

Thyroid Remote Monitoring

ENT and Maxillofacial Services

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Information for patients

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What is thyroid remote monitoring?

At the University Hospitals of Leicester NHS Trust (UHL) we use thyroid remote monitoring as a way of identifying if you need further treatment for your thyroid cancer. You will have blood tests every year or when requested by your clinical nurse specialist or consultant.

Your health care team will use a special computerised system to monitor your blood results. The system will alert the thyroid team if your blood results have changed and are not in the expected levels (as set by the team at UHL). The system is checked regularly by a member of the team. If you need further tests or investigations, we will contact you to arrange these.

Why have I been selected for thyroid remote monitoring?

Your consultant has decided that thyroid remote monitoring is suitable for you because you have a low risk of your cancer coming back and this is the best way of monitoring your thyroid hormone levels following your treatment for thyroid cancer.

Your consultant will tell you how often you need to have blood tests done. This will usually be once a year, but may be more often depending on the blood test results.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How does remote monitoring work?

When your consultant decides that you are suitable for remote monitoring, you will be told when your next thyroid hormone level review is due. You will need to arrange to have your blood test at your GP surgery four weeks before your review is due.

Once your blood has been taken, your GP surgery will send it to the pathology laboratory for checking and the result will be put onto the thyroid remote monitoring computerised system so that the thyroid team can see it. If the blood results are normal and within the expected range you will receive a letter confirming this and telling you when your next review will be due. Two blood test forms will be included with this letter. You will **not** be given a follow-up appointment at the hospital if your thyroid hormone levels are normal and you have no symptoms.

If your bloods results have changed and are not in the expected levels (as set by the team at UHL) you will be contacted by one of the thyroid specialist nurses to discuss further treatment.

Reducing the risk of your cancer coming back

Thyroxine stops your body making thyroid-stimulating hormone (TSH). TSH stimulates the thyroid to produce thyroid hormones. But in people who have had thyroid cancer, it can also encourage thyroid cancer cells to grow.

So after your treatment for thyroid cancer, you will have thyroxine at a slightly higher dose than normal, to reduce the risk of the cancer coming back. This is called **TSH suppression**. Your TSH levels will be checked as part of your blood tests.

Signs and symptoms

The following list of signs and symptoms which you need to tell your doctor or nurse about following your treatment for thyroid cancer:

- A lump that can be felt or seen through the skin.
- Change in your voice such as hoarseness
- Difficulty swallowing
- Pain in your throat or neck
- Swollen lymph nodes in your neck.

What are the benefits of thyroid remote monitoring?

- You will not have to make unnecessary trips to the hospital.
- You no longer have to take time off from work or pay travelling or parking charges for unnecessary appointments.
- You can contact the thyroid clinical nurse specialist with any concerns relating to your thyroid cancer.
- You will receive an improved experience of care, with a specialist nurse monitoring your care.

When does remote monitoring end?

We will monitor you for ten years. If your blood tests have been within expected levels and you have had no symptoms, we will discharge you to the care of your GP.

For help and advice 'out of hours'

- Oncology emergency phone (for patients receiving chemotherapy or radiotherapy) **0808 1782212**
- Kinmonth unit (surgical patients only) **0116 2585327**
- Contact your GP
- Call 111

Other useful contact numbers

Macmillan Information and Support Centre

Osborne Building
Leicester Royal Infirmary
Leicester
LE1 5WW

Phone: 0116 258 6189
Email: cancerinfo@uhl-tr.nhs.uk
Website: www.leicestershospitals.nhs.uk/cancerinfo

Macmillan Cancer Support

For information and support from cancer support specialists.

Freephone: 0808 808 00 00
Website: www.macmillan.org.uk

The Leicester Head and Neck Cancer Support Group

Meets on the second Friday of every month at various locations throughout Leicester/ Leicestershire: speak to your nurse if you are interested in attending or would like further details.

The group also has a Facebook page.

Important information

- It is important for you to have your thyroid blood tests when they are due.
- If you have any of the symptoms listed above, please contact your doctor or nurse.
- Telephone messages will not be picked up over weekends or bank holidays, so for any thyroid- related emergencies you will need to contact your out-of-hours GP.

Contact number

Monday– Friday 9am to 5 pm

Thyroid clinical nurse specialist team:

0116 2047829

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk