

Shared Community Follow-Up Service - What is it and what does this mean for you?

Information for patients



Leeds Cancer
Centre

What is Follow-up?

After finishing treatment for cancer, you will need to have tests for three, five, or sometimes 10 years, depending on your diagnosis.

The type of tests and when you need them is called *your own follow-up pathway*, which depends on the treatment you've had. Your doctor will tell you which follow-up pathway you are on.

All patients will have follow-up care, whether they had surgery, chemotherapy, radiotherapy, or a combination of these.

The purpose of follow-up is to:

- monitor for any signs of your cancer returning;
- give your care team the opportunity to identify and manage any side-effects of your treatment;
- give you further opportunity to discuss questions or concerns you may have in relation to having had cancer.

Key aspects of Follow-up care

What you will need to do:

- Report how you are, whether or not you have symptoms (see below)
- Self-examine once a month after a bath or shower
- Have regular blood tests
- Have regular chest X-rays (when scheduled – not every time)
- Have CT scans at a few key times
- Let us know of any concerns
- Complete the online questionnaire (QTool).

The most important symptoms:

- Testicular lump, swelling, or pain
- Shortness of breath
- Cough

- Lower back pain
- Weight loss
- Abdominal pain or swelling
- Headache
- Fatigue
- Worry, anxiety, or depression.

What we will do:

- Remind you what tests are needed and when.
- Review the results of your tests and scans and send you the results by post.
- Keep your GP informed.

There are two types of follow-up services available for you to choose from, Standard and Community Follow-up Services

Standard Follow-Up Service

If you are in this service, you will come to St. James's University Hospital for a face-to-face clinic appointment every time to:

- Tell the doctor or nurse how you are.
- Have a blood test.
- Have a chest X-ray (when needed).
- Have a CT scan (when needed).

For each of these times you will get an appointment date and time through the post.

Community Follow-Up Service

If you are in this service, you will have the same tests but closer to your home:

- **Blood test:** The blood tests you need are sent to you on the blood card. You can arrange this test in your local GP practice, in your local hospital in the Phlebotomy Department, or even in a local pharmacy.



- **Get a chest X-ray (if we ask for it):** you can have this done in any local hospital or larger GP surgeries.

We ask that you have the blood tests and chest X-ray (if needed) within two weeks of receiving our reminder.

Tests and scans: You can arrange these at a time and place that suit you, for example through your GP. St James's Hospital will not have made an appointment for these.

Fill in QTool: It is **VERY IMPORTANT** to always complete this questionnaire, otherwise we could lose track of cancer and treatment-related symptoms. It allows you to tell us if you are worried about anything in your body or other aspects of your life. Please log onto this website: <https://qtool.leeds.ac.uk/ltht>
Please complete it within seven days of receiving our reminder.

Please remember

- Make sure your blood tests and chest X-ray (if needed) are done within 14 days.
- Complete QTool within 7 days.

Contact us

Non-urgent problems:

Germ Cell CNS: 0113 206 4594

Email leedsth-tr.germcellcns@nhs.net

TYA CNS Office: 0113 206 7799

Email: leedsth-tr.tyaservice@nhs.net

For QTool Issues:

Service Co-ordinator on 0113 206 7454 (Mon-Fri)

email: leedsth-tr.sharedfollowup@nhs.net

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