

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

Information for parents and  
patients aged over 16 years



leeds children's  
hospital

caring about children

The Children's Oncology Long Term Follow Up Clinic provides support and advice for you and your family about late effects of the treatment you have received and also advice on maintaining a healthy lifestyle.

*This clinic is specifically for you if you are living beyond your treatment:*

- cancer or any other condition treated by a doctor specialising in cancer treatments.
- a blood disorder which required a bone marrow transplant.

**Why should I attend Long Term Follow Up clinic?**

*At your clinic visit we will:*

- Discuss your previous illness to help you understand what happened to you when you were younger.
- Support you to make good healthy lifestyle choices including helping you to coordinate your healthcare.



- Arrange tests to look for possible late effects of your treatment.

## Who are the Long Term Follow Up Team?

### Doctors

The doctors are experienced in looking after children and young people who have had cancer, bone marrow transplant or any other condition treated by a doctor specialising in cancer treatments. The doctor will be aware of any possible late effects you may experience.

#### *The doctor is:*

#### **Dr Jess Morgan**

There may also be other doctors in clinic who you may see you during your visit.

### Specialist Nurses

The specialist nurses offer support, information and advice to you during your clinic visit. You can also contact the nurse between visits if you have any questions.

## When and where the clinics are held?

All face-to-face clinics are held in the Children's Haematology/Oncology Day Unit. This clinic can be found on C Floor, Clarendon Wing, Leeds General Infirmary. All telephone and video clinics are held virtually. You are not required to physically attend the hospital.

Please note that you will be discharged if you do not attend an appointment on two consecutive occasions.

## **Medical Clinic (face-to-face and video)**

Takes place on a Monday afternoon.

## **Telephone and Video Clinic**

Takes place on a Monday and Tuesday.

## **What will happen at clinic?**

- Your clinic visit may take up to two hours.
- At each visit you will be seen by a doctor, or a nurse or both.
- We will record your height, weight and blood pressure.
- You will be asked to complete a form that asks about any worries you may have and any medications you are taking.
- Your doctor or nurse will discuss your previous illness and treatment you had.
- The doctor may examine you.
- We may request other tests such as urine tests, blood tests or scans.

You will have the opportunity to speak to the doctor or nurse without your parents or carer.

## **Life Style Advice**

We offer you information and advice to help you lead a healthier lifestyle.

### *This includes information on:*

- eating healthily
- exercising regularly
- sun awareness
- importance of avoiding drinking alcohol
- importance of safe sex
- importance of avoiding illegal drugs
- importance of avoiding smoking and vaping
- any other issues you are worried about.



Please ask the nurse or doctor you see in clinic if you would like to discuss any of these issues or anything else that is worrying you.

## **Transition**

Transition is the planned and coordinated move from Children's Oncology Long Term Follow Up to the Adult Oncology Long Term Follow Up service. From the age of 18 years your Long Term Follow Up care will be transferred to the adult Long Term Follow Up service. This clinic is based in Bexley Wing at St James's University Hospital.

You will be allocated a new Nurse Specialist at this time. 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 you come to 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 move to adult service face-to-face.

## Who can I contact between my visits?

If you have any questions or worries between your clinic visits about your previous cancer diagnosis or treatments received, you can contact your key worker who will be happy to help.

Tel: **0113 392 2121**

## Useful Contact Numbers

If you need to change your appointment, please ring the Long Term Follow Up Administration team: **0113 392 2121**

If you need to speak to a Religious Leader, please ring: **0113 206 4365**

## Further Information

- [www.cclg.org.uk](http://www.cclg.org.uk)
- [www.macmillan.org.uk](http://www.macmillan.org.uk)
- [www.cruk.co.uk](http://www.cruk.co.uk)
- [www.candlelighters.org.uk](http://www.candlelighters.org.uk)

or ask in your Treatment Centre.





## What did you think of your care?

Visit: [www.leedsth.nhs.uk/patients/support/  
feedbackcomplaints/friends-family-test/](http://www.leedsth.nhs.uk/patients/support/feedbackcomplaints/friends-family-test/)

*Scan or click the QR code - Your views matter*

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