

Useful contacts

Cancer Education, Information and Support Service

Cancer Care and Haematology Unit, Stoke Mandeville Hospital
Tel: 01296 316954

The Grove, Bournemouth www.thegrovebournemouth.co.uk

Offer a unique facility for cancer patients and those patients with life threatening illnesses.

Macmillan Cancer Support

www.macmillan.org.uk 0808 808 0000

Cancer Research UK

www.cancerhelp.org.uk 0808 800 4040

'The content provided in this leaflet is compliant with the cancer standards and keyworker documentation. All leaflets are updated whenever necessary or on the review date shown below'

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand rub (special gel) available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand rub. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk

If you require an interpreter or need a document in another language, large print, Braille or audio version please ask for assistance.

Author: Francesca Lis / Gynae CNS
Issue date: November 2011
Reviewed: December 2017
Review date: December 2019

Leaflet code: CISS-91
Version: 6



Buckinghamshire Healthcare
NHS Trust

Gynaecological Oncology Clinical Nurse Specialist & Key Worker

Patient information leaflet

This leaflet contains information about the role of
the Gynaecological Oncology Clinical Nurse
Specialist and Key Worker

Safe & compassionate care,

every time

What does the Clinical Nurse Specialist (CNS) do?

As qualified nurses with specialist training and experience in their field, they work as part of the Multi-Disciplinary Team (MDT) offering advice and support to women at any stage of their illness including pre-diagnosis, with gynaecological cancer.

The CNS is able to offer increased levels of support, advice and guidance to patients with cancer. They work to maximise the independence, dignity and quality of life of people suffering from cancer and liaise closely with community carers and family doctors (GPs) to ensure the highest quality of care at home.

All patients with cancer should have access to a CNS. They are usually present with the consultant when a diagnosis of cancer is given.

You will be given contact details by your CNS and they can be contacted either by telephone or via the switchboard between the hours of 9.30am – 4.30pm Monday-Friday on **01296 316863** (an answerphone is available).

There is no out-of-hours service. If you are at home, please contact your GP. If you are in hospital, please speak to one of the nurses.

What can the Clinical Nurse Specialist offer me?

- A contact point for people with cancer at any stage.
- Advice and support for you, your relatives, carers and friends.
- Patient Support group 'Lavender Girls' which meets once a month on a Tuesday
- Help with physical symptoms such as pain, fatigue or nausea.
- Advice about treatments such as radiotherapy and chemotherapy.
- Information about your illness.
- Referral to the Macmillan Dietetics Service.
- Referral to the Macmillan Psychological Support Services/ Counselling.

- Referral to the Cancer Information, Education and Support Service for any local or national information and support, for information on other services available including Complementary Therapies, Creative Arts, Relaxation Hour, Mindfulness Meditation and Moving on with Confidence course. (Contact details for this service can be found overleaf).
- Someone to talk to about worries or problems.
- Advice on relationship, fertility or sexual problems.
- Advice and referral on how to manage lymphoedema/swelling.
- Organising ascitic drainage/fluid build up (if appropriate).
- Advice on your continued care and support at home, ie District Nurse, Macmillan Nurse or Iain Rennie service (if appropriate).

What is a Key Worker?

Whilst you are being cared for at Stoke Mandeville and Wycombe hospitals the CNS will also be your Key Worker.

The key worker will be your main point of contact with the hospital. They are responsible for co-ordinating your care.

The CNS usually carries out this role but when you are discharged or your care is transferred, your key worker may change. We will let you know when this happens.

If you have any questions about key workers please speak to your CNS.

Your CNS/Keyworker works at Stoke Mandeville Hospital and Wycombe Hospital, and will be:

Megan Ejikeme

Sarah Gaughan