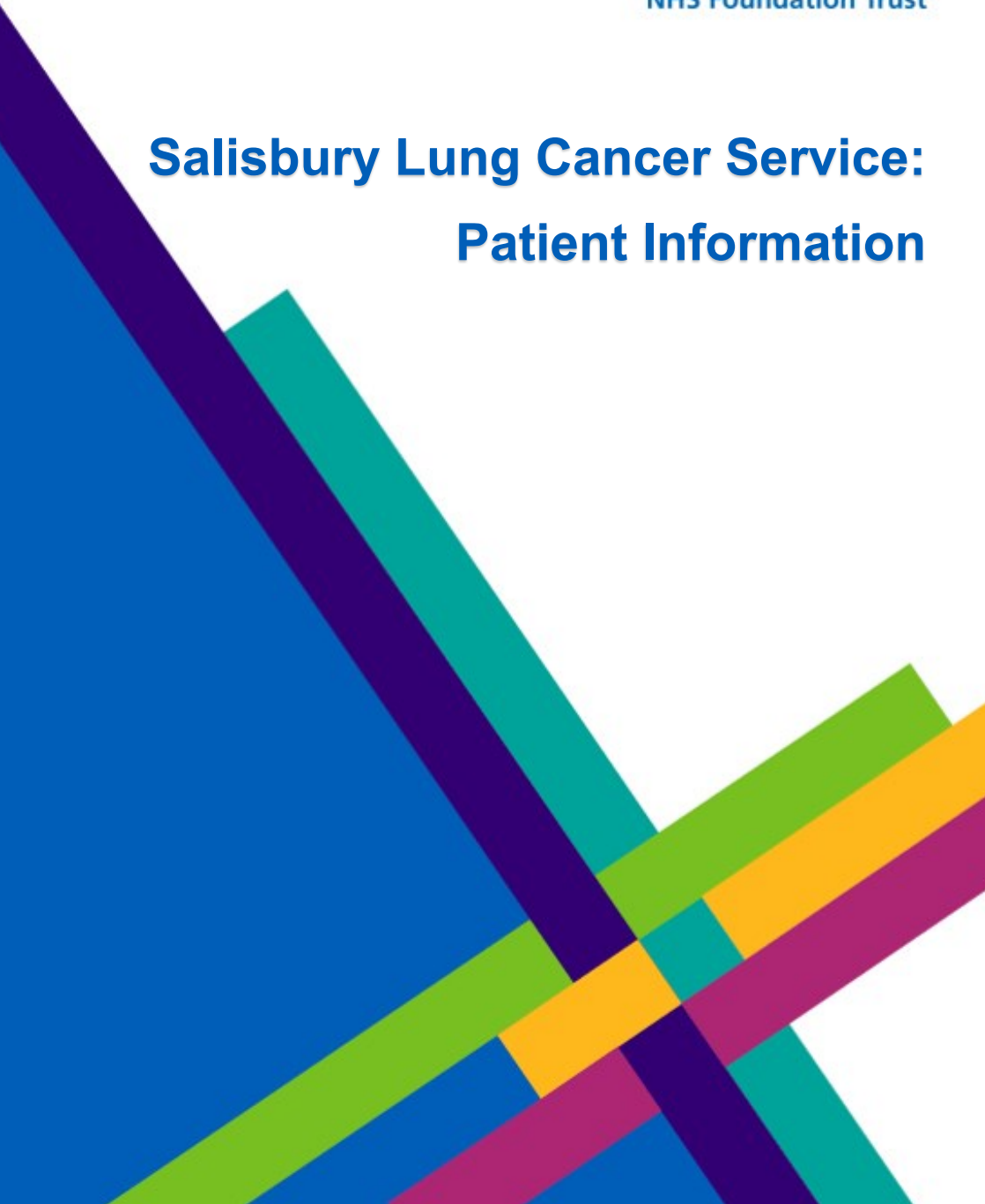




**Salisbury**  
NHS Foundation Trust

# Salisbury Lung Cancer Service: Patient Information



This leaflet has been written to introduce you to the Lung Cancer Services at Salisbury District Hospital.

We know that being told you have lung cancer can be deeply distressing for you and those closest to you. Fear of the unknown and uncertainty about the future can be very stressful and we understand that it can be a very difficult time for you all.

### **What is lung cancer?**

Lung Cancer is a term used to describe a growth of abnormal cells inside the lung, these cells reproduce at a much quicker rate than normal cells. The abnormal cells grow to form a growth, a lump that is described by doctors as a tumour. If the abnormal cells first started growing in the lung, it is called a primary lung tumour. If the abnormal lung cells break off and travel in the blood or lymphatic circulation, they may start to grow in other areas of the body, for example the bones. This new growth is called a secondary tumour or metastasis.

There are a number of tests that may be required in order to establish a diagnosis of lung cancer but it is important to remember that each patient is treated as an individual and therefore the doctor will only choose the most appropriate tests required for that individual. Most of the tests will be carried out at Salisbury District Hospital but on some occasions these tests need to be performed at other centres. The information from these investigations will be discussed at the Lung Cancer Multi-disciplinary Team (MDT) meeting.

### **What is an MDT meeting?**

The treatment of any cancer is complex and every patient diagnosed with a lung cancer will have an individual treatment plan. The

treatment plan will depend on the several factors including; what type of lung cancer, the stage (assessment of spread) of the cancer, and each individuals physical and emotional fitness. Every patient being diagnosed with a new lung cancer or with a recurrence of lung cancer will be discussed at the Lung Cancer Multi-disciplinary Team (MDT) which is held every week.

The Lung Cancer MDT is a group of specialists who meet to discuss what investigations may be required in order to establish a firm diagnosis of lung cancer. Together they decide whether further tests are necessary and what is the best treatment to recommend for each patient. At least one member of the team will know your case in detail.

The teams are different for different types of cancer, the lung team will include the following:

- a Respiratory Consultant
- a Clinical Nurse Specialist (CNS)
- a Cancer Pathway Navigator
- MDT Coordinators - they work to organise the MDT meeting
- a Histopathologist, a specialist doctor who looks at cells and tissue from biopsies under a microscope
- a Radiologist, a specialist doctor interpreting and reporting on X-rays, CT ,MRI. and CT/PET scans
- a Clinical Oncologist, a specialist doctor who treats patients with chemotherapy and/or radiotherapy, targeted treatments or immunotherapy

- a Medical Oncologist, a specialist doctor who treats patients with chemotherapy or targeted treatments or immunotherapy
- a Thoracic Surgeon who is based at University Hospital Southampton (UHS) and performs the lung surgery.
- a Specialist from the Palliative Care Team, a doctor or nurse who works with the MDT to assess and treat any symptoms or anxieties caused by the cancer
- a Clinical Research nurse. This nurse has a very active role in research studies and can provide you with lots of information and support if you are offered the choice of taking part in a trial
- there maybe other people in the meeting, such as other doctors and nurses who work with the team.

You are likely to meet other health professionals during your treatments. You may need help and advice from other specialist services. These will be introduced to you as and when you need them.

After the MDT meeting, the discussion will be noted in the Health Care Record and then discussed with you, usually in clinic or on the ward or sometimes by phone due to the COVID-19 pandemic. A summary of the treatment plan is also sent to your General Practitioner after the meeting. You may request a copy of this if you wish.

The diagnosis and any treatment recommendations will be fully explained to you and your family or carer if you would like them to know as well. This will help you to plan and decide if you would like to consent to the treatment(s) offered.

## **Types of treatments**

There are 6 main treatments available. They are

- surgery
- chemotherapy
- targeted therapy/immunotherapy
- radiotherapy
- active monitoring

## **Surgery**

Surgery for lung cancer is not performed at Salisbury District Hospital. This surgery is mostly carried out in our regional Cancer Centre which is University Hospital Southampton (UHS). Some surgical procedures may be to help diagnosis only and some are performed with the aim of a cure. Successful surgery for lung cancer, with the chance of cure, may only be possible after the following points have been considered:

- You and your lungs must be fit enough generally to cope with surgery.
- Your tumour must not have spread to other parts of the body, though for some patients this may be still feasible.
- It must be technically possible to remove the tumour without damaging crucial structures in your chest.
- Full assessment for surgery can require several additional tests after the diagnosis of lung cancer has been made.

Further written information will be provided by your surgical team.

## **Chemotherapy**

Chemotherapy is a general term for the treatment of cancer using chemical based drugs. Patients with different types of lung cancer are likely to receive different combinations of chemotherapy drugs. This treatment may be given either as tablets or injections. Specially trained staff give the chemotherapy, and most of our Salisbury patients are treated here in the outpatient department of the Pembroke Suite on Level 3.

If chemotherapy is offered to you, and you consent to this treatment, you will have further opportunity to discuss the benefits and side effects of the treatment at a pre-assessment appointment with the chemotherapy nurse.

It is very important that you fully understand what the side effects will be, and you will be given lots of written information. You will also be asked to complete a holistic needs assessment which you can discuss with the nurse.

Some people may be offered the opportunity to take part in a clinical trial. This is not suitable for all patients and if it is a possibility for you, then the research nurse will come and talk to you and make sure you fully understand all the implications.

Patients attending Oncology Outpatients (for appointments) or the Pembroke Suite (for treatment) are entitled to free parking. Please ask your medical team for details.

## **Immunotherapy**

Immunotherapy drugs are used to help boost your body's immune system to recognize and attack cancer cells. Some immunotherapies are called targeted treatments or biological therapies. They can be given as either injections or tablets.

If immunotherapy is offered you it is important, like in chemotherapy, that you fully understand what the side effects could be and you will be given lots of written information. You will also be asked to complete a holistic nursing assessment which you can discuss with the nurse.

As in chemotherapy, patients are given immunotherapy as outpatients on the Pembroke Suite by specially trained staff. There is a Mobile Chemotherapy Unit, which travels in the community, nearer to your home; but not all patients are suitable for this.

Some patients may be offered to take part in a clinical trial for immunotherapy. This is not suitable for all patients and if it is a possibility for you then the research nurse will come and talk to you and make sure you fully understand all the implications.

## **Radiotherapy**

This is a general term for the treatment of cancer with strong X-rays. It is often used on its own or as a combined treatment with surgery and/or chemotherapy. It works by destroying the cancer cells in the area of the tumour.

Most treatments are done in Southampton. There are parking concessions available for patients attending Southampton Hospital for radiotherapy.

Further information concerning radiotherapy will be provided by the radiotherapy centre involved. Although most radiotherapy is carried at University Hospital Southampton some patients may elect to go to Poole or Bath hospitals for their treatment as it may be geographically more convenient.

## **Active monitoring**

Active monitoring is a way of keeping a close eye on you medically, to see how your cancer is behaving. You may hear your doctor call this 'watching and waiting' or 'watchful waiting'.

Active monitoring is recognised the world over as having a place in treating some types of cancer. It might mean having regular clinic reviews and X-rays. If the cancer starts to change then one of the other treatments available might be suitable for you.

## **Palliative Care**

Palliative care is specialised medical care for people living with a serious illness such as cancer. This service is often introduced early when a diagnosis of cancer is made to support you and your family or carer. The Palliative Care team is usually made up of medical and nursing staff with special skills in pain control and symptom management. The team work in a variety of settings including the hospital here, and the hospice, and also in the community. The main purpose of the Palliative Care team is to ensure that you are comfortable and ensure the best quality of life for both you and your family.



## **Local Support**

If you would like help giving up smoking, please speak to your Consultant of Lung Specialist Nurse, free local support is available.

Macmillan Benefits Advisers (CAB) 01722 441 393 or email [macmillan@citizensadvicewiltshire.org.uk](mailto:macmillan@citizensadvicewiltshire.org.uk)

Hampshire Asbestos Support & Awareness Group (HASAG) 02380 010015 or 02380 010016 [www.hasag.co.uk](http://www.hasag.co.uk)

## **Help lines**

Roy Castle Foundation 0800 358 7200

Asthma + Lung UK: 0300 222 5800

Mesothelioma UK 0800 169 2409

## **Useful websites and written information**

There are many ways of finding out about Lung Cancer and effective ways of treating it. Some of them contain inaccurate or misleading information, so be very careful when selecting sources. Below are some suggested web sites that are usually reliable. All sites vary and you may have to 'surf' to find the site that answers your particular questions.

Roy Castle Lung Cancer Foundation - [www.roycastle.org](http://www.roycastle.org)

Macmillan Cancer Support - [www.macmillan.org.uk](http://www.macmillan.org.uk)

Cancer Research UK - [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

The NHS website - [www.nhs.uk](http://www.nhs.uk)

BBC - [www.bbc.co.uk](http://www.bbc.co.uk)

Imperial College London - [www.imperial.ac.uk](http://www.imperial.ac.uk)

Penny Brohn UK – [www.pennybrohn.org.uk](http://www.pennybrohn.org.uk)

Asthma + Lung UK - [www.asthmaandlung.org.uk](http://www.asthmaandlung.org.uk)

Mesothelioma UK - [www.mesothelioma.uk.com](http://www.mesothelioma.uk.com)

The resources we have listed are reliable sources, we advocate you use these resources if you would like further information.

**The phone number for the Lung Specialist Team is 01722 336 262 ext.2497.**



