, is available for advice and support and particularly symptom control on Wednesday mornings in the clinic.

Nutrition & Dietetic services

If you have any dietary problems related to your condition or associated treatments you can see our Specialist Oncology Dietician whilst you are in hospital.

The Dietician will help you to achieve your ideal nutritional status. The nutritional advice will be tailored to meet your specific needs.

To be referred for a dietary consultation please ask your Consultant, GP or Gynaecological Specialist Nurse or your community Palliative Care team to refer you to the Dietitian.

Benefits Advice

There are various benefits available from the Department of Social Security. The main benefits are:-

- **Personal Independence Allowance (PIP)**
- **Free Prescriptions**
- From 1st April 2009, cancer patients in England have been eligible for free prescriptions.

All cancer patients undergoing treatment for cancer, the effects of cancer or the effects of cancer treatment can now apply for exemption certificates from their GP (General Practitioner/Family Doctor) or Oncology (Cancer) clinic.

You can apply for an exemption certificate by collection a FP92A from your GP surgery or hospital Oncology doctor you must also get them to countersign it for you.

You should then send the completed form to the NHS Business Services Authority (NHS BSA) who will issue the exemption certificate.

The certificate will last for 5 years. Once the certificate has expired a new application can be made. The NHS BSA will remind you before the expiry date.

Pending receipt of an exemption certificate you should ask your pharmacist for an NHS receipt (FP57) when you pay a prescription charge, you can claim this back when your exemption certificate comes through.

Exemption certificates cover all prescriptions not just those for cancer.

There are many more benefits available depending on your needs. You will be able to speak with a Hospital Benefits Advisor/Social Worker regarding which benefits are suitable for you. Alternatively, you may wish to contact the benefits enquiry line on 0800 169 0310, Monday to Friday, 8am to 6pm.

Help with Travel Costs

You can get help with cost of travel to receive NHS treatment under the care of a consultant if you:

- Are getting, or your partner gets:
 - Income support
 - Income-based Jobseeker's Allowance (Incapacity Benefit or Disability Living Allowance do not count as they are not income-related)
 - Pension Credit Guarantee Credit
- Are entitled to, or named on, a valid NHS tax credit

exemption certificate

- Are named on a valid HC2 certificate (includes travel by your dependent children)
- Are a war pensioner and the treatment is for your accepted disablement

Partial Help:

- if you are named on a valid HC3 certificate you might get some help

USEFUL CONTACT NUMBERS

Sefton Cancer Support Group 01704 876613

Gynae “C”

Women with gynae cancers 01793 49116

Menopause Matters www.menopausematters.co.uk

Ovacome 0207 3809589
(Ovarian Cancer Support) www.ovacome.org.uk

Macmillan Cancer Support 0808 800 1234
www.macmillan.org.uk

E.V.O.C
Merseyside & Cheshire 0151 702 4186
Gynaecological Oncology
Cancer Support

Sunflower Cancer Centre 0151 726 8934
www.liverpoolsunflowers.com

Lymphoedema Support Network 0207351 4410

V.A.C.O. 0161 747 5911
(vulval cancer support) www.vaco.co.uk

Knowsley Cancer 0151 489 3538
Support Centre www.knowsley-cancersupport.co.uk

Jo’s Trust www.jotrust.co.uk
Cervical cancer support

Age Concern 0151 449 3545

Macmillan Information Centre 01704 533024
20 Stanley Street, Southport PR9 0BY

RECORD OF OUTPATIENT APPOINTMENTS/HOSPITAL ADMISSIONS

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We have left these sheets blank for you as you may want to make your own notes or have questions you want to ask.

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.

ALLERGIC TO:

Place a cross through any medicines you stop

[illegible]

If found please return this pack to:-

Gynaecology-Oncology Specialist Nurse
Ormskirk DGH
Wigan Rd
Ormskirk

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

MATRON

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department 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 and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS FOR AFTER YOU HAVE LEFT HOSPITAL

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION AFTER YOU HAVE LEFT HOSPITAL

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

Please call 01704 704714 if you need this leaflet in an alternative format

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ
Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN
Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

We would welcome your feedback about your experience at
Southport and Ormskirk Hospital NHS Trust.
Please access the Friends and Family Test at the following link:
[https://www.southportandormskirk.nhs.uk/patients-and-
visitors/fft/](https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/)
Thank you

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