

Introducing you to your clinical nurse specialists (CNS) for gynaecological cancer

Gynaecological Clinical Nurse Specialist:

Dawn Atkinson (Tuesday to Friday)

Clare Collins (Monday, Wednesday, Thursday)

Sue Hebblethwaite (Varied hours)

- Telephone 01438 284580
Monday to Friday, 9am – 4pm

The gynaecology cancer nurse specialist (CNS)

The CNS is a trained nurse specialising in the area of gynaecological cancer and the associated issues related to women's health. 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 and North Hertfordshire Teaching 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 also known as your key worker and works alongside the multidisciplinary team.

What is a multidisciplinary team?

A multidisciplinary team (MDT) is a specialist team of health professionals who 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 a suspected or diagnosed cancer. Your treatment plan will be discussed in the multidisciplinary meeting.

How can the gynaecology CNS help me?

Gynaecology oncology nurses are experienced nurses and understand the fears and anxieties that patients and their families have when a suspicion of, or diagnosis of cancer has been made. They work closely with you from diagnosis and throughout your cancer journey. They are here to support you and your family 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 worries concerning your quality of life, related to your health, before and after treatment.
- supporting you on completion of treatment regarding ongoing issues.
- liaising and introducing you to other members of the care team who could support and advise you, e.g. 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/or district nurses who work in your local area. If necessary, with your consent, they will refer you to their care. This means that all your needs will be met by the team closest to your home.

Is confidentiality maintained?

Yes. All information regarding your tests, diagnosis and treatment plan will be treated in a confidential manner. Only members of the healthcare team 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/>

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

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

Lister Hospital - Acute Oncology Service:

- Telephone 07827 823509
- Monday to Friday, 9am – 5pm

Mount Vernon Cancer Centre - 24-hour Acute Oncology Service:

- Telephone 07825 028855

What if I have a problem out of hours?

If you have a problem out of hours, please contact:

- your GP or NHS 111
- if you are unwell as a result of your treatment, call the Mount Vernon 24-hour Acute Oncology Service detailed above
- your local Emergency Department
- If you have been a patient at **Watford General Hospital**, contact **Elizabeth Ward** Telephone **01923 217902**

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

Ovacome:

- Website www.ovacome.org.uk
- Telephone 0800 008 7054

Target Ovarian Cancer:

- Website www.targetovariancancer.org.uk
- Telephone 0207 923 5475

Lymphoedema Support Network:

- Website www.lymphoedema.org/
- Telephone 0207 351 4480
Monday to Friday, 10am-1pm and 2pm-4pm.

The Eve Appeal:

(Gynaecological Information Service)

- Website <https://eveappeal.org.uk/>
- Ask Eve 0808 802 0019

Useful contact details

East and North Hertfordshire Teaching NHS Trust:

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

Consultant secretaries:

Lister Hospital

Mr A Drake secretary

- Telephone 01438 286176

Dr Vazquez secretary

- Telephone 01438 284096

Mount Vernon Cancer Centre (via Contact Centre)

Dr Hannah Tharmalingham secretary

- Telephone 020 3826 2436

Dr Mohammed Abdul-lalif secretary

- Telephone 020 3826 2487

Palliative Care

Lister Hospital Specialist Palliative Care Team

- 01438 284035

Isabel Hospice Community Team

- 01707 382500

North Herts Community Specialist Palliative Care Team:

- Telephone 0300 123 7571 (option 2, then 2, then 4) - Monday to Sunday, 8am - 8pm

Hospices

Garden House Hospice

- Telephone: 01462 679540

Isabel Hospice

- Telephone: 01707 382500

24 Hour Palliative Care Advice Lines

North Hertfordshire

- Telephone: 01462 416794

East Hertfordshire

- Telephone: 01707 382575

West Hertfordshire

- Telephone: 01923 335356

Leaflet information

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

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