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Information about supported self-management (SSM) after treatment for endometrial cancer

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Women's and children's division

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Information for Patients

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What is supported self-management?

Now that you have completed your treatment for endometrial cancer you have been referred to a supported self-management pathway (SSM). This provides you with your follow up after treatment for endometrial cancer by offering you support and education to help you manage your health and wellbeing.

We hope that you will find the information in this booklet useful. The aim of the leaflet is to help you decide when (or if) you need to contact the Macmillan Gynaecology Oncology Clinical Nurse Specialist team (CNS) at the University Hospitals of Leicester NHS Trust. We have included information about how to get support and advice about your health.

What are the benefits of supported self-management?

Routine clinic visits and investigations often cause anxiety and stress for individuals who are well following their treatment. Other hospitals have found that SSM allows patients to put their cancer experience behind them and focus on getting back to their normal lives.

They tend to worry less about results and clinic appointments and also avoid the inconvenience that these visits may cause. It allows you (the patient) to take control - you can quickly gain access to the team when you need to. It is based on evidence showing that there is no advantage to regular, fixed-time follow-up in hospital after treatment for endometrial cancer is completed.

On completion of your treatment, your consultant will have advised you about your follow up pathway and therefore you are being seen in a nurse led clinic by one of the Macmillan Gynaecology Oncology Nurse Specialist (CNS) team to fully explain the SSM pathway.

At your appointment, with the CNS, you will have given the opportunity to complete a Personalised Care and Support Plan (PCSP) using an electronic Holistic Needs Assessment (eHNA) and have your nutritional needs assessed too.

Which symptoms should I get advice about?

Everyone has aches and pain, but when you have had endometrial cancer, you may be more aware of them and may be concerned that any pain is related to cancer. This leaflet gives you a summary of symptoms that you may want to report to your Macmillan Gynaecology Oncology Nursing team (CNS) if they develop.

If you feel you have any of these symptoms it does not necessarily mean that your cancer has come back as they can be caused by many other common conditions, but we would recommend that you telephone to discuss these symptoms with the Macmillan Gynaecology Oncology Nursing team (CNS). When you call the CNS team they will assess your symptoms, provide advice, and arrange an appointment if needed.

If you get any of the following symptoms for no apparent reason, please contact the Macmillan Gynaecology Oncology Nursing team (CNS) for further advice:

- vaginal bleeding
- vaginal discharge that does not go away
- new leg swelling – in one or both legs
- new low abdominal pain or discomfort which lasts for two weeks or more
- change in bowel or bladder habit which lasts for two weeks or more
- loss of appetite, nausea or weight loss
- new breathlessness that does not go away
- new back pain which lasts or gets worse over two weeks or more

Feelings and emotions

Everyone will have different feelings when they no longer need to see their medical team regularly. Some people feel relieved that they can start to get their lives back to normal, others may be concerned about what can happen in the future and anxious about losing contact with the hospital where they received their treatment. Most people worry about the cancer coming back. This is very normal and usually these anxieties lessen with time. Realising that there is a problem and getting help is the most important thing you can do. While it is normal to feel low from time to time, sometimes you may find the way you are feeling is interfering with your enjoyment of life.

If you are finding it difficult, please do not hesitate to contact your Macmillan Gynaecology Oncology Clinical Nursing Team.

Our commitment to you

If the Macmillan Gynaecology Oncology CNS team feels that you should be seen in one of our clinics because of any symptoms you are experiencing, we will make sure that you are offered an appointment within fourteen days of telephoning us.

If the team feel you do not need to come to clinic, they will advise you to contact your GP as your symptoms may not be due to your endometrial cancer treatment or reassure you that no further action is needed.

After your treatment has finished

Once treatment is over people often want to know what they can do to stay healthy. You may have questions about your diet, exercise and general wellbeing which we would be happy to talk about.

We can also offer advice on:

- Menopausal symptoms
- Your body image and sexuality
- Self-help courses after completion of treatment
- Financial support
- Counselling and support

The Macmillan Gynaecology Oncology Nursing Team would rather help you with something that turns out to be nothing, than for you to be at home worrying. They are here to help you, so please telephone if you have any questions or concerns.

Please note, this service is not for acutely unwell patients, so if you suddenly feel very unwell, please seek urgent medical attention through your GP, the Emergency Department or the 111/999 services.

Contacting the Macmillan Gynaecology-Oncology Nurse Specialist team

Telephone:0116 258 4840 (09:00 to 16:00 hrs., Monday to Friday)

An answerphone is available to leave a message.

Other useful contacts

Macmillan Information and Support Centre

Osborne Building, Leicester Royal Infirmary, LE1 5WW

Opening hours: Monday to Friday 8.30 am – 4.00pm

Telephone: 0116 258 6189

Email: uhl-tr.cancerinformationcentre@nhs.net

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

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

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

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

We are a research hospital and you may be asked to take part in research

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