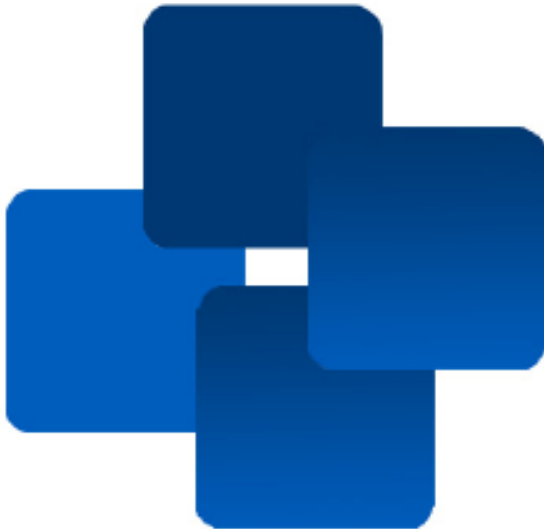


**The Head & Neck,
and Thyroid Service
Multidisciplinary Team (MDT)
Cancer Services
Information for Patients**



Introduction

This leaflet contains information about the head & neck and thyroid 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, head & neck and thyroid cancer investigations may be carried out at the Lister and/or New QEII Hospital depending on your needs. Most surgery will be carried out at Luton & Dunstable Hospital but thyroid surgery is usually at the Lister Hospital.

You may still have outpatient attendances including follow-up at the Lister Hospital.

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 at the multidisciplinary meeting.

Members of the multidisciplinary team

Surgeon

The consultant surgeon arranges the relevant tests to make a diagnosis and specialises in performing the type of operation you require. The operation will be at the Luton & Dunstable Hospital. Thyroid operations will usually be at the Lister 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 or at the Lister Hospital.

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.

Clinical nurse specialist (CNS)

A clinical nurse specialist 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.

If you have treatment at Mount Vernon Cancer Centre or the Luton & Dunstable Hospital, they will discuss this with you and the relevant CNS based there.

Speech & language therapist (S.A.L.T.)

They give advice regarding any swallowing or speech difficulties.

Dietitian

The dietitian gives nutritional advice especially after surgery and during radiotherapy and/or chemotherapy.

Chemotherapy nurse

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



Spiritual/pastoral care team

The spiritual/pastoral care team is available to listen and support patients and their relatives. You can request this service via your CNS or, if you are an inpatient at the Lister hospital, via the ward.

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 MDT

You may be referred to other members of the multidisciplinary team during your stay at the Lister Hospital. This will depend on your individual needs and symptoms.

Other members of the team include palliative care.

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.



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. You will have a key worker in your local hospital, who 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), radiotherapy (X-ray treatment) or hormone therapy. Please discuss any questions or concerns with your key worker.

Who should I contact for advice and support?

During normal working hours, please contact your key worker or 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 hospitals. If you have a particular concern and would like to discuss this outside your team, please call PALS on **01438 285811**.

Will my confidentiality be protected?

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 healthcare professionals involved in your care, will have access to information about your diagnosis and treatment.

Will data about me be protected?

Yes. Information about your personal details is held in accordance with the Data Protection Act 1998.

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 & Support Centre, located near the main entrance at the Lister Hospital, or call **01438 284657** or **0755 443 6746**.

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



Notes:

A series of horizontal dotted lines for writing notes.



Useful Contact Information

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|---|---------------------------------|
| Lister Hospital: | 01438 314333 |
| Mount Vernon Cancer Centre: | 020 3826 2020 |
| Luton & Dunstable Hospital: | 01582 491166 |
| Addenbrookes Hospital: | 01223 245121 |
| Macmillan Information & Support Service Monday to Friday, 10am until 4pm | 01438 284657 or 07554 436746 |

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|---|-----------------|
| Consultant surgeon secretary:..... | |
| Consultant oncologist secretary: (Lister) | 01438 284672 |
| (Mount Vernon Cancer Centre) | 020 3826 2427 |
| Clinical nurse specialist (key worker): | 01438 284941 |
| | or 07879 687800 |
| Research nurse: | 01438 284806 |

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