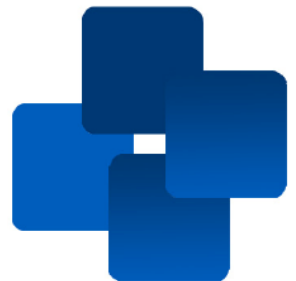


# **Patient Information**

## **The Breast Service**

### **Multidisciplinary Team (MDT)**

Cancer Services



## Information

This leaflet contains information about the breast 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.

### What is a multidisciplinary team? (MDT)

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 in the multidisciplinary meeting.

### Members of the multidisciplinary team

#### Surgeon

A consultant surgeon specialising in performing the type of operation you may require. They work with a team of breast physicians and junior doctors.

#### Radiologist

A consultant radiologist specialises in diagnosing cancer from tests, such as mammograms, scans and X-rays.

#### Histopathologist

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

#### Oncologist

A consultant oncologist specialises in treating cancer with medication, chemotherapy, immunotherapy (anti-cancer drugs) and radiotherapy (X-rays that destroy cancer cells).

Chemotherapy may be given at the Lister Hospital, Mount Vernon Cancer Centre or University College Hospital in London.

If you need to have radiotherapy, this is given at the Mount Vernon Cancer Centre or University College Hospital in London.

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.

### **Clinical nurse specialist (CNS)**

A breast care CNS provides information, advice and support during your diagnosis and treatment and is usually your link between the surgeon and oncologist. They will be your main point of contact.

### **Breast oncology clinical nurse specialist**

The breast oncology CNS works with the oncologist and provides information, advice and support during treatment. At this point they will be your point of contact.

### **Nurse practitioner**

A nurse practitioner deals with your recovery from surgery and radiotherapy, providing advice and care on wound healing, during and after your hospital stay.

### **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.

### **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, whether they have a faith or not. 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 CNS 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 during or after your stay in hospital. This will depend on your individual needs and symptoms. Other members of the team include:

- Physiotherapist
- Lymphoedema specialist nurse
- Prosthesis fitter
- Chemotherapy nurse specialist

## **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 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.

## Treatment

Your CNS 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, immunotherapy (anti-cancer drugs), radiotherapy (x-ray treatment), or hormone therapy. Please discuss any questions or concerns with your CNS.

## Who should I contact for advice and support?

During normal working hours, please contact your CNS. Outside normal working hours, please contact your GP or NHS 111.

## Patient Advice and Liaison Service (PALS)

This is a confidential help and support service for patients who use our hospital. If you have a particular concern and would like to discuss this outside of your team, please telephone PALS on **01438 285811**.

## 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/>

## Where can I get more information?

For information about your cancer and its treatment please contact your key worker.

## Further help and support

If you would like further information and support, please come to the Macmillan Information and Support Centre, located near the main entrance at the Lister Hospital, or telephone **01438 284657** or **07554 436746**.

If you would like information about other issues, please see the contact numbers on the back of this leaflet.

**Please use this space to write down any notes or questions you wish to ask:**

## Useful telephone numbers

Lister Hospital, Switchboard	☎ 01438 314333
Lister Macmillan Cancer Centre	☎ 01438 284416 or 01438 284441
Mount Vernon Cancer Centre:	☎ 02038 262020
Spiritual and Pastoral Care Team	☎ 01438 285519
Patient Advice and Liaison Service (PALS)	☎ 01438 285811
Macmillan Information & Support Centre	☎ 01438 284657 or 075544 36746

### Lister Hospital - Secretaries

Consultant surgeon secretary	☎ 01707 247713 or 01707 247714
Consultant oncologist secretary	☎ 01438 284096 or 01438 288354

### Nurse specialists

Breast oncology clinical nurse specialist, Lister Hospital	☎ 07990 566194
Breast nurse practitioner, QEII Hospital	☎ 07825073747
Clinical nurse specialist for surgery, QEII Hospital	☎ 01707 247709
Research nurse	☎ 01438 284806
Acute Oncology Service (AOS)	☎ 07827 823509