**D R A F T** 

**Haematology Remote Monitoring**

Haematology Remote Monitoring is follow-up for patients with **Myeloma** or **MGUS** (Monoclonal Gammopathy of Undetermined Significance). Remote Monitoring is managed by the Cancer Support Worker, alongside the Haematology Team, for those patients with a cancer diagnosis and those whose condition is non-cancerous.

**Signs and Symptoms; When to contact the Haematology Team**

Please let us know if you develop any of the following symptoms or complaints:

* Persistent new pains in your back or any of your bones that cannot be explained by recent trauma or injury
* A change in the character or severity of existing bone or joint pains
* Unexplained fatigue
* Shortness of breath either on exertion or at rest
* Unexplained bleeding
* Recurrent infections requiring antibiotics from your GP or other health care professional

**How to contact the Haematology Team**

**Cancer Support Worker**

**Telephone: 01722 336262 ext 2417**

If you contact your Cancer Support Worker or the Haematology Team and further assessment of new signs and symptoms is required, your call will be discussed with the Clinical Nurse Specialist Team or Consultant. An outpatient appointment will be made if your Consultant wishes to see you for further assessment.

**Remote Monitoring**

Your blood tests will routinely be undertaken every three months but can be more or less frequently at the discretion of your consultant. Additional tests will be at individual consultant request.

Your blood test results will be collated and reviewed by the Haematology Team. If there is no evidence of progressive disease or concerning symptoms, you will receive a letter (copied to your GP) confirming this.

If there is any change in your levels and a repeat blood test is required, you will be contacted by telephone. We will write to inform you of this and ask you to have the test repeated; your GP will receive a copy of the letter. If your results indicate a need for further discussion with your Consultant, we will send you a clinic appointment.

**Further information and support**

Contact details for local and national cancer organisations will be found in your wellbeing information.

Myeloma UK offer a Freephone Infoline which provides information, emotional support, practical advice and a listening ear when you need it. Call free on: 0800 980 3332 (UK) www.myeloma.org.uk

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