



Living with  beyond  
gynaecological cancer

Gynaecology  
Oncology Clinical  
Nurse Specialist  
Team (CNS)

Issued by Gynaecology Oncology

# What is a Clinical Nurse Specialist (CNS)

A CNS or 'key worker' has specialist knowledge and skills in a particular area of nursing. We work closely with other members of the multidisciplinary team involved in your care.

I have been identified as your key worker and my name is:

Working as part of a team, we aim to offer you support and provide a continuing link through all areas of your gynaecological care.

## How can your Clinical Nurse Specialist (CNS) or 'key worker' help you?

Your gynaecology specialist nurse is available to support you and your family from your diagnosis (this may also be from when you have a suspected gynaecological cancer) and throughout your treatment. The CNS is a highly qualified and experienced nurse who has specialised in the care and support of patients with a suspected or confirmed gynaecological cancer; they work very closely with the doctors involved in your care. You will have been given a lot of information and at times, in these difficult circumstances, this can be confusing. Our role is to clarify any areas you may be confused about and provide a contact link for all aspects of your gynaecological care. This includes:

- Helping you and your family understand the treatment and care you will receive.
- Helping you make decisions about your care.

- Answering any questions you may have.
- Helping you talk about the things you feel are important to you

The CNS can provide information, support and advice for patients, their family and carers.

This service covers areas such as:

- The different types of gynaecological cancers.
- Support and someone to listen to your concerns.
- Investigations, surgical treatment, Chemotherapy and Radiotherapy.
- Discussion of the treatment options.
- Coping after surgery or chemotherapy or radiotherapy.
- Referral to other services which may include the following:

GP's and district nurses, Dietetic advice, Symptom management specialists, Benefits advisors - *please note: anyone with a confirmed cancer diagnosis is eligible for an exemption certificate for prescriptions. Please ask your GP, Social workers, Macmillan, Marie Curie, Voluntary organisations - please ask, Psychological health.*

We are all individual, therefore some/all or none of these services may be of interest to you and we will be guided by you. Please contact us for any support you need or any queries. No question is a silly question.

Worries can be eased when someone has:

- Time to listen to you
- Experience to answer your questions
- The skill to support you

## Where are we based?

We are based at Wansbeck General Hospital, however we visit the wards and Outpatient departments across all sites within our trust (Wansbeck, North Tyneside and Hexham) regularly, to meet women who have been referred to us. If we have not seen you and you feel you would like to speak to one of us, you can contact us via the staff in any of the departments, or by contacting us via the telephone numbers below:

Should you require further advice on the issues contained in this leaflet, please do not hesitate to contact the CNS team:

**Sarah Curry: 01670 529 653 / 07966176104**

**Susan Richardson: 01670 564 292 / 07717868222**

**We work Monday to Friday 8.30am to 4.30pm,  
not including weekends or bank holidays.**

We will only have our mobile phones switched on during office hours but feel free to leave a text, if you wish to leave a voice message please do so on our office answerphone and we will return your call as soon as possible during working hours. For any urgent enquiries, please contact your GP during hours or NHS 111 out of hours who will signpost you to the most appropriate service.

## Areas and departments that we work in and link in with include:

### Outpatient Departments:

Gynaecology Outpatients - Wansbeck General Hospital

Gynaecology Outpatients - North Tyneside General Hospital

Women's Health Suite - Hexham General Hospital

### Other Departments:

X-ray, Scan and CT, MRI, Oncology Wards, Psychology, Inpatient wards

### Community:

GP's, Social Workers, Macmillan, Marie Curie, Voluntary Agencies

### Other Hospitals:

**Queen Elizabeth Hospital (Q.E.H) Gateshead - Regional Gynaecology Oncology Centre:** The Queen Elizabeth Hospital in Gateshead is the regional centre for gynaecological malignancies and will provide surgical options for many of our patients

**Freeman Hospital, Newcastle:** For women requiring radiotherapy or chemotherapy

**Do not be alone wondering who you can talk to. Please ring.**

## eHNA (electronic Holistic Needs Assessment)

All women will be given an opportunity to complete a holistic needs assessment soon after diagnosis. Your CNS will send further details regarding this.

A holistic needs assessment is entirely voluntary and is a simple set of questions covering all aspects of your general wellbeing which can identify individual concerns or needs.

You will be offered a holistic needs assessment shortly after your diagnosis but an assessment may also be carried out at any time throughout your journey if you feel it would help. Please let your CNS know.

## Research nurses

Some patients may be asked to participate in clinical research trials

## After your treatment

You will be seen by a consultant to discuss your final histology report following surgery and discuss your future management plan, you will also have a period of follow up specific to your diagnosis.

## Useful Contacts:

### Macmillan Cancer Support

Telephone (freephone): **0808 808 0000**

Website: [www.macmillan.org.uk](http://www.macmillan.org.uk)

### Maggies Newcastle

Freeman Hospital

Melville Grove

Newcastle upon Tyne

NE7 7NU

Telephone: **0191 233 6600**

Website: [www.maggiescentres.org/newcastle](http://www.maggiescentres.org/newcastle)

### Cancer Research UK

Telephone: **0808 800 4040**

Website: [www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

### Jo's Trust (for cervical cancer)

Website: [www.jostrust.org.uk](http://www.jostrust.org.uk)

## **Ovacomе (for ovarian cancer)**

Telephone: **0800 008 7054**

Website: [www.ovacomе.org.uk](http://www.ovacomе.org.uk)

## **Target Ovarian Cancer**

Telephone: **020 7923 5475**

Website: [www.targetovarian.org.uk](http://www.targetovarian.org.uk)

## **The Eve Appeal**

Telephone: **0808 802 0019**

Website: [www.eveappeal.org.uk](http://www.eveappeal.org.uk)

## **FACT (Fighting All Cancers Together) cancer support**

Telephone: **0191 4420833**

Website: [www.fact-cancersupport.co.uk](http://www.fact-cancersupport.co.uk)

## **NHS Choices**

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.  
[www.nhs.uk](http://www.nhs.uk)

Your comments and concerns for advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS).  
To make a complaint, contact the complaints department.

# Alternative formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

# Other sources of information

## NHS 111

## NHS Choices

[www.nhs.uk](http://www.nhs.uk)

## NICE (National Institute for Health and Clinical Excellence)

[www.nice.org.uk](http://www.nice.org.uk)

## Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511 098

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

## Northumbria Healthcare NHS Foundation Trust

General Enquiries - **03 44 811 8111**

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

**Data protection** Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

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