

Salisbury Lung Cancer Service (page 1 of 6)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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This leaflet has been written to introduce you to the Lung Cancer Services at Salisbury District Hospital.

We know that being told you have lung cancer can be deeply distressing for you and those closest to you. Fear of the unknown and uncertainty about the future can be very stressful and we understand that it can be a very difficult time for you all.

What is lung cancer?

Lung cancer is a term used to describe a growth of abnormal cells inside the lung, these cells reproduce at a much quicker rate than normal cells. The abnormal cells grow to form a growth, a lump that is described by doctors as a tumour. If the abnormal cells first started growing in the lung, it is called a primary lung tumour. If the abnormal lung cells break off and travel in the blood or lymphatic circulation, they may start to grow in other areas of the body, for example the bones. This new growth is called a secondary tumour or metastasis.

There are a number of tests that may be required in order to establish a diagnosis of lung cancer but it is important to remember that each patient is treated as an individual and therefore the doctor will only choose the most appropriate tests required for that individual. Most of the tests will be carried out at Salisbury District Hospital but on some occasions these tests need to be performed at other centres. The information from these investigations will be discussed at the Lung Cancer Multi-disciplinary Team (MDT) meeting.

What is an MDT meeting?

The treatment of any cancer is complex and every patient diagnosed with a lung cancer will have an individual treatment plan. The treatment plan will depend on the several factors including; what type of lung cancer, the stage (assessment of spread) of the cancer, and each individuals physical and emotional fitness. Every patient being diagnosed with a new lung cancer or with a recurrence of lung cancer will be discussed at the Lung Cancer Multi-disciplinary Team (MDT) which is held every week.

The Lung Cancer MDT is a group of specialists who meet to discuss what investigations may be required in order to establish a firm diagnosis of lung cancer. Together they decide whether further tests are necessary and what is the best treatment to recommend for each patient. At least one member of the team will know your case in detail.

The teams are different for different types of cancer, the lung team will include the following:

- a Respiratory Consultant – Dr. S. Evans, Dr. R. Mehta and Dr. C. Thompson. They are responsible for overseeing and managing your care.
- a Clinical Nurse Specialist (CNS), your nurses are - Sister Pat Baber and Sister Mags Bonnett.
- MDT Coordinators: They work with your CNS to organise the meeting and arrange any further tests that may be needed.
- a Histopathologist, a specialist doctor who looks at cells and tissue from biopsies under a microscope.
- a Radiologist, a specialist doctor interpreting and reporting on X-rays, CTs, MRI and CT/PET scans. They may also perform specialist biopsies of the lung or another part of the body.
- a Clinical Oncologist, a specialist doctor who treats patients with chemotherapy and/or radiotherapy.
- a Medical Oncologist, a specialist doctor who treats patients with chemotherapy and/or immunotherapy only.
- a Thoracic Surgeon who is based at University Hospital Southampton (UHS) and performs the lung surgery. They hold fortnightly clinics in Salisbury.
- a specialist from the Palliative Care Team, a doctor or nurse who works with the MDT to assess and treat any symptoms or anxieties caused by the cancer.
- a Clinical Research nurse. This nurse has a very active role in research studies and can provide you with lots of information and support if you are offered the choice of taking part in a trial.
- there maybe other people in the meeting, such as other doctors and nurses who work with the team.

After the MDT meeting, the discussion will be noted in the Health Care Record and then discussed with you, usually in clinic or on the ward. A summary of the treatment plan is also sent to your General Practitioner after the meeting. Please ask if you would like a copy of this.

The diagnosis and any treatment recommendations will be fully explained to you and your family or carer if you would like them to know as well. The treatments suggested for you will include at least one of these options. This will help you to plan and decide if you would like to consent to the treatment(s) offered.

Types of treatments

There are 6 main treatments available. They are:

- surgery
- chemotherapy
- immunotherapy/targeted therapy
- radiotherapy for symptom control or as a first treatment
- palliative care
- active monitoring.

Surgery

Surgery for lung cancer is not performed at Salisbury District Hospital. This surgery is usually carried out in our regional Cancer Centre which is University Hospital Southampton (UHS). Some surgical procedures may be to help diagnosis only and some are performed with the aim of a cure. Successful surgery for lung cancer, with the chance of cure, may only be possible after the following points have been considered:

- You and your lungs must be fit enough generally to cope with surgery.
- Your tumour must not have spread to other parts of the body
- It must be technically possible to remove all the tumour without damaging crucial structures in your chest.
- Full assessment for surgery can require several additional tests after the diagnosis of lung cancer has been made.

Further written information will be provided by your surgical team.

Chemotherapy

Chemotherapy is a general term for the treatment of cancer using chemical based drugs. Patients with different types of lung cancer are likely to receive different combinations of chemotherapy drugs. This treatment may be given either as tablets or injections. Specially trained staff give the chemotherapy, and most of our Salisbury patients are treated as outpatients on the Pembroke Suite. There is also a Mobile Chemotherapy Unit which travels in the community, so nearer to your home; but not all patients are suitable for this.

If chemotherapy is offered to you, and you consent to this treatment, you will have further opportunity to discuss the benefits and side effects of the treatment at a pre-assessment appointment with the chemotherapy nurse.

It is very important that you fully understand what the side effects will be, and you will be given lots of written information. You will also be asked to complete a holistic needs assessment which you can discuss with the nurse.

Some people may be offered the opportunity to take part in a clinical trial. This is not suitable for all patients and if it is a possibility for you then the research nurse will come and talk to you and make sure you fully understand all the implications.

Immunotherapy

Immunotherapy drugs are used to help boost your body's immune system to recognize and attack cancer cells. Some immunotherapies are called targeted treatments or biological therapies. They can be given as either injections or tablets.

If immunotherapy is offered to you, it is important that you fully understand what the potential side effects could be. In addition to verbal information you will be given written information to take away and read. You will also be asked to complete a holistic nursing assessment (HNA) which you can discuss with the nurse.

As in chemotherapy, patients are given immunotherapy as outpatients on the Pembroke Suite by specially trained staff. You may also be able to have your immunotherapy via a Mobile Chemotherapy Unit, which travels in the community nearer to your home; but not all patients are suitable for this.

Some people may be offered the opportunity to take part in a clinical trial for immunotherapy. This is not suitable for all patients and if it is a possibility for you then the research nurse will come and talk to you and make sure you fully understand all the implications.

Radiotherapy

This is a general term for the treatment of cancer with strong X-rays. It is often used on its own or as a combined treatment with surgery and/or chemotherapy. It works by destroying the cancer cells in the area of the tumour.

Most treatments are done in Southampton. Further information concerning radiotherapy will be provided by the radiotherapy centre involved. Although most radiotherapy is carried at University Hospital Southampton some patients may be treated in Poole or Bath hospitals for their treatment as it may be geographically more convenient.

Palliative Care

This is the active total care of patients and their families at any stage of their illness. This service is often introduced early when a diagnosis of cancer is made to support you and your family or carer. The Palliative Care team is usually made up of medical and nursing staff with special skills in pain control and symptom management. The team work in a variety of settings including the hospital here, and the hospice, and also in the community. The main purpose of the Palliative Care team is to ensure that you are comfortable and ensure the best quality of life for both you and your family.

Active monitoring

Active monitoring is a way of keeping a close eye on you medically, to see how your cancer is behaving. You may hear your doctor call this 'watching and waiting' or 'watchful waiting'.

Active monitoring is recognised the world over as having a place in treating some types of cancer. It might mean having regular clinic reviews and X-rays. If the cancer starts to change then one of the other treatments available might be suitable for you.

Useful telephone numbers

Lung Cancer Team at Salisbury NHS Foundation Trust

Sr Pat Baber Lung Cancer Support Nurse

Sr Mags Bonnett Lung Cancer Support Nurse

☎ 01722 336262 ext 2497 Bleep 1092

Dr C S Thompson, Consultant Respiratory Physician (Lead Clinician)

Secretary: Coralie Fulford ☎ 01722 429224

Dr R. Mehta Consultant Respiratory Physician

Secretary Frances Woodcock ☎ 01722 429228

Dr S Evans Consultant Respiratory Physician

Secretaries Chantal Cowlam/Frances Woodcock ☎ 01722 429224/8

Dr Bhatnagar, Consultant Oncologist

Secretary: Hayley Wheeler ☎ 01722 336262 ext 3516 (Salisbury)

Secretary: Jordan Shered ☎ 02380 795056 (Southampton)

Dr. Akis Dimopoulos Consultant Oncologist

Secretary: Barbara Mason ☎ 01722 336262 ext 2785

Dr Helen Kirk, Consultant Palliative Care

Secretary: Emma Rutherford ☎ 01722 336262 ext 2362

Mr Woo, Consultant Thoracic Surgery

Mr Amer Consultant Thoracic Surgery

Mr Veres Consultant Thoracic Surgery

Secretary: David King ☎ 02381 205104

Mr Alzetani Consultant Thoracic Surgery

Mr Chamberlain Consultant Thoracic Surgery

Secretary: Peter Anstis ☎ 02381 206239

Endoscopy (Bronchoscopy) Unit ☎ 01722 336262 ext 2804/2161

You are likely to meet other health professionals during your treatments. You may need help and advice from other specialist services. These will be introduced to you as and when you need them.

Local Support

Sarum Cancer Support Advice Line ☎ 01722 425137

Macmillan Benefits Advisers (CAB) ☎ 01722 441393

Hampshire Asbestos Support & Awareness Group (HASAG) www.hasag.co.uk

☎ 02380 010015 or 02380 010016

Mesothelioma Helpline ☎ 0800 1692409

Written information

More detailed written information is available FREE from:

- Macmillan Cancer Support ☎ 0808 808 0000
- Roy Castle Foundation ☎ 0333 323 7200
- British Lung Foundation ☎ 03000 030 555
- Mesothelioma UK ☎ 0800 169 2409 (Freephone).

Useful websites

There are many ways of finding out about Lung Cancer and effective ways of treating it. Some of them contain inaccurate or misleading information, so be very careful when selecting sources. Below are some suggested web sites that are usually reliable. All sites vary and you may have to 'surf' to find the site that answers your particular questions.

www.roycastle.org

www.macmillan.org.uk

www.cancerguide.org

www.cancerresearchuk.org

www.nhs.choices

www.lungcanceralliance.org

www.pennybrohncancercare.org

www.blf.org.uk

www.mesothelioma.uk.com

Please remember there is no way of always monitoring the accuracy and quality of information on the internet. Please talk to your Consultant, GP or Lung Cancer Support Nurse if you are not sure what to believe.