

The Paediatric Oncology and Haematology
**Long term follow up
telephone clinic**

Information for patients
aged 11-15 years



leeds children's
hospital

caring about children

The Children's Oncology Long Term Follow Up telephone clinic is for young people who have completed treatment a minimum of five years ago.

You will be offered a telephone appointment if you have had:

- a cancer or any other condition treated by a cancer specialist
- have been seen at least once by a doctor in the Long Term Follow-up Medical Clinic.

What is a telephone follow up clinic and how does it work?

This is an outpatient appointment which takes place over the telephone. You are not required to come to clinic. An appointment letter will be sent to you informing you of the date and time that we will call you. We 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 suitable for us to call you on, for example a mobile, 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 due to increasing pressures you will be discharged if you do not respond to an appointment on two consecutive occasions.



When does the telephone clinic take place?

The clinic takes place on a Tuesday between 11.00am - 1.30pm.

If you need to change the date or time please ask your parent/carer to call the Long Term Follow Up Administration Team : **0113 392 2121**

What will happen during your telephone clinic?

- Each consultation will take approximately 10 -20 minutes
- The nurse will speak to either you and/or your parent/carer.
- The nurse will discuss your previous cancer diagnosis and the treatment you received.
- You and/or your parent/carer will be asked questions about your health, any medications you may be taking, home life and school.
- You and/or your parent/carer will be given the chance to ask questions or discuss any worries or concerns you may have.

Health Promotion

You will be offered information and advice to help you lead a healthier lifestyle. This could be related to:

- Healthy eating
- Exercising regularly
- Sun awareness
- Importance of alcohol consumption
- Avoiding smoking
- Importance of safe sex
- Importance of avoiding illegal drugs
- And any other issue or concern you may have.



What are the benefits to you?

- Fewer hospital visits.
- Less time off from school.
- No problems with parking or transport.

If you have any questions or concerns related to your previous diagnosis or treatments received, please contact the Nurse Specialist/Key Worker in Long Term Follow Up:

Naseem Sarwar, Late Effects Nurse Specialist

(under 25 years age group) on: **0113 392 8853 or 0113 206 8959**
or email: **n.sarwar@nhs.net**

For queries about appointments, please contact:

Long Term Follow Up Administration Team on: **0113 392 2121**