

Gynaecology

Gynaecological cancer health and wellbeing clinics

Information for patients

Introduction

This leaflet is for people who are living with and beyond gynaecological cancer. This includes ovarian, endometrial, cervix, vulva and vaginal cancer. It provides information on health and wellbeing clinics.

What is a health and wellbeing clinic?

A health and wellbeing clinic is a 30-minute virtual appointment with one of the gynaecology oncology nurse specialists for providing information and support. It is usually a one-to-one appointment, to assess your individual needs and tailor the information and support provided accordingly. You are welcome to bring a relative, a friend or carer.

The aim is to give you the knowledge and confidence to lead as normal and active a life as possible, during and after your cancer treatment.

People who are living with cancer, and those who have had cancer, often have specific support needs. If your needs are identified and addressed, it can improve your ability to lead an active and healthy life. Your needs may include information about:

- treatment and care options
- the psychological impact of cancer and how to get psychological support
- signpost to financial assistance and advice
- support for managing your condition yourself
- your cancer diagnosis and treatment plan
- healthy eating and physical activity
- lymphoedema
- signpost / refer for menopause
- psycho-sexual issues.

What are the potential benefits of attending?

Attending health and wellbeing virtual clinics can help you (and relatives/friends/carers where relevant), to manage the effects of your illness by providing the information and support you need and promoting positive lifestyle changes.

What will happen?

Your nurse specialist will offer you a clinic appointment and book you in accordingly. This clinic is held every other Thursday afternoon, from 13.00 to 16.00.

A holistic needs assessment (HNA) form can be used to help open up our conversation about what support and information you may need.

We can provide a treatment summary from this health and wellbeing clinic for both you and your GP, for patients who have completed all or part of their cancer treatment.

How can I find out further information?

Please contact your gynaecology oncology nurse specialist team via the Macmillan navigator service, on telephone: 020 3313 0303.

How do I make a comment about my appointment?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net. The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department: Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk