

## An introduction to the Breast Multi-Disciplinary team - Conquest

### Introduction

We would like to introduce you to the multi-disciplinary team for breast cancer at the Conquest Hospital. We work closely with the Sussex Cancer Centre at Brighton.

### What is a multi-disciplinary team?

Diagnosis and treatment of breast cancer requires a team of experts called a multi-disciplinary team (MDT). The team brings together skills and expertise from a range of professionals with specialist training in the diagnosis, treatment and management of cancer and its impact on individuals and their families.

### How we work?

The MDT meets weekly to discuss individual cases to plan the most effective treatment and care for patients. Having discussed your case at the meeting your Consultant will discuss all the appropriate treatment options with you. The Macmillan Breast Clinical Nurse Specialists (CNS) will be present at this consultation to support you in making decisions and they will provide you with written information.

### Who are the multi-disciplinary team?

The roles of the MDT members are described below:

**Consultant Breast Surgeon:** this is a specialist doctor who is an expert in breast disease and its treatment. The Consultant Breast Surgeon will discuss the results and treatment options with you. They will perform any operations needed to remove the cancer and perform any reconstructive procedures that may be relevant. The Consultant Breast Surgeon will also discuss the results of surgery with you and will provide follow up.

**Surgical Registrar:** this is a senior doctor who has chosen to specialise in surgery and is getting specialist training in that area

**Speciality Doctor:** this is a qualified doctor who has chosen to specialise in breast disease.

**Macmillan Consultant Nurse:** this is a senior specialist nurse who has trained to examine patients, request imaging, make a diagnosis, plan treatment and provide follow up. She has a special interest in breast cancer genetics.

**Consultant Radiologist:** this is a doctor who specialises in the interpretation and use of diagnostic tests such as x-rays, mammograms, ultrasounds, MRI, CT scans and isotope bone scans. They also perform image-guided biopsies.

**Mammographer:** this is a radiographer who is skilled in the use of mammographic equipment to produce images/pictures for the Radiologist to interpret.

**Histopathologist:** this is a doctor who specialises in diagnosing disease by examining tissue samples under a microscope.

**Consultant Clinical Oncologist:** this is a doctor who specialises in the non-surgical treatment and management of breast cancer. The treatments may include radiotherapy (high-energy x-rays), drug treatment with chemotherapy and hormones or newer targeted agents.

**Consultant Medical Oncologist:** this is a doctor who specialises in the non-surgical treatment and management of breast cancer. Medical Oncologists do not supervise radiotherapy but has an interest in developing and testing new drug treatments in clinical trials.

**Macmillan Breast CNS:** this is a nurse who is an expert in the care and support of people with breast problems. The Macmillan Breast CNS will provide you with information to help you understand you diagnosis and treatment. They will provide support for you and your family throughout your treatment and follow up and can direct you to other organisations who can help with practical issues such as finance and benefits. The Macmillan Breast CNS will act as your 'Key Worker': they can talk to other members of the MDT on your behalf, if you wish, and will guide you thorough your continuing follow up.

**Research Nurse:** this nurse identifies patients who are eligible for clinical trials, provides information about the trials and supports you if you are taking part in a trial.

**The names of the Conquest MDT are below:**

<b>Consultant Breast Surgeons:</b> Miss Elizabeth Shah Mr Ash Subramanian	<b>Contact Numbers</b> Sec: 0300 131 5056 Sec: 0300 131 5057
<b>Speciality Doctor</b> Mr Shihab Uddin	Sec: 0300 131 5057
<b>Macmillan Consultant Nurse:</b> Lis Grimsey	0300 131 5387
<b>Consultant Radiologists:</b> Dr Lesley Apthorp Dr Rosie Guy Dr Rod Bernal	
<b>Mammographers:</b> Jane Hartnell Alexandra Nasir	
<b>Pathologists:</b> Dr Ian Hawley	
<b>Clinical Oncologist:</b> Provided by Brighton	Sec: 0300 131 4827
<b>Macmillan Breast Care Nurses Specialists:</b> Juliette Twyman Louise Hunter Debbie Turnbull	0300 131 4833 0300 131 4834 0300 131 4833
<b>Research Nurse:</b> Jo-anne Taylor	

## Breast Cancer treatments

Depending on your particular breast cancer you may be offered one or a combination of treatments. These can include surgery, radiotherapy (strong x-rays), chemotherapy (drug treatment) and hormone therapy (daily tablet). The treatments may involve attending hospital as an outpatient, inpatient or a day patient. If you require radiotherapy, this will be delivered at Eastbourne. All other treatments are carried out at the Conquest Hospital.

## Clinical Trials

These are research studies which compare new or different treatments with existing ones. If you are asked to take part in a clinical trial you are free to choose whether or not to take part. A research nurse will provide you with the information you need to make that decision. A decision not to take part in a clinical trial will not prejudice your care.

## Someone to talk to

The diagnosis and subsequent treatments of breast cancer can have an emotional effect on you. The Macmillan Breast CNSs are here to provide you with supportive care, advice and information for you and your family.

## Sources of information

**Breast Cancer now:** Helpline: 0808 800 6000 (freephone)  
Website: [www.breastcancernow.org.uk](http://www.breastcancernow.org.uk)

**Macmillan Cancer Support:** Helpline: 0808 808 00 00 (freephone)  
Website: [www.macmillan.org.uk](http://www.macmillan.org.uk)

**Macmillan East Sussex Welfare and Benefits Advice Service: 01323 635989**

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand Hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other Formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4500 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

Written by: Lis Grimsey, Macmillan Consultant Nurse

The following clinicians have been consulted and agreed this patient information:  
Breast MDT

The directorate group that have agreed this patient information leaflet:  
Conquest MDT

Next review date: November 2023

Responsible clinician/author: Lis Grimsey, Macmillan Consultant Nurse

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