

# **Multi Disciplinary Teams in Urology Cancer Services** (pages 1 of 5)

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

We know that being told you have cancer may make you and your family feel 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 tumour (a growth that might spread into nearby normal tissue and travel to other parts of the body) or 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 metastases 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 District Hospital and some will be in University Hospital Southampton, our Cancer Centre. 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 Mr C A Campbell, Mr M El-Saghir, Miss M C Davies, Mr J W Brewin

Your Clinical Nurse Specialist (CNS) Daphne Phillips, Jonathan Borwell and Cheryl Daniels

Your MDT Coordinator Anne Cannell (who works with your CNS) to organise the meeting and arrange any further tests that may be needed).



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](mailto: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](http://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](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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Date written: June 2007  
Review date: April 2021  
Version: 2.1  
Code: PI0149

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).

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).

There maybe other people in the meeting, such as:

A Radiographer (specialist in taking x-rays, scans, ultrasounds etc).

A Clinical Psychologist ( who can provide specialist support if needed)

### **Types of Treatments**

There are 5 main treatments available. These are:

- active surveillance/watchful waiting
- surgery
- radiotherapy
- chemotherapy
- palliative

Sometimes a combination of these treatments is used.

#### **Active Surveillance /Watchful Waiting**

Active surveillance/ watchful waiting are ways of keeping a close eye on you medically, to see how your cancer is behaving. Active surveillance 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.

#### **Surgery**

Some surgery for cancer is done in Salisbury District Hospital. Some surgery has to be done in the 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 University Hospital Southampton/or Spire Hospital Southampton

#### **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.

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

## 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 as it will be given on the day ward. Some of these treatments have side effects, but not all of them. If this is treatment 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. Some chemotherapy is given in University Hospital Southampton

Some people may be offered the opportunity to take part in a clinical trial. This is not suitable for all patients, but 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.

## Palliative Care

This is the active total care of patients and their families at any stage of their illness. This service is occasionally 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 also help with any physical, psychological, social and spiritual needs.

## Useful telephone numbers

### Urology Cancer Team at Salisbury Health Care

Mr C.A. Campbell	Consultant Urological Surgeon
Mr M. El Saghir	Consultant Urological Surgeon
Secretary:	01722 425292
Miss M.C. Davies	Consultant Urological surgeon
Secretary: Ashley Pomeroy	01722 425293
Mr J.W. Brewin	Consultant Urological Surgeon
Daphne Phillips	Prostate Cancer Nurse Practitioner
Cheryl Daniels	Urology/Oncology Clinical Nurse Specialist
Jonathan Borwell	Lead Urology Nurse Practitioner
Secretary: Anne Selby	01722 425081
Nurse's Answerphone	01722 336262 Ext 4866

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.

## Further Information

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

### All Cancers

Salisbury Urology website – <http://www.salisbury.nhs.uk> - for patients and visitors-  
departments - urology

Macmillan Cancer Support,  
Freeline: 0808 808 2020 Helpline: 0808 800123  
<http://www.macmillan.org.uk>

Cancer Research UK  
Helpline 0808 8004040 Lines open. Mon- Fri 9am-5pm  
<http://www.cancerresearchuk.org>

### Prostate Cancer

Prostate Cancer UK  
Helpline: 0800 074 8383  
General Enquiries Tel:- 020 8222 7622  
<http://www.prostate-canceruk.org>  
<http://www.prostate-link.org.uk>

### Bladder Cancer

Action on Bladder Cancer (ABC)  
c/o ABC Secretariat  
Right Angle Communications  
Barley Mow Centre  
10 Barley Mow Passage  
London W4 4PH  
<http://www.actiononbladdercancer.org>

### Men's cancers

The Orchid Cancer Appeal – Testicular Cancer  
Helpline 020 3465 6105 Tuesday 09.00 – 17.30  
<http://www.orchid-cancer.org.uk>

### Kidney Cancer

James Whale Fund for Kidney Cancer  
Careline 0330 111 2333  
<http://www.jameswhalefund.org>

Kidney Cancer UK  
<http://www.kcuk.org>

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

### Local support group for patients and carers

Sarum Cancer Support Group

Tel: 01722 425137.

### Financial support

Macmillan Welfare Benefits Advisers

Tel: 01722 441393

[macmillan@citizensadvicewiltshire.org.uk](mailto:macmillan@citizensadvicewiltshire.org.uk)