

Multi disciplinary Teams in Upper Gastro-intestinal Cancer Services (page 1 of 4)

This leaflet has been written to introduce you to the Upper Gastro-Intestinal 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 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 of 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 any 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 a 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 will be discussed at the next MDT meeting

What is a 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: Dr David Sheppard/ Dr Juliette Loehry / Dr Sam Vyas / Dr Aqeel Jamil/
- Your clinical nurse specialist (CNS): Sister Lynne Constable
- Your MDT coordinator: Emma Bray who works with your CNS to organise the meeting.
- A histopathologist (a specialist at looking at cells and tissue under a microscope)



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.

- A radiologist (a specialist at understanding x-rays, scans, MRI's etc)
- An oncologist (a cancer specialist who understands and prescribes chemotherapy or radiotherapy)
- A specialist from Palliative Care (a doctor or nurse who works with your MDT to assess and treat any symptoms or anxieties caused by the cancer)
- A research nurse (not all MDT have these, but most will. 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, including the following :

- 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.

Types of treatments

There are 5 main treatments available. They are:

- surgery
- chemotherapy
- radiotherapy
- palliative
- active monitoring
- chemotherapy/radiotherapy/surgery combination.

Surgery

Some surgery for cancer is done in Salisbury District Hospital. Some surgery has to be done in a regional Cancer Centre. This depends on the type of cancer and the operation needed. Most of the specialist Cancer Centre treatments and operations are done at The Royal Bournemouth and Christchurch Hospital and Southampton General 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 a lot of side effects, but not all of them. If this is offered to you, it is important that you fully understand what the side effects will be. If this is the right treatment for you, it will be fully discussed and you will be given lots of written information as well.

Chemotherapy treatment is offered at Salisbury District Hospital.

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 the cancer cells around and in the area of the tumour.

Radiotherapy treatment is given at Poole Hospital and Southampton General Hospital.

Further information about these treatments will be given to you, depending on which is considered to be the 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 help to achieve the highest possible quality of life for patients and their families. The team will also 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

Upper G.I Team at Salisbury NHS Foundation Trust

Dr David Sheppard	Consultant Gastroenterologist
Dr Juliette Loehry	Consultant Gastroenterologist
Dr Sam Vyas	Consultant Gastroenterologist
Dr Aqeel Jamil	Consultant Gastroenterologist
Allyson Choy & Maxine Winch	Secretary (for all GI consultants) 01722 336262 ext. 2034 or 4227
Miss Amanda Bond	Consultant Upper GI Surgeon
Mary Gould	Secretary for Miss Bond 01722 336262 ext. 2290

Sister Lynne Constable	Clinical Nurse Specialist 01722 425194. 01722 336262 ext. 2194/ bleep 1457.
Emma Bray	Upper GI MDT Coordinator 01722 336262 ext. 2385
Dr Mark Wills	Consultant Radiologist 01722 336262 ext. 4196
Secretary	Consultant Medical Oncologist
Dr Alaaeldin Shablak	Secretary (for Dr Shablak) 01722 336262 ext. 4225
Hayley Wheeler	Consultant Palliative Care 01722 336262 ext. 2362
Dr Phillipa Baker	Senior Dietician 01722 336262 ext. 2331
Secretary:	Research Nurses 01722 336262 ext. 4191
Maeli Campbell-McNulty	01722 425161
Catherine Reed & Julie Attlee	01722 336262 ext. 2891
Endoscopy Unit (all nurses)	01722 336262 ext. 4385/4381
Endoscopy Reception	
Endoscopy Bookings	

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

Macmillan - concerns or questions about living with cancer? Free and confidential helpline (9am-8pm, Mon-Fri) 0808 808 2020.

Questions about cancer types, treatments or what to expect: Free and confidential nurse information helpline (9am-8pm, Mon-Fri) 0808 800 1234.

Macmillan Cancer Support. Macmillan Benefits Advice Service at Wiltshire Citizens Advice. 01722 441393.

Useful Websites

There are many ways of finding out about 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.cancerhelp.org

www.patients.co.uk

www.cancerguide.org

www.macmillan.org.uk

www.nhsdirect.nhs.uk

www.bbc.co.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 Upper GI Cancer Support Nurse if you are not sure what to believe