

Multi Disciplinary Teams in Colorectal Cancer Services (page 1 of 4)

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

We know that being told you have cancer may make you and your family feel very anxious and that it can be a very difficult time for you all.

What is cancer?

Cancer is a term used to describe a malignant growth (a growth that might spread into nearby normal tissue and travel to other parts of the body) or a tumour caused by abnormal cells inside the body. The cells start to divide and may spread to other parts of the body. Sometimes the cells can enter the blood stream or the lymphatic system and make the cancer spread to other areas in the body. If the cancer spreads to other areas this is called metastasis or secondary deposits.

Treatment

Each person diagnosed with cancer may have slightly different treatments. It depends if it has spread to other parts of the body. Every patient being treated for cancer will have an individual treatment plan. Treatments and/or operations will be suggested according to the type of cancer, where the cancer is and the needs of the patient. Every person's care and treatment will be discussed at an MDT (Multi-Disciplinary Team) meeting. Some tests will be carried out in Salisbury Hospital and some will be in our nearest Cancer Centre and the results discussed at the next MDT meeting.

What is an MDT meeting?

MDT is short for Multi-Disciplinary Team. Every week this group of specialists meet to discuss x-rays, scans, biopsy and blood results and together decide what is the best treatment to recommend for each patient. The team is different for each type of cancer, but all the teams will include the following:

- your Consultant:
- your Clinical Nurse Specialist (CNS)
- your MDT Co-ordinator is Edward Searle (who works with your CNS to organise the meeting)
- a Histopathologist (a specialist at looking at cells and tissue under a microscope)
- a Radiologist (a specialist at understanding x-rays, scans, MRI's etc)



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: customer care@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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- an Oncologist (a cancer specialist who understands and prescribes chemotherapy or radiotherapy)
- a Specialist from Palliative Care (a doctor who works with your MDT to assess and treat any symptoms or anxieties caused by the cancer)
- a 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 may be other people in the meeting, such as:

- a Radiographer (specialist in taking x-rays, scans, ultrasounds etc)
- other doctors and nurses who work with the team
- a Dietician who can help you understand your food and drink needs
- an Endoscopist (a specialist who uses fibre optics. Fibre optics are very thin flexible tubes, through which light may be sent. This lets them examine parts of the body which cannot otherwise be easily reached).

After the MDT meeting, the discussion will be noted in the Health Care Record and then discussed with you. The recommended treatment will be fully explained to you (and your family or carer if you would like them to know as well). This will help you to decide and plan on exactly what type of treatment you would like to have.

Type of treatments

There are 5 main treatments available. They are:

- surgery
- chemotherapy
- radiotherapy
- palliative care
- active monitoring.

Surgery

Colorectal surgery for cancer is done at Salisbury District Hospital.

Chemotherapy

Treatment with drugs is known as chemotherapy. This treatment may be given either as tablets or injections. These drugs travel in the blood stream helping to stop cancer cells wherever they are in the body. Specially trained staff give the chemotherapy. The majority of people do not have to stay in hospital for this treatment. It will be given on the day ward. Some of these treatments have potential side-effects. It is important that you fully understand what these side-effects can be. The treatment will be fully discussed with you and you will be given written information as well. 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.

Radiotherapy

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

Further information about these treatments will be given to you, depending on which is considered to be most beneficial for you.

Palliative Care

This is the active total care of patients and their families at any stage of their illness. This service is often introduced when a diagnosis of cancer is made, to support you and your family or carer and to manage any symptoms such as pain or feeling sick. It can also help to achieve the highest possible quality of life for patients and their families. The team will help with any physical, psychological, social and spiritual needs.

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 blood tests or x-rays. If the cancer starts to change then one of the other treatments available might be suitable for you.

Useful telephone numbers

Colorectal Cancer Team at Salisbury NHS Foundation Trust

Miss Helen Chave	Consultant Colorectal Surgeon 01722 336262 ext 4483
Secretary:	01722 336262 ext 4483
Mr Graham Branagan	Consultant Colorectal Surgeon 01722 336262 ext 4483
Secretary:	01722 336262 ext 4483
Mr Simon Sleight	Consultant Colorectal Surgeon 01722 336262 ext 2278
Secretary:	01722 336262 ext 2278
Mr Robert Padwick	Consultant Colorectal Surgeon 01722 336262 ext 2278
Secretary:	01722 336262 ext 2278
Senior Sister Hilary Dean	Lead Colorectal Clinical Nurse Specialist 01722 425194
Sister Gemma Denny	Colorectal Clinical Nurse Specialist 01722 425194 or Bleep 1037

Sister Jennifer Wright	Colorectal Clinical Nurse Specialist 01722 425194 or Bleep 1037
Dr Alaaeldin Shablak Secretary:	Consultant Medical Oncologist 01722 336262 ext 4225 (Salisbury)
Dr Pippa Baker Secretary: Pauline Gibson	Consultant Palliative Care 01722 336262 ext 2362
Team Leader Community Palliative Care	01722 336262 ext 2361
Sister Sandie Bryan	Clinical Nurse Specialist Stoma Care
Sister Suzie Dukes	Sister Stoma Care
Sister Michelle Boucher 1694/2045	01722 336262 ext 4257 or Bleep
Maeli Campbell-McNulty	Dietician 01722 336262 ext 2333
Edward Searle	MDT Co-ordinator 01722 336262 ext 2385
Endoscopy Unit	01722 336262 ext 2891/4385/4381

You will 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.

Written information

More detailed written information is available FREE from

Cancerbakup 0800 358 7200 (Freephone)

Macmillan Cancer Relief 0808 808 00 00 (Freephone)

Useful websites

There are many ways of finding out about colorectal cancer and effective ways of treating it. Some sites 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.macmillan.org.uk www.wessexcancer.org.uk www.cancerscreening.nhs.uk

www.cancerresearchuk.org www.bowelcanceruk.org.uk www.cancerhelp.org.uk

Guidance: www.nice.org.uk

Please remember there is no way of monitoring the accuracy and quality of information on the website. Please talk to your Consultant, GP or Clinical Nurse Specialist if you are not sure what to believe.