

Gynaecology

Nurse-led telephone follow-up clinic for early-stage endometrial cancer

Information for patients, relatives and carers

Introduction

This information leaflet has been provided to help answer some of the questions you may have about your appointment in our gynaecology oncology clinical nurse specialist (CNS), nurse-led telephone follow-up clinic.

What is a nurse-led telephone follow-up clinic?

You have been discharged from hospital-based follow-up by your doctor after your surgery for endometrial cancer.

You will now start five years of monitoring and support from the gynaecology oncology CNS team in the nurse-led telephone follow-up clinic. The CNS team is responsible for the coordination and continuity of care for patients with early-stage endometrial cancer.

The CNS will call you at regular intervals. You can also contact your CNS directly if you have any concerns in between each appointment. At each telephone appointment the nurse will:

- ask about your symptoms
- provide health education
- provide psychological support
- monitor your condition

What happens next?

Your first nurse-led appointment will be within four weeks of your appointment with a doctor. This will be a virtual health and wellbeing clinic appointment.

At this virtual clinic appointment, you will complete a Holistic Needs Assessment (HNA) and 'end treatment summary' and discuss your care plan.

The next appointment will then be in three months' time in the nurse-led telephone follow-up clinic. After your first nurse-led telephone appointment, the follow-up schedule of care will be:

- three-monthly for year one
 - six-monthly for the next four years
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When you have completed five years of follow-up, we will discharge you from our care and send a letter to your GP to advise them of discharge from cancer follow-up.

Routine follow-up telephone calls

Some patients are anxious about any follow-up appointments. At these telephone appointments, you can raise any gynaecology concerns with your CNS who discusses them with your consultant. If appropriate, the CNS will offer to bring you back to see the doctor.

During these calls, the CNS will be happy to discuss and offer advice on any of the following:

- psychological and emotional support
- changes in body image
- sexual issues/relationships
- counselling services
- support groups

How can I contact the gynae-oncology CNS?

You can call the navigator service on **020 3313 0303** or on **020 3313 2325** and leave a voice message. One of the nurses will aim to return your call within two to three working days, between 09.00 and 17.00, Monday-Friday.

You can also email: ICHC-tr.gynaecologycns@nhs.net

How do I make a comment about my visit?

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