

# Breast Team

## Supported Self-Care

### Patient Information





## **Our contact details:**

Macmillan Breast Care Nurse (your key worker):

Debbie Challis  
Jane Murray  
Katy Goford

Breast Support Workers:

Justeen Crump  
Debbie Henry

Telephone:

**01270 612130**

Email for the Breast Care Team:

**BCT@mcht.nhs.uk**

Calls and email in-boxes are monitored from 9.00am to 4.00pm, Monday to Friday (except Bank Holidays). One of the team will aim to contact you the same day or the next working day.

**Please note these help-lines are not for emergencies.** If you need urgent care please phone your General Practitioner or NHS 111.

**Please let us know if you change your address or General Practitioner.**

## **Introducing Supported Self-Care**

Supported self-care puts you in control of your follow-up care and allows you to take an active and leading role in your recovery with help from your local specialist team. The main aim of supported self-care is to develop your skills, knowledge and expertise to:

- Manage the physical and emotional impact of breast cancer and its treatment.
- Make long term positive changes to improve your general health.

## **The Support Package**

The supported self-care package includes the following:

- Access to a support worker via telephone and email help-lines
- Workshop
- Holistic Needs Assessment (HNA)
- Follow up mammograms if required
- A review of your case by the Breast Team after 5 years
- Online health records and resources (from mid 2020)

## **Your Breast Support Worker**

The Breast Support Workers co-ordinate the different components of the support package. You should contact them if you have any questions about further appointments e.g. for the workshop, clinic, or mammograms.

You can get in touch with them if you are worried about any symptoms that could be due to your breast cancer treatment. They can give you advice and support, send you relevant information, or arrange an appointment with your Breast Care Nurse or doctor if you need one.

They have knowledge of help and support that may be available for you, for example financial advice, complementary therapies, prosthesis and bra fitting, and counselling, and are happy to be contacted about these.

## **Workshops**

We will give you an appointment for a one-off workshop with other breast patients; this is part of your formal support package. Macmillan Breast Care Nurses and the Breast Support Workers run the workshop and it lasts about 2 hours. Topics covered include:

- Introduction to supported self-care
- Healthy lifestyles including diet and exercise
- Setting your own goals for recovery and rehabilitation
- Emotional wellbeing
- Managing side effects of treatment
- Recognizing signs and symptoms of recurrence
- Lymphoedema prevention
- Online resources
- Follow Up Mammogram Surveillance Programme

## **Holistic Needs Assessment (HNA)**

The Holistic Needs Assessment (HNA) helps to identify problems or concerns you may have living with, or after, breast cancer. These might include practical issues such as work, dealing with the physical and emotional effects of breast cancer or its treatment, or possible concerns about your relationships or family life.

You will be sent the HNA questionnaire about three months after treatment has finished. You can talk about your answers with your Macmillan Breast Care Nurse or Breast Support Worker, either face-to-face, or by telephone. They will offer advice, strategies, support and information to help deal with any concerns identified.

After the HNA we will send you a treatment summary letter, so that you have a record of your diagnosis, the treatment you have had and the plans for any treatment you are still on.

## **Follow-Up Clinics**

### **1 Year Follow-Up Clinic**

A doctor will see you in a Follow-Up Clinic about a year after your cancer diagnosis. They will assess your progress, examine you and discuss whether or not more follow-up appointments are needed.

### **5 Year Case Review**

A doctor will review your case notes five years after diagnosis. They will check to see if there has been any change in the guidelines for the treatment of your breast condition, or if any further tests such as a blood test or a bone density scan would be helpful. They will write to you with the outcome of this review.

## **Follow-Up Mammograms**

We will send you an appointment for mammograms every year after your surgery\*.

Follow-Up Mammograms continue every year for five years, or until you are 50 years old (whichever is longer). Once you have completed these annual mammograms you can have mammograms through the NHS Breast Screening Programme. Patients aged 50-70 years will be sent for automatically every 3 years. Once you are over 70 years old you can request a mammogram by contacting the NHS Breast Screening Programme directly on 01270 612396.

If you have any concerns about your mammogram results you can contact your Support Worker or Macmillan Breast Care Nurse by telephone or email.

\*Patients who have had both breasts removed do not need mammograms. If you are sent an appointment in error please accept our apologies and let us know.

## **Leighton Hospital Breast Cancer Group**

The Leighton Hospital Breast Cancer Group exists so that people who have been affected by breast cancer can meet each other if they wish. A group of about 20 patients meet every other month, usually at Leighton Hospital on a Saturday morning.

You are very welcome to come to the meetings, but there is no obligation to. You can go to as few or as many of them as you want. For further details of dates and venues please contact your Support Worker.

## Further information

Information is available from the Macmillan Information and Support Service in the Macmillan Unit at Leighton Hospital, contact Julie Pieczarka or Clair Bloor on 01270 273603/278343.

Further information is available in the booklet we will give you at the workshop. If you can't come to the workshop and would like a copy of the booklet, please contact your Support Worker.

### **Macmillan Cancer Support**

Free information, practical and emotional support.

Telephone: 0808 808 2020

### **Breast Cancer Now**

Telephone: 0800 800 6000

[www.breastcancernow.org](http://www.breastcancernow.org)

### **Cancer Research UK**

Cancer Research UK's patient information resources

Helpline: 0808 800 4040

### **Citizens Advice Bureau**

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **NHS Choices**

Includes all NHS online services and information, to help you make choices about your health.

[www.nhs.uk](http://www.nhs.uk)

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

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