Total Skin Electron Therapy - TSET

Information for patients
TSET stands for Total Skin Electron Therapy. Electron therapy is a type of radiation. It is also sometimes referred to as Total Skin Electron Beam Therapy (TSEBT). It has been used for many years in the treatment of skin lymphomas including mycosis fungoides.

What will happen before treatment begins?

You will receive a telephone call from Leeds Cancer Centre asking you to attend the radiotherapy planning clinic department. At this visit you will have the opportunity to chat with the clinical oncologist (doctor) about the treatment and possible side effects. You will be asked to sign a consent form agreeing to the treatment. If you are concerned about your hair please speak to your doctor about this when you consent to treatment. The doctor will discuss how many treatments are appropriate for you. This can vary from person to person but is usually between 5 and 12 treatments given daily Monday to Friday. Sometimes the doctor may decide to give you extra treatments to an area or areas of your body. If this is required, it may be given before or after TSET treatment.

The healthcare team looking after you will explain your treatment and side-effects in detail. If you hear anything you do not understand, please ask us what it means. It does not matter how many times you ask. Staff will make every effort to meet your individual needs or will direct you to the person who can help.

*Please do not bring any valuables into hospital with you as the Trust cannot accept liability for loss or theft.*
Before you start treatment

A letter detailing your appointment dates and times will be given to you.

If needed you may have an appointment to visit the mould room to make lead shielding to cover your finger and toe nails. This protects the nails from the radiotherapy. Sometimes we ask you to wear lead lined swimming goggles during the treatment. If you need these you will try them on while you are in the mould room. These are quite heavy.

Your Test Spin

You will be asked to visit a treatment machine in the radiotherapy department for a Test Spin. This visit is to check you are able to cope with the treatment position you need to stand in. See the photograph below. The turntable you can see in the floor moves round very slowly but we need to make sure you are safe and comfortable.

We will ask you to stand on the treatment turntable and hold a handle which is suspended from the ceiling. You will hold a thin walking stick in the other hand to help you keep your balance. We then start the turntable while we are still with you and can stop this at any time if you ask. You will be asked to alternate your feet and hand positions on a daily basis once the treatment starts. We need to check that you are able to hold both arms
up in the position shown. Once we, including you, are all confident you will be able to manage the treatment, we will arrange for you to come back and start the treatment.

Your treatment

When you arrive for your treatment please report to the radiotherapy main reception, you will be shown to your waiting area. You will come back to the same treatment machine for your treatment that you visited for your Test spin.

You will be asked to remove all clothing and jewellery and change into paper pants and a paper gown. This is because anything that is between you and the treatment beam can reduce the dose that you receive, which will make the treatment less effective.

You will meet radiographers and physicists in the treatment room. They are all there to make sure that your treatment is delivered safely and accurately and that you remain comfortable throughout.

The radiographers will put on any shielding if required and help you into position.

A large see-through perpex screen will be placed in front of you on which the physicist will place measuring devices.

The turntable will start to move round while the radiographers are in the room and they will make sure you are ok before they leave the room.

When you are having your radiotherapy you do not feel anything and it does not make you radioactive. You may hear a buzzing noise when the machine is switched on.
Some patients notice a metallic smell. This smell is normal and is due to the ionisation of air particles by the radiation beam.

You will only be alone for about 10 minutes and the radiographers will always be watching you on a closed circuit TV monitor. There is also an intercom system so that radiographers can talk to you. The staff can switch off the machine if needed and come to check you are ok if you shout out.

We have a CD player, so please bring in something to listen to if you want.

As soon as the treatment is finished the radiographers will come back into the room and turn the turntable off. Once the treatment is completed you will be able to go home.

It is perfectly safe for you to be with other people, including children, throughout your treatment.

During the course of treatment please ask the radiographers if you have any problems or questions. We try to keep as close to appointment times as possible, but on occasions this is not possible due to the department being very busy. We will try and keep you informed of any delays.

**When will I see the consultant during my treatment?**

The consultant/registrar (doctor) will see you once a week in review clinic. This gives you an opportunity to discuss how you are coping with the treatment. You will also see the review clinic nurses at least once a week to assess your skin.

You may be asked to have a full blood count once a week before attending the review clinic appointment.
How should I care for my skin during and after radiotherapy?

Your skin may become very red and can become sore during and after your treatment. You will need to use moisturisers on your skin regularly during your treatment. If you do not have any moisturiser, the doctor will prescribe some for you. Please apply a thin layer of moisturiser to all your skin at least twice a day but it can be used more often if you skin feels dry or tight. If your skin breaks down (peels or weeps) the nursing staff in review clinic will assess you and provide dressings to the areas that need them. Please do not use any cream in areas where you have dressings.

*If your skin starts to peel or weep then please ring:*
The Princess Royal Suite Tel: 0113 206 7587

**Useful organisations and contact numbers**

**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.

*Information Lounge Level -2 Radiotherapy Department*  
Open from 8.30am - 6.00pm. Tel: (0113) 206 7603
Information Centre Level 1
Open from 10am - 4pm. Tel: (0113) 206 8816

The Sir Robert Ogden Macmillan Centre
The Centre is on the St James’s Hospital site and offers a variety of support services including counselling, support groups and complementary therapies. These therapies include Reiki, relaxation and visualisation, hand and foot massage and many others. You can just drop in for a coffee and a chat anytime. Open from 10am - 4pm Monday to Friday.

Sir Robert Ogden Macmillan Centre
Open from 10am - 4pm Monday to Friday Tel: (0113) 206 6498

All the above services can be emailed on: leedsth-tr.Cancersupport@nhs.net

Macmillan Cancer Support
89 Albert Embankment, London SE1 7UQ
Freephone 0808 808 0000, 9am to 6pm Monday to Friday

A textphone service for deaf and hard of hearing people on: 18001 0808 808 0121.
website: www.macmillan.org.uk

Cancer Research UK
www.cancerhelp.org.uk