

## Patient Information

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# An introduction to the Multidisciplinary Team (MDT) in Upper Gastro-Intestinal (GI) Cancers

## Who are the Multidisciplinary Team (MDT)?

The MDT consist of doctors, nurses and other healthcare professionals who all have specialist training and experience in the diagnosis, care and treatment of Upper Gastro-Intestinal (GI) cancers.

## Here are some of the people in the team who will be caring for you:

Surgeons based at Brighton	Mr P Hale Mr D Manifold
Physicians/Gastroenterologists	Dr M Whitehead (Hastings) Dr J Rademaker (Hastings) Dr A Dunk (Eastbourne) Dr D Neal (Eastbourne) Dr P Mayhead (Eastbourne) Dr A Zubir (Hastings)
Clinical Oncologist	Dr A Robinson
Clinical Nurse Specialists (CNS)	Gerard Burke-McCallum (Hastings) Joyce Irving (Eastbourne)
Radiologists	Dr R Joarder (Hastings) Dr H Anderson (Eastbourne)
Histopathologists	Dr K Ramasar (Eastbourne) Dr I Hawley (Hastings)

## How do we work?

We work closely together to plan and deliver the most effective treatment and care for each individual patient. This is in consultation with the patient and his/her family, and occurs at each stage of care. If there is anything about your care and treatment that you do not understand please ask, as we are all here to help. The MDT meets on a weekly basis to discuss individual patient treatment and care for both the Eastbourne and the Hastings teams via video-conference.

## Hospital treatment and investigations

Initial investigations are usually completed at your local hospital. Depending on the type of tumour, you may receive one or a combination of treatments. These can include surgery, radiotherapy (x-ray treatments), chemotherapy (drug treatment), or a treatment/procedure that will help with symptoms. If you need radiotherapy, your treatment will be based at the Royal Sussex County Hospital in Brighton. This treatment may be given as an inpatient or outpatient.

Chemotherapy can be given locally at either Hastings or Eastbourne depending on the prescribed chemotherapy course. Surgery is performed at the Royal Sussex County Hospital in Brighton and you would be cared for by the staff on Level 9A in the Millennium Wing.

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Occasionally you may need a referral to a London hospital for a particularly highly specialised treatment. If this is the case the team looking after you will explain your care in more detail.

### Pre-treatment advice

If you and your doctors decide to proceed with a treatment it is preferable that you are as well and strong as possible. Part of keeping healthy can be achieved through trying to maintain your weight or even gain some weight if you have recently lost some. You can ask for a referral to a dietician who will be able to give you dietary advice and leaflets. Macmillan Cancer Support produce a leaflet on dietary choices and their contact details are at the end of this leaflet. Try and ensure that you get enough rest as well as exercise. If surgery is the treatment suggested for you by the team, research has shown that if a person gives up smoking before an operation that it will help decrease the risk of post-operative complications.

### Clinical Trials

These are research studies which compare new or different treatment with existing ones. If you are asked to join a clinical trial, you are free to choose whether or not to take part in it. The Clinical Nurse Specialist and specially trained research nurses will provide you with the information you need to make that decision.

### Patient held record

There is an optional record book available that has been produced by a range of health care professionals and patients across the Sussex Cancer Network. The aim of the booklet is to help improve information for patients and communications between hospital staff, GPs, District Nurses and other community staff. There is a space in the booklet to allow you to record your own personal notes, medication, treatments and appointments.

### Someone to talk to

The diagnosis and subsequent treatment(s) of an Upper GI tumour can have a major emotional effect on a person. There is a list of people that you may find it helpful to talk to at the end of this leaflet. The Clinical Nurse Specialists (**who will also be known as your key worker**) are here to provide supportive care, advice and information about your particular type of cancer.

### Useful sources of support and information

Further support and information can be obtained from one of the following sources:

#### Macmillan Clinical Nurse Specialists:

Gerard Burke-McCallum (Hastings) 01424 757510  
Joyce Irving (Eastbourne) 01323 435831

#### Macmillan Family support Worker:

Karen Aylward (Eastbourne) – provision of free, confidential, emotional and psychological support 01323 414918 extn 3252

#### Oesophageal Patients Association:

Free leaflets call David Kirby 0121 704 9860  
Website: [www.opa.org.uk](http://www.opa.org.uk)

#### Thames Valley Oesophageal Group (TOG)

01753 862 954 (helpline number)

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Telephone:

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

Website:

### **Southern Oesophageal Support Group (SOSG)**

SOSG is a self-help group that can put you in touch with ex-patients and offers practical advice

Website:

[www.sosg.info](http://www.sosg.info)

### **Macmillan Cancer Support**

Telephone:

0808 808 0000

Website:

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

### **Sussex Cancer Network**

Website:

[www.sussexcancer.net](http://www.sussexcancer.net)

For your information you can request a copy of your consultation letter, if you would find this helpful.

### **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 our Patient Advice and Liaison Service (PALS) – details below.

### **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**

This information is available in alternative formats such as large print or electronically on request. Interpreters can also be booked. Please contact the Patient Advice and Liaison Service (PALS) offices, found in the main reception areas:

#### **Conquest Hospital**

Email: [palsh@esht.nhs.uk](mailto:palsh@esht.nhs.uk) - Telephone: **01424 758090**

#### **Eastbourne District General Hospital**

Email: [palse@esht.nhs.uk](mailto:palse@esht.nhs.uk) - Telephone: **01323 435886**

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: Joyce Irving UGI Nurse Specialist (Eastbourne) Gerard Burke-McCallum, UGI Clinical Nurse Specialist (Conquest). Typed by: Susan Mayston, PA to the Cancer Management Team.

The following clinicians have been consulted and agreed this patient information:  
Dr Neal Consultant Gastroenterologist (Eastbourne), Dr Rademaker Consultant Gastroenterologist (Conquest), Mr Hale Consultant Surgeon (Brighton)

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