

# Introducing you to your clinical nurse specialist (CNS) for cancer of unknown primary

## **Cancer of Unknown Primary Clinical Nurse Specialists:**

**Rebecca Coles**

**Julie Deacon**

**Cat Gribben**

- Telephone 07826 944317  
Monday to Friday, 9am – 4pm

## **The cancer of unknown primary (CUP) clinical nurse specialist (CNS)**

The CNS is a trained nurse specialising in the area of haematological cancers 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 and North Hertfordshire Teaching NHS Trust, the role of the CNS also includes support for patients and their 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 CUP CNS help me?**

Haematology specialist nurses are experienced nurses and understand the fears and anxieties that patients and their families have when a suspicion of, or a 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 concerns.
- helping you fully explore your treatment choices.

- talking through with you any worries concerning your quality of life 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 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 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 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 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 have been any changes to your health.

## 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:

### 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:

- the ward you were on if you have been a patient at Lister Hospital
- your GP or NHS 111
- your local Emergency Department, or
- if you are unwell as a result of your treatment, call the Mount Vernon 24-hour Acute Oncology Service detailed above

## 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

### Cancer of Unknown Primary Foundation:

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

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

### 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](http://www.macmillan.org.uk)
- Telephone 08088 080000

### Lymphoma Association:

Information and Support

- Website [www.lymphomas.org.uk](http://www.lymphomas.org.uk)
- Telephone 08088 085555

## Useful contact details

### East and North Hertfordshire Teaching NHS Trust:

- Website [www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)
- Telephone 01438 314333

### Oncologist Secretary:

**Lister**

- Telephone 01438 284298

**Mount Vernon Cancer Centre**

- Telephone 020 3826 2435

### Appointment Queries:

**Lister Macmillan Cancer Centre (LMCC)**

- Telephone 01438 284416

**Secretary Lister**

- Telephone 01438 284149

**Secretary New QEII and Hertford County**

- Telephone 01438 288356

### Palliative Care:

**Lister Hospital Palliative Care Team**

- Telephone 01438 284035

**North Herts Community Specialist Palliative Care Team**

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

**Isabel Hospice Community Team**

- Telephone 01707 382500

## Hospices:

### Isabel Hospice

- Telephone 01707 382500

### Garden House Hospice

- Telephone 01462 679540

## 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.](#)

**Date of publication:** September 2015

**Version number:** 7.2

**Author:** A Dinneen

**Reference:** Cancer Services

**Review Date:** September 2028

© East and North Hertfordshire Teaching NHS Trust  
[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)