

## Your Mesothelioma Key Worker

### Cancer Services

Information for patients

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### Introduction

You have been given this leaflet because you or a close relative has been diagnosed with mesothelioma. It explains the role of the Leicester-based Mesothelioma Clinical Nurse Specialist (MCNS).

### Role of key worker

To ensure that patients with cancer and their families have appropriate support and information all patients have a named healthcare professional they can contact. This person is called a **key worker**. Your key worker will be available from diagnosis, through treatment and beyond.

Your key worker will change from time to time because your care takes place in a variety of settings, including hospital and at home, as well as in different parts of the country.

**You should always know who your key worker is and how to contact them. Please ask your consultant or a member of the nursing team if you are not told who your key worker is.**

Your key worker will work with you in the following ways:

- They are a central point of contact for support and information for you and your family.
- They will assess your needs and ensure that you are involved in decisions about your care as much as possible.
- They will ensure that you are referred to, and receive, different services as needed.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://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](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Who is my key worker?

### Leicester, Leicestershire and Rutland

When it has been confirmed that you have mesothelioma, you will be introduced to your MCNS. Before this has been confirmed, you may have met other nurse specialists. Your MCNS will discuss any concerns and questions you might have and continue to support you through your care and treatment. The MCNS will be your key worker and you will be given their contact details.



Karen Lord



Louise Nelson

Mesothelioma Clinical Nurse Specialists, Leicester

### Rest of the UK

If you do not live locally, you will be given contact details for the MCNS however if you continue to receive care at another NHS hospital nearer to where you live your key worker will be the nurse specialist at that hospital.

## What is a Holistic Needs Assessment (HNA)?

This is a chance for you to think about your concerns and discuss possible solutions with your key worker. It gives you the time to explore what resources, help and support are available.

Please ask your key worker for a Holistic Needs Assessment if you think that this would be helpful for you.

## Your first appointment

At your first appointment on Professor Fennell clinic at Glenfield Hospital you will usually meet the Leicester-based MCNS. If the MCNS is not available, you will be given details of how to contact them.

## Surveillance

There are times when it is best to monitor your condition to detect any changes which might require treatment, rather than have treatment immediately. During this time please contact the MCNS if you have any concerns.

## During treatment / clinical trials

If you are having chemotherapy, whether as part of a clinical trial or standard treatment, you will have the contact details of research nurses in the trials unit or the chemotherapy suite of the hospital where you are being treated. Please contact them if you have questions relating to your chemotherapy.

## Completing treatment

When you have completed a course of treatment/clinical trial you will enter a period of rehabilitation and monitoring and your hospital appointments will be less frequent. Please contact the MCNS in Leicester or your local lung cancer or Mesothelioma UK nurse if you have any concerns during this time.

## Symptom control

It is important that you tell your GP, hospital doctor or MCNS if you have symptoms so that we can help you control them. We sometimes suggest you are referred to palliative care services in your area. They specialise in controlling symptoms, such as pain. By involving them alongside our team, we aim to maximise your quality of life. This can also mean you more likely to remain eligible for clinical trials.

## Contact details

### Clinics

The MCNS is present in Professor Fennell's clinics in the Osborne Building at Leicester Royal Infirmary:

- Wednesday mornings in the Outpatient Department
- Thursdays in either the Hope Unit or Chemotherapy Suite

### Luncheon Club (MELU)

The MCNS attends the Leicestershire based Luncheon Club (MELU) for people with lung cancer or mesothelioma, and their carers. MELU meets at venues across Leicestershire and sometimes beyond. Please ask for an information leaflet.

Meetings are usually held on the last Thursday in the month. It is an opportunity to meet others in a similar situation over lunch. The MCNS attends most meetings.

### MCNS contact details

**Office telephone:** 0116 250 2615 Non-urgent messages can be left on an answerphone.

If you have an **urgent concern** please use the emergency number given to you by your treatment centre.

**Karen Lord:** Usual days at work are Wednesday, Thursday and Friday

Email: karen.lord@uhl-tr.nhs.uk

Mobile: 07950 882659

**Louise Nelson:**

Email: louise.nelson@uhl-tr.nhs.uk

Mobile: 07811 024779

If your call is not answered immediately please leave a voicemail message and the MCNS will respond as soon as possible. This service is available during office hours.

## Other useful contacts

### Professor Fennell's secretary

Telephone: 0116 258 7632

### CT Scan appointments

If you do not receive an expected appointment for a CT scan please telephone the Direct Booking Line on 0116 258 8765. Choose Option 3 (CT). Have your hospital number ready (begins with the letter S).

### Mesothelioma UK

This national charity is an excellent 'one stop shop' for information about mesothelioma, including details of clinical trials available across the UK.

**Helpline:** 0800 169 2409.

**Website:** [www.mesothelioma.uk.com](http://www.mesothelioma.uk.com)

### HOPE course

This is an online self- management course designed to help you with the emotional impact of a cancer diagnosis.

It is delivered over a six-week period.

For further information please contact the Macmillan Information and Support Centre. Telephone: 0116 2586189.

### Vita Health Group

Your local NHS talking therapies service. Offers a range of short-term psychological therapies.. You can refer yourself:

Telephone: 0330 094 5595

Website: [www.vitahealthgroup.co.uk](http://www.vitahealthgroup.co.uk)

For further information please contact the Macmillan Information and Support Centre. Telephone: 0116 2586189.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ 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 ਕਸਿ ਹੋਰ ਭਾਸ਼ਾ ਵਲਿ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦੱਤੇ 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](mailto:equality@uhl-tr.nhs.uk)