

## Support

### Macmillan Cancer Support

Specialist advice and support, and financial grants for people with cancer and their families - **0808 808 0000**

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

### Cancer of Unknown Primary

A patient support organisation, dedicated to providing patients information, who have a cancer without a primary diagnosis. The organisation does not give medical advice.

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

### Cancer Research UK

Charity to conduct research into cancer and find a cure. Lots of information about all cancers and their treatments.

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

### Macmillan Cancer Information & Support Centre

Entrance of the Lister Hospital.

Drop-in centre and telephone helpline for any questions relating to cancer:

**01438 284657 / 07554 436746**

### The Lynda Jackson Macmillan Centre

Mount Vernon Cancer Centre.

Drop-in centre and telephone helpline for any questions relating to cancer:

**020 3826 2555**

## Contact Telephone Numbers

### Lister

Oncologist secretary: **01438 284298**

### Mount Vernon Cancer Centre

Oncologist secretary: **020 3826 2435**

### Palliative Care

Isabel Hospice Community Team:  
**01707 382500**

North Herts Community Macmillan Team:  
**01462 427034**

Lister Hospital Palliative Care Team:  
**01438 284035**

### Hospices

Isabel Hospice: **01707 382500**

Garden House Hospice: **01462 679540**

### 24 Hour Palliative Care Advice Lines:

North Hertfordshire: **01462 679540**

East Hertfordshire: **01707 382575**

West Hertfordshire: **020 3826 2377**

You can request this information in a different format or another language.

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[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

Introducing you to your  
Clinical Nurse Specialist (CNS)  
for  
Cancer of Unknown Primary

**Rebecca Skelton**

Cancer of Unknown Primary CNS

**01438 288485 / 07826 944317**

Monday to Friday



## Who is the clinical nurse specialist (CNS) for cancer of unknown primary?

The CNS is a trained nurse specialising in the area of cancers of unknown primary (CUP) and the associated issues.

Some CNSs are also known as Macmillan nurses and are closely associated with the national organisation Macmillan Cancer Support. This organisation is devoted to helping patients and their families cope with the diagnosis, treatment and effects of cancer.

In East & North Hertfordshire NHS Trust, the role of the CNS includes support for the patient and family when a cancer is suspected but not confirmed.

Your CNS is your key worker.

## How can the CUP CNS help me?

A CNS is an experienced nurse and understands the fears and anxieties that patients and their families have when a suspicion of, or diagnosis of cancer has been made. Cancer of an unknown primary is a cancer that has spread, but the origin of the cancer is unknown.

They work closely with you from diagnosis and throughout your cancer journey. They are here to support you and your family and they can do this by:

- answering your questions
- advising and supporting you on emotional, physical, financial, social and spiritual issues

- helping you fully explore your treatment choices
- talking through with you any issues concerning your quality of life, related to your health, before and after treatment
- supporting you on completion of treatment regarding on-going issues
- liaising and introducing you to other members of the care team who could support and advise you, i.e. dietician, social worker, district nurse, consultant etc.

## Will the hospital CNS visit me at home?

No. They work very closely with the community Macmillan nurses and district nurses who work in your local area and will refer you to their care. This means that all your needs will be met by the team closest to your home.

This will only be done with your consent.

## Is confidentiality protected?

Yes. Confidentiality is protected at all times. We recognise that each patient and their family will have their own personal needs and that these will be different from one person to another.

All your contact with us will be treated with the strictest confidentiality and will only be discussed with another member of the team if you agree.

## What tests will I need to have?

In order to obtain an accurate diagnosis, various tests may need to be carried out, such as:

- CT (computerised tomography)
- MRI (magnetic resonance imaging)
- Blood tests

These tests may need to be repeated if the team looking after you need further information, or if there has been any changes to your health.

## What if I have a problem out of hours?

If you have a problem out of hours please contact:

- Your GP or NHS 111
- local Accident & Emergency department
- Out of hours 24 hour (see below)

## What if I feel unwell as a result of my treatment?

If at any time during your course of treatment you become unwell, you must contact one of the numbers below:

### Acute Oncology Service, Lister Hospital

Telephone: **0782 782 3509**

Monday to Friday, 9am - 5pm

### 24 hour Acute Oncology Service, Mount Vernon Cancer Centre

Telephone: **0782 502 8855**