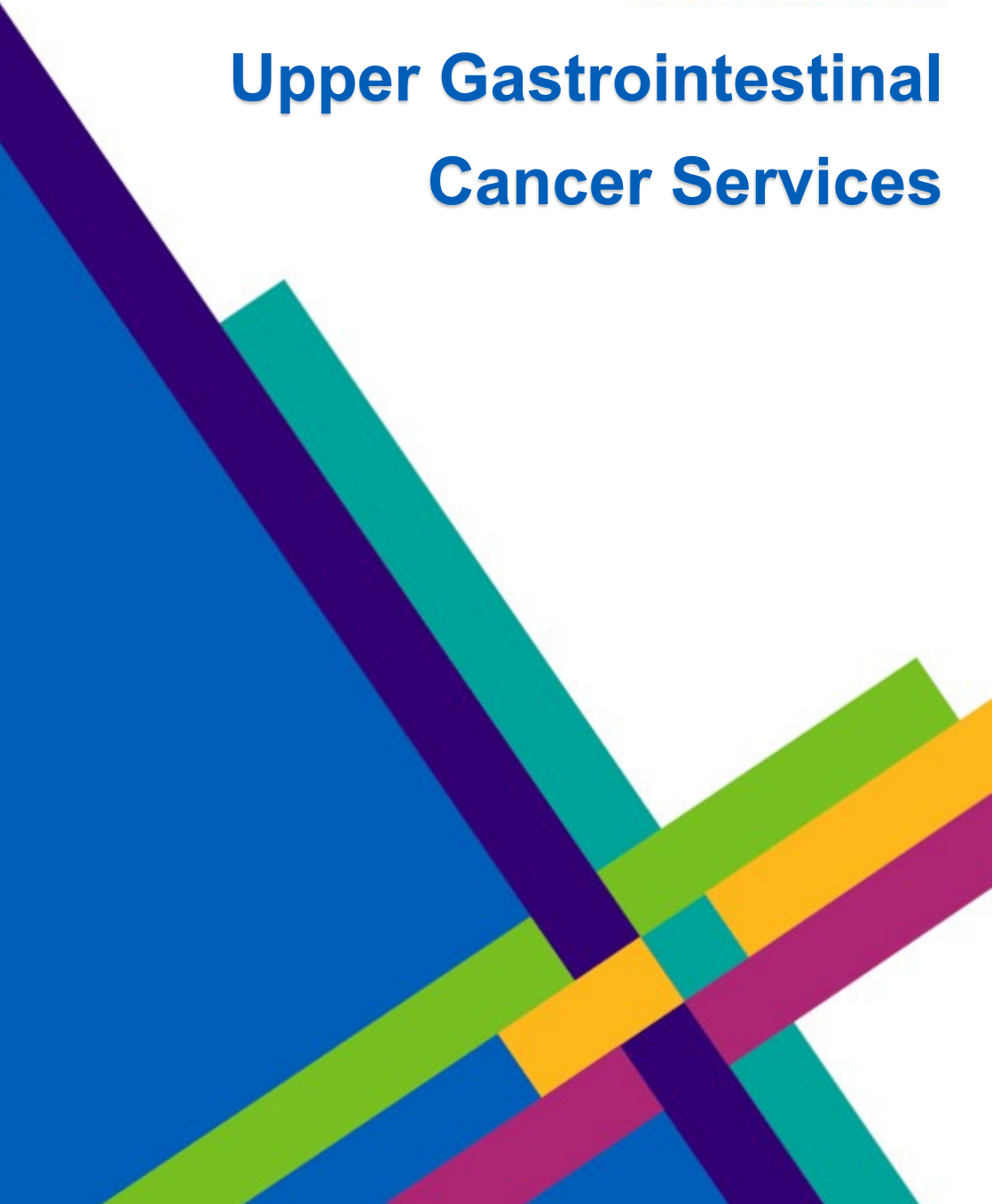




**Salisbury**  
NHS Foundation Trust

# Upper Gastrointestinal Cancer Services



## **Upper GI Clinical Nurse Specialist and Key Worker Information**

This leaflet has been written to explain the role of the Clinical Nurse Specialist (CNS) and that of the key worker.

These roles may vary slightly from Trust to Trust. The explanation given in this leaflet is of the way the role works in Salisbury District Hospital.

### **What is a Clinical Nurse Specialist?**

The CNS is a trained nurse who is a specialist in dealing with a particular type of illness, including cancers.

In Salisbury District Hospital most of the cancer tumour sites have a CNS.

### **What can they offer me?**

The CNS can offer support to you and your family during your treatment for cancer. Some CNS have their own clinics where they will examine patients and some have been specially trained to do some types of investigations.

They will work very closely with the rest of their team, which is made up of doctors, nurses and other health professionals.

They can offer you emotional support, advice about your health problems, give you information about your treatment and other information you may find helpful, including dealing with financial problems or needing psychological support.

They will do their best to visit you if you are on one of the wards or having chemotherapy treatment. They will keep in contact with you whether you are having treatment as an in-patient or an outpatient. They will also be available for telephone advice.

### **What hours will they be available?**

All the CNS's are contactable via bleep. They are available Monday to Friday 0800-1600. They do not work weekends or bank holidays. There is an answerphone facility if the office is empty and will endeavour to get back to you ASAP.

Direct line 01722 425205 or call 01722 336262 and ask for bleep number 1457.

### **What is a key worker?**

A key worker is someone who, with your consent and agreement takes a key role in co-ordinating your care and making sure that you know who to contact for help, advice and information.

### **Who will be my key worker?**

For most patients, while having care and treatment in the hospital the key worker will be the CNS. This may change if you need chemotherapy or need to go to another hospital for treatment but we try hard to keep any changes in your key worker to a minimum. If a change might benefit you, this will be discussed with you by your CNS or consultant.

Once you are discharged from hospital care, your key worker will normally be your GP who will be in charge of your care at home, though you will still be able to contact the CNS if you need to.

## **Multi-Disciplinary Teams in Upper Gastro-intestinal Cancer Services**

This leaflet has been written to introduce you to the Upper Gastro-Intestinal Cancer Services at Salisbury District Hospital. We know that being told you have cancer may make you and your family feel very anxious and that it can be a very difficult time for you all.

### **What is Cancer?**

Cancer is a term used to describe a malignant growth (a growth that might spread into nearby normal tissue and travel to other parts of the body) or tumor caused by abnormal cells inside the body. The cells start to divide and may spread to other parts of the body. Sometimes the cells can enter the blood stream or the lymphatic system and make the cancer spread to other areas of the body. If the cancer spreads to other areas this is called metastasis or secondary deposits.

### **Treatment**

Each person diagnosed with cancer may have slightly different treatments. It depends if it has spread to any other parts of the body. Every patient being treated for cancer will have an individual treatment plan. Treatments and/or operations will be suggested according to the type of cancer, where the cancer is and the needs of the patient. Every person's care and treatment will be discussed at a MDT (Multi-Disciplinary Team) meeting. Some tests will be carried out in

Salisbury Hospital and some will be in our nearest Cancer Centre and the results will be discussed at the next MDT meeting

### **What is a MDT meeting?**

MDT is short for Multi-Disciplinary Team. Every week these groups of specialists meet to discuss X-rays, scans, biopsy and blood results and together decide what the best treatment to recommend for each patient is. The team is different for each type of cancer, but all the teams will include the following:

- Your consultant
- Lead Nurse GI Unit
- Your Clinical Nurse Specialists (CNS)
- Your MDT coordinator
- Your Upper GI Navigator who helps your CNS team to navigate your individual plan of care/treatment.
- A Histopathologist (a specialist at looking at cells and tissue under a microscope)
- A Radiologist (a specialist at understanding x-rays, scans, MRI's etc)
- An Oncologist (a cancer specialist who understands and prescribes chemotherapy or radiotherapy)
- A specialist from The Palliative Care Team (a doctor or nurse who works with your MDT to assess and treat any symptoms or anxieties caused by the cancer)
- A research nurse (not all MDT have these, but most will. 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 may be other people in the meeting, including the following:

- A Radiographer (specialist in taking x-rays, scans, ultrasounds etc
- Other doctors and nurses who work with the team
- A Dietician who can help you understand your food/drink needs
- An Endoscopist (a specialist who uses fibre optics. Fibre optics are very thin flexible tubes, through which light may be sent. This lets them examine parts of the body which cannot otherwise be easily reached).

After the MDT meeting, the discussion will be noted in the Health Care Record and then discussed with you. The recommended treatment 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 decide and plan on exactly what type of treatment you would like to have.

## Types of treatments

There are 5 main treatments available. They are:

- Surgery
- Chemotherapy
- Radiotherapy
- Palliative
- Active monitoring
- Chemotherapy/radiotherapy/surgery combination.

## **Surgery**

Some surgery for cancer is done in Salisbury District Hospital. Some surgery has to be done in a regional Cancer Centre. This depends on the type of cancer and the operation needed. Most of the specialist Cancer Centre treatments and operations are done at The Royal Bournemouth and Christchurch Hospital and Southampton General Hospital.

## **Chemotherapy**

Treatment with drugs is known as Chemotherapy. This treatment may be given either as tablets or injections. These drugs travel in the blood stream helping to stop cancer cells wherever they are in the body. Specially trained staffs administer the chemotherapy.

The majority of people do not require a hospital stay for treatment. It will be given on the day ward. Some of these treatments have a lot of side effects, but not all of them. If this is offered to you, it is important that you fully understand what the side effects will be. If this is the right treatment for you, it will be fully discussed and you will be given lots of written information as well.

Chemotherapy treatment is offered at Salisbury District Hospital.

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.

## **Radiotherapy**

This is a general term for the treatment of cancer with 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 around and in the area of the tumour.

Radiotherapy treatment is given at Poole Hospital and Southampton General Hospital. Further information about these treatments will be given to you, depending on which is considered to be the most beneficial for you.

## **Palliative Care**

This is the active total care of patients and their families at any stage of their illness. This service is often introduced when a diagnosis of cancer is made, to support you and your family or carer and to manage any symptoms such as pain or feeling sick. It can also help to achieve the highest possible quality of life for patients and their families. The team will also help with any physical, psychological, social and spiritual needs.

## **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 blood tests or x-rays. If the cancer starts to change then one of the other



treatments available might be suitable for you.

**Contact information:**

**Secretary for the Consultant Upper GI Surgeons**

01722 336262 (ext. 2290).

**Secretaries for the Consultant Gastroenterologist**

01722 336262 (ext. numbers 2034 and 4227).

**Advanced Clinical Practitioner**

01722 336262 (ext. 2205).

**Clinical Nurse Specialists**

Direct Line 01722 425205.

**Upper GI Navigator**

01722 425205 (direct line).

**Upper GI Cancer Support Worker**

01722 336262 (ext. 2417 or 5668).

**Secretary for the Consultant Medical Oncologist**

01722 336262 (ext. 4225).

**Secretary to the Consultant Palliative Care**

01722 336262 (ext. 2113).

**Senior Dietician**

01722 429333 (ext 4333)

## **Endoscopy Unit (All nurses)**

01722 441411

## **Endoscopy Reception**

01722 441411(ext. 2891).

## **Endoscopy Bookings**

01722 336262 (ext. 4385 or 4381).

## **Useful Information**

There are many ways of finding out about colorectal cancer and effective ways of treating it. Some sites 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.

[www.macmillan.org.uk](http://www.macmillan.org.uk)

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

Your clinical nurse specialists and cancer support worker may be able to offer you some written information booklets, that may help you with any questions or concerns that you may have. If this is something you'd like or would like some further information about, please contact them on the numbers above.



