

The Telephone Clinic for Long Term Follow Up

Information for patients



The Long Term Follow Up Telephone Clinic offers you the opportunity to discuss any questions or concerns with the nurse specialist. The telephone clinic also reduces the number of hospital appointments you are given, while continuing to offer you support and advice.

- You may be offered a telephone clinic appointment during the year(s) when you are not attending a traditional outpatient appointment at the hospital.
- You may be offered telephone clinic appointments for all your consultations and only visit the hospital when necessary for example, if the specialist nurse or doctor wishes to see you in person or if you request to be seen at the hospital.

How does the telephone clinic work?

An appointment letter will be sent to you informing you of the date and time that you will be called. The letter will also include the telephone number we have on our records for you. If this number is not correct or if you have another number that would be more convenient for us to call you on, for example a mobile, or works number, please let us know.

If the date or time of your appointment is not suitable, please let us know and we can discuss an alternative.

Please note that you are at risk of being discharged from the Long Term Follow Up Service if you do not attend an appointment on two consecutive occasions.

The nurse specialist will telephone you on the date, and at the time given on your appointment letter. She will confirm with you that you are willing to be assessed over the telephone.

The assessment will include:

- Your general health
- Questions about any symptoms you may have.
- Details of any medications you are taking.
- Discussion of long term health risks you may have following your previous cancer treatment.
- Discussion of routine investigations, for example, heart scans, lung tests, blood tests, you have had and when these may be due again.
- Offer you the opportunity to ask the nurse about anything that may be worrying you.
- Offer health promotion information and advice.
- Planning your next appointment.

Following the telephone appointment, the nurse specialist will write to your GP to inform her/him of the consultation.



Any issues arising from the telephone consultation will be discussed with a member of the Long Term Follow Up medical team. If the nurse specialist or the doctor feels that you should be seen and examined by the medical team, an outpatient appointment will be booked for you. The specialist nurse will inform you of the date and time.

What are the benefits to you?

- Fewer hospital visits
- Less time off work
- No problems with parking or transport



Questions?

If you have any questions or concerns at any time, please contact one of the nurse specialists in Long Term Follow Up:

Over 18 years age group

Late Effects Nurse Specialist

Tel: 0113 206 8769 / 0113 206 8959

For queries about appointments, please contact:

Long Term Follow Up secretary

Tel: 0113 206 8817

Long Term Follow Up Patient Co-ordinator

Tel: 0113 206 7806

Leeds Cancer Support

Leeds Cancer Support complements care provided by your clinical team. We offer access to information and a wide range of support, in a welcoming environment for you, your family and friends.

We can be found in the information lounges in Bexley Wing and also in the purpose built Sir Robert Ogden Macmillan Centre.

The Sir Robert Ogden Macmillan Centre

The Centre is on the St James's Hospital site and offers a variety of support services including complementary and supportive therapies. These therapies include Reiki, relaxation and visualisation, hand and foot massage and many others. We also offer a weekly exercise class and a monthly support group. You can just drop in for a coffee and a chat anytime.

Contact numbers for Leeds Cancer Support

Information Lounge Level 1 Outpatients Department

Open from 10am - 4pm. Tel: **(0113) 206 8816**

Information Lounge Level -2 Radiotherapy Department

Open from 8.30am - 6.30pm Tel: **(0113) 206 8940**

The Sir Robert Ogden Macmillan Centre

Open from 10am - 4pm. Tel: **(0113) 206 6498**

All the above services can be emailed on:

leedsth-tr.Cancersupport@nhs.net

Chaplaincy Service

Chaplains are non-judgmental, sympathetic listeners to anyone of any faith, as well as those without a religious faith. They can offer comfort and encouragement. You may ask faith related questions, but that is optional, and it is entirely up to you. They are purely there to give you support.

If you wish to contact a Chaplain at St James's University Hospital please call: **0113 206 5935**

If you wish to contact a Chaplain at Leeds General Infirmary please call: **0113 392 2914**

or Chaplaincy secretary on **0113 206 4365**

Maggie's Centre

If you or someone you love has cancer you may have lots of questions. Maggie's is a warm, welcoming place where you can meet people who are experiencing similar things to you. You may also be able to find support groups specific to your needs and get advice and information from their professional staff. You don't need an appointment and all support is free.

Open Monday to Friday 9.00 am - 5.00pm. Tel: **(0113) 427 8364**

Address: St James's Hospital (next to the multi storey car park), Alma Street, Leeds LS9 7BE

Email: leeds@maggiescentres.org

Website: maggiescentres.org

Please use this space to note down any questions you may have for your appointment

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The printing of this leaflet has been funded by Leeds Cares, official charity partner of Leeds Teaching Hospitals.

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We also invest in prevention to enable people to live healthy and more active lives; delivering healthier futures for us all.

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What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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Developed by: Heather Berry and Angela Scotland, Long Term Follow Up Nurse Specialists

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