

## Did you know we have a patient and carer support group?

Why not come along?

Our support group offers a place for you to meet other people with lung cancer or mesothelioma. It is a place to meet, talk, learn and laugh together. You are welcome to bring someone with you as they may also value a chance to share experiences with other carers.

We meet fortnightly on a Tuesday from 10am to 11.45 in the Activity Room in the Cancer Care and Haematology Unit at Stoke Mandeville Hospital.

**Just show up or call the lung nursing team to hear more!**

### Helpful numbers:

Lung Cancer Nursing Team  
01296 315649

Cancer Information and Support Team  
01296 316954

Roy Castle Lung Cancer Foundation  
0800 358 7200

Macmillan Cancer Support  
0808 808 00 00

## 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 sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

### Free Prescriptions

All cancer patients undergoing treatment for cancer, the effects of cancer or the effects of cancer treatment can apply for an exemption certificate for a free prescription from their GP.

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Author: Jill Mowforth  
Issue date: May 2020  
Review date: May 2022  
Leaflet code: CISS-148  
Version: 4

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## How are you feeling? & How can we help?

Leaflet to support patients  
completing a distress and worry  
questionnaire.

If you need more information  
please call your lung nursing team  
on 01296 315649

Safe & compassionate care,

every time

## Have you worries that we could help with?

Completing the enclosed assessment form is a way for you to let us know how you are doing.

We can be contacted by telephone and may see you in clinic, but it is not always easy to explore all the things you may want to ask or tell us about.

This form can help highlight particular needs that may be important to you at this time. It can then enable us to see how we might be able to support you.

### Support available might include:

- Talking confidentially to us about your worries, one-to-one
- Accessing information that might help with your concerns
- Arranging additional tests with guidance from our clinical team
- Bringing an appointment forward if needs suggest this would help
- Exploring whether other support therapies might be appropriate
- Identifying and sign-posting other services available to you

## How do we use the completed form to help you?

Sometimes there may be weeks or months between each of your hospital appointments. Completing the form is designed to help us keep in touch.

The thermometer on the right of the form allows you to chose an overall score – between 1-10 - that captures how you are feeling. We appreciate this may vary, please rate it according to how you have been over the last week and in particular, how you are on the day you complete it.

The overall score will help to guide us in regards to how soon we need to contact you. We can then call you to chat about the form and consider whether meeting face to face would be helpful.

**We hope you feel you can call us anytime and we use this form to prompt and highlight that we are here to help – even if you are not currently on treatment.**

## How to complete your form A Step-by-step guide

1. First rate your overall score on the thermometer between 0-10.
2. Tick any of the boxes that identify concerns or symptoms you are currently experiencing.
3. Number your top four concerns so we can see which are a priority for you at this time.

Once completed, place the form inside the stamped addressed envelope and send it back to us.

Once we receive your completed form if you have no concerns then we will simply aim to see you at a clinic appointment in due course. If, however, you have highlighted some worries we will aim to call you to discuss how best to address them.

**Participation is entirely voluntary. If you prefer not to use the form simply return the form to us in the SAE so we know you have received it and all is well.**