

The Paediatric Oncology and Haematology

Long term follow up telephone and video clinic

Information for parents and patients
over 16 years



Leeds children's
hospital

caring about children

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

You will be offered a telephone/video 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 or video call follow up and how does it work?

This is an out patient appointment conducted by telephone or video call. You are not required to come into clinic. A dedicated time slot will be allocated to you on a given day. An appointment letter will be sent to you informing you of the date and time that we will call/contact 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 convenient for us to call/contact 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 and video clinic take place?

The clinic takes place on a Monday and Tuesday between 11.00am - 4.00pm.

If you need to change your appointment please contact 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 specialist or doctor will speak either to you and/or your parent/carer. However as you are 16 years or over, the nurse specialist will speak directly to you.
- The nurse specialist or doctor will discuss your previous cancer diagnosis and treatment you received.
- You will be asked about your health, medications, home life and school/college/work.
- You will be given the opportunity to discuss any worries or concerns raised during your consultation.

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 of concern you may have.



What are the benefits to you?

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

Transition

From the age of 18 years your Long Term Follow Up care will be transferred to the equivalent adult service. This clinic is based in Bexley Wing at St James's University Hospital. You will be allocated a new Nurse Specialist. Some of the doctors who have looked after you in the children's clinic will also see you in the adult clinic however there will be other doctors and nurse specialists who you may also see when in clinic.

Before you move to the adult clinic this will be discussed with you. You will be given the opportunity to ask any questions you may have. You may benefit from coming into clinic to discuss the transition process face-to-face.

If you have any questions or concerns at any time, please contact the Nurse Specialist Key Worker in Long Term Follow Up:

Naseem Sarwar, Late Effects Nurse Specialist

on: **0113 392 8853**

or email: **n.sarwar@nhs.net**

For queries about appointments, please contact:

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

© The Leeds Teaching Hospitals NHS Trust • 4th edition Ver 1

Developed by: Naseem Sarwar, Paediatric Oncology Services

Produced by: Medical Illustration Services • MID code: 20211019_004/JG

LN002808
Publication date
06/2022
Review date
06/2025