

The Colorectal Service Multidisciplinary Team (MDT)

This leaflet contains information about the Colorectal Service and the Multidisciplinary Team who will be looking after you. It has been written to help you understand more about the services available to you.

Within the network, colorectal cancer investigations may be carried out at the Lister and/or New QEII Hospital depending on your needs. Treatment will be carried out at the Lister Hospital. You may still have outpatient appointments at your local hospital.

What is a multidisciplinary team?

A multidisciplinary team is a specialist team of health professionals who, together with you and your consultant, decide your diagnosis, care and treatment. The consultant looking after you will take responsibility for your care. The team meet weekly to review and discuss suspected or diagnosed cancer. Your treatment plan will be discussed at the multidisciplinary meeting.

Members of the multidisciplinary team

Physician

A consultant physician organises the relevant tests/procedures to help make a diagnosis. Your physician may be based at your local hospital.

Radiologist

A consultant radiologist specialises in diagnosing cancer from tests such as CT scans and X-rays. These tests and X-rays may be done at your local hospital.

Surgeon

A consultant surgeon specialises in the type of operation you require.

Histopathologist

A consultant histopathologist specialises in determining the type of cancer you may have from the tissue samples taken. This is normally at the Lister Hospital. The results will be discussed by the MDT and also sent to your GP.

Oncologist

A consultant oncologist specialises in treating cancer with chemotherapy (anti-cancer drugs) and radiotherapy (X-rays that destroy cancer cells). Chemotherapy may be given at the Lister Hospital or the Mount Vernon Cancer Centre. If you need to have radiotherapy, this is given at the Mount Vernon Cancer Centre.

If you are concerned about receiving chemotherapy or radiotherapy at a hospital not local to you, please discuss this with your doctor or key worker.

Advanced colorectal nurse practitioner/clinical nurse specialist (CNS)

A specialist nurse provides information, advice and support during your diagnosis and treatment and is usually your key worker during treatment at the hospital. They will be your **main** point of contact (see 'useful contact details' on page 4).

Research nurse

A research nurse supports patients taking part in clinical trials. If appropriate you may be referred to a research nurse for information about a clinical trial.

Chemotherapy nurse

The chemotherapy nurse specialises in giving chemotherapy, managing its side effects and supporting you through your treatment.

Multidisciplinary team patient pathway facilitator

A patient pathway facilitator is responsible for organising the MDT meeting and is not involved in direct patient contact. In the event of any queries please contact your consultant's secretary.

Spiritual and Pastoral Care Team

The Spiritual and Pastoral Care Team is available to support patients, along with their families and carers, whatever your beliefs – whether these are religious or otherwise. You can call the Spiritual and Pastoral Care Team on **01438 285519**. Alternatively, you can ask your CNS to contact them on your behalf, or a member of the nursing staff if you are an inpatient at the Lister Hospital.

Psychologist

The psychologist works with the clinical nurse specialists to support you and your family with any emotional or practical problems arising from your diagnosis.

Other members of the team

You may be referred to other members of the multidisciplinary team. This will depend on your individual needs and symptoms. Other members of the team include:

- Physiotherapist
- Dietician
- Palliative care

What can you expect from the multidisciplinary team?

The team will recommend and agree a treatment plan. This will be discussed with you at your next outpatient appointment. You can request a second opinion about your diagnosis, the recommended treatment plan and care if you wish.

You will be offered access to a CNS and you will be given information about your care and the treatment, as well as information about local and national support services. The team will regularly review your case and you will have the opportunity to discuss your progress. Your GP will be kept up to date with your care and treatment.

What is a key worker?

A key worker is a member of the multidisciplinary team you can contact to talk about your care/treatment or other matters. Your key worker can be any member of the team but is usually

the CNS. Your CNS will communicate with other services involved in your care and with the hospital where you are being treated.

Treatment

Your key worker will discuss with you what the MDT feel is the right treatment for you and how you feel about the treatment plan. Depending on your diagnosis, you may need to have surgery, chemotherapy (anti-cancer drugs) or radiotherapy (X-ray treatment). Please discuss any questions or concerns with your key worker.

Who should I contact for advice and support?

For information about your cancer and its treatment please contact your key worker. During normal working hours, please call the Colorectal Nursing Team on **01438 285684**. Outside normal working hours, please contact your GP or NHS **111**.

Is information about me kept confidential?

Yes. All information regarding your tests, diagnosis and treatment plan will be treated in a confidential manner. Only members of the multidisciplinary team and other health professionals involved in your care, will have access to information about your diagnosis and treatment.

Please see our privacy notice for how we protect patient information:

<https://www.enherts-tr.nhs.uk/help/privacy-data-protection/>

Further information and support

Macmillan Cancer Information and Support Centre, Lister Hospital:

This drop-in centre is situated at the main entrance of Lister Hospital. There is also a telephone helpline available for support and any questions relating to cancer.

- Telephone 01438 284657 or 07554 436746

The Lynda Jackson Macmillan Centre, Mount Vernon Cancer Centre:

A drop-in centre and telephone helpline for any questions relating to cancer.

- Telephone 02038 262555

Macmillan Cancer Support:

Specialist advice and support for people with cancer and their families

- Website www.macmillan.org.uk
- Telephone 08088 080000

Useful contact details

East and North Hertfordshire Teaching NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Mount Vernon Cancer Centre:

- Telephone 0208 262020

Colorectal Nursing Team and Clinical Nurse Specialist (CNS), Lister Hospital:

- Telephone 01438 285684

Spiritual and Pastoral Care Team, Lister Hospital:

- 01438 285519

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

Date of publication: September 2015

Version number: 6

Author: J Hayward

Reference: Cancer Services

Review Date: November 2028

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