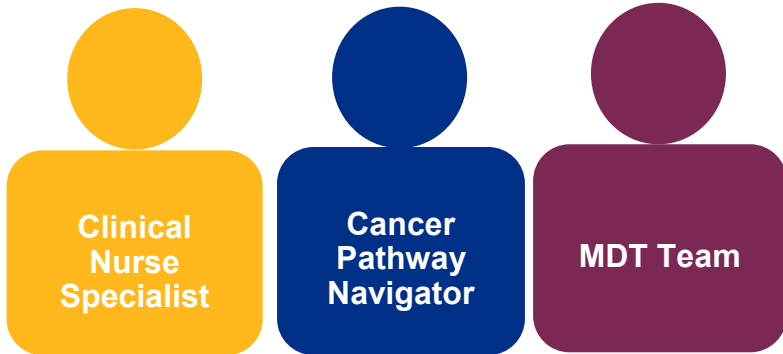


Cancer Support Team Roles: Salisbury Foundation Trust



Clinical Nurse Specialist

Clinical Nurse Specialists (CNS) are nurses based at the hospital and work as part of a multidisciplinary team (MDT). They are experts in certain types of cancer. You should be informed who your Clinical Nurse Specialist is when you are first diagnosed.



You can ask your doctor or call our Cancer Support Team (01722 336 262 ext. 2417) if you don't know who your Clinical Nurse Specialist is.

Your Clinical Nurse Specialist is your main contact at the hospital, known as your key worker. They are an accessible member of the multidisciplinary team and are there to support in the coordination of your care and ensure we listen to what matters to you.

The Clinical Nurse Specialist is your advocate at Multidisciplinary team meeting. They can give you and those affected by your diagnosis information about your cancer diagnosis, treatment, help manage side effects and provide emotional support. They can also provide practical support about social care, financial advice and local support groups. Your Clinical Nurse Specialist may ask a Cancer Support Worker to support them.

Cancer Pathway Navigator

Our Navigators are the first point of contact for patients, families and carers on a suspected cancer pathway. Navigators will often be part of the patients pathway from point of referral up to the their diagnosis, but

for some patients this could be up to and beyond their first treatment.

Navigators work alongside the clinical teams to help to co-ordinate appointments and investigations, ensuring their timeliness. The Navigators will help monitor your progress during the early stages of the cancer pathway, aiming to confirm a cancer diagnosis or rule out cancer within 28 days.

Our Navigators are able to answer questions and concerns regarding appointments and investigations, and can provide support and guidance should the patient have any concerns or issues that may prevent them attending hospital dates.

Multidisciplinary Team (MDT)

If the healthcare professional suspects cancer, or a diagnosis of cancer made, a team of healthcare professionals meet to discuss your investigation results and diagnosis to determine if further investigations are needed or agree what treatment options are available to you. They will also make recommendations on the best course of treatment for you; this team is known as the Multidisciplinary Team (MDT).

Some of the following healthcare professionals may be within your MDT, depending on the type of cancer you have and how you will be treated:

Surgeon – who will perform operations, specialising in a specific cancer

Medical Oncologist – a doctor who treats you using chemotherapy, immunotherapy and other types of medication.

Clinical Oncologist - a doctor who treats you with radiotherapy and may also treat you using chemotherapy, immunotherapy and other types of medication.

Haematologist – a doctor who diagnosis and treats blood disorders, which includes blood cancers.

Pathologist – a doctor who specialises in studying cells and body tissue.

Radiologist – diagnoses using imaging technology including, scans, x-rays and ultrasound.

Clinical Nurse Specialist – please see the full description on page 1.

(Macmillan, 2018)

[MDT Coordinator](#)

The MDT Coordinator organises the above MDT meetings and tracks patients through their cancer pathways after receiving a cancer diagnosis, to ensure patients meet treatment targets.

[Cancer Support Worker](#)

The Cancer Support Team are based within Salisbury hospital. They are here to help support you throughout your cancer diagnosis and treatment, alongside the clinical nurse specialists and consultants.

In partnership with

**MACMILLAN
CANCER SUPPORT**

What they do:

- Support you and your family from diagnosis, through treatment and beyond;
- Offer Holistic Needs Assessments (HNA) which can help you to

highlight concerns;

- Offer you an individual care plan to meet your support needs;
- Facilitate and recommend health and wellbeing events to help support and inform you;
- Provide information and factsheets;
- Refer you to other services and community groups;
- Liaise with other professionals involved in your care;
- Co-ordinate follow up surveillance programmes.

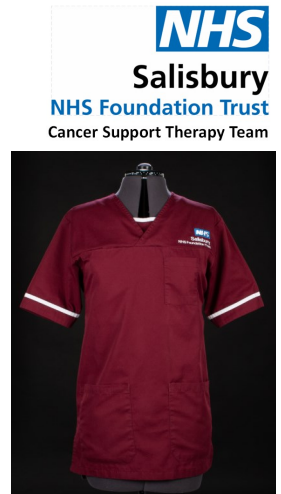
They are available Monday – Friday, 8.00 am - 4.00 pm on 01722 336262 (ext. 2417)

Occupational Therapist and Physiotherapist

Occupational Therapists (OTs) and Physiotherapists work closely together in supporting people with cancer to lead a fulfilling life ensuring that what matters to the person guides the treatments offered. They both support people to maintain or regain independence which may be reduced due to cancer or treatment/surgery.

Occupational Therapists may be able to help with:

- The use of everyday activities to address physical, psychological, and emotional issues.
- Ensure you have the equipment you need to assist your independence and safety.



- Assessing you in your own home.
- Advice on symptom management, eg: energy conservation advice for fatigue.
- Support and education for carers.
- Relaxation techniques and anxiety management.
- Assisting with emotional adjustment to the impact of illness.
- Liaising with community services.

Physiotherapists may be able to help with:

- Ensure you have walking aids and/or equipment to assist your independence and safety.
- Improving fitness in preparation for surgical or medical treatment.
- Advice on symptom management such as breathlessness.
- Assessing and treating problems of muscle weakness and decreased joint mobility as a result of cancer diagnosis or treatment
- Assessing and treating balance and coordination problems occurring because of cancer.
- assessing you in your own home.

Exercise Instructors

Exercise Instructors support people with cancer to improve their activity levels in preparation for surgical or medical treatment and support recovery afterwards.



Exercise Instructors may be able to help with:

- Issuing a personalised exercise programme before, during and post -treatment

- Advice on increasing levels of activity/starting new activities
- Guidance on adapting hobbies and interests due to symptoms or treatment/surgery
- Advice on healthy eating and sleep hygiene
- Guidance and advice on managing side-effects of treatment
- Signposting to local support groups.

Dietitian

When someone has Cancer, it can be a real challenge to eat well and get the nutrition you need. Cancer and the side effects of treatment can cause changes to your appetite and weight, this is where the Oncology Dietitian can help.

Oncology Dietitians may help you with:

- Assessing your nutritional needs and providing advice on your treatment and symptoms experienced.
- By providing you with evidenced based nutritional treatment plan.
- Maintaining your weight to support you before and through treatment and help prevent weight loss.
- Artificial feeding (through a tube) if required to build you up nutritionally pre-treatment, during treatment or post-surgery.
- Provision of oral nutritional supplements to support you in optimising your nutritional status.
- Finding evidence based information to support you either on-line, hard copy or via other members of your health care team.
- Liaising with other teams caring for you.
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- Liaising with other teams caring for you.

The Psychology Team

The Psychology Team consist of a range of professionals who help people who are suffering from emotional problems after a cancer diagnosis. They can offer a variety of approaches that are tailored to fit your specific emotional needs. They are trained to encourage you to talk about your difficulties, listen to you and get a full understanding of your problems. It is very common for people to feel loss, fear, worry, frustration or sadness following a diagnosis or when undergoing treatment. You might also be struggling with coming to terms with body changes or finding relationships hard. Once an understanding of your difficulties has been established your therapist can help you develop more effective coping strategies to help you move forward and live a valued life alongside your physical health difficulties.

If you are interested in speaking to The Psychology Team, please contact your Cancer Support Worker or Clinical Nurse Specialist to discuss being referred to this service.



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Salisbury NHS Foundation Trust, Salisbury District Hospital, Salisbury, Wiltshire, SP2 8BJ

www.salisbury.nhs.uk/wards-departments/departments/cancer-services/

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