

## Head and neck cancer pathway information

### Following your diagnosis

It is hoped that this short information sheet will help to explain what happens next following your head and neck cancer diagnosis. This information sheet has been designed to help you understand more about what happens in the weeks ahead and the additional investigations and appointments you will be asked to attend.

### What happens next?

#### Investigations:

Following your diagnosis you will be referred for one or both of the following:

- CT Scan (Computerised Tomography)
- MRI Scan (Magnetic Resonance Imaging)

(For further information on CT and MRI scans please refer to your Understanding Head and Neck Cancer or other information booklet that you should have received in your pack today).

These scans will take place in the Radiology Department of your local hospital – Conquest Hospital or Eastbourne DGH. The Radiology Department should contact you within two weeks of your diagnosis and you may have to attend on two separate visits for your scans. These investigations are necessary to help the team gather all the information required so that an individual treatment plan can be determined and then discussed with you.

### Multi-disciplinary team (MDT)

Following these investigations you will be invited to attend the Head and Neck Joint Clinic in Brighton, East Sussex. It is helpful to bring a family member or friend with you to this appointment to support you as there is a lot of information given at this appointment.

As Head and Neck Cancers are considered uncommon cancers they are therefore treated by a multi-disciplinary team (MDT) that have a high degree of expertise. For patients in Sussex your local Centre is Brighton. The multi-disciplinary team meets weekly on a Wednesday morning to discuss the diagnosis, care and treatment of each patient.

The MDT is a team of specialists who all have specialist training and experience in the diagnosis, care and treatment of head and neck cancers. The team work closely together to plan and deliver the most effective treatment and care for each individual patient. Any decisions made at this meeting are then discussed in consultation with you in the joint Head and Neck clinic and a treatment plan is agreed. You will have an opportunity to discuss your treatment options and any questions you may have. You may also meet other members of the hospital support team.

#### The head and neck team is made up of:

Surgeons	Dieticians
Oncologists	Head and Neck Cancer Nurse Specialists
Radiologists	Speech and Language Therapists
A Pathologist	

## Your MDT hospital appointment will take place at:

The Sussex Cancer Centre,  
Royal Sussex County Hospital,  
Eastern Road,  
Brighton, BN2 5BE

Telephone: (01273) 696955

## Where will my treatment take place?

Treatment may include surgery, radiotherapy and chemotherapy or a combination of these. Almost all surgery, radiotherapy or chemotherapy treatments will take place in Brighton at the Royal Sussex County Hospital.

## Keyworker

You should be assigned a keyworker early on. Your keyworker will be your main point of contact throughout your treatment and will provide supportive care and any advice or information you require as well as helping to coordinate your care. This role is usually carried out by the Clinical Nurse Specialist, but this is not always the case and this person may change as your needs change. We will let you know when this happens.

There is often so much information to take in and questions you may want to ask. Please do not hesitate to ask any questions no matter how silly you might think they are.

## Who may I contact if I have any questions?

**Hannah Friend - Macmillan Head and Neck Nurse Specialist**

Tel: 07760 554037 or (01323) 417400 via radiopager

**Karen McInally - Macmillan Speech and Language Therapist**

Tel: 07769 742473

**Fiona Pearson - Macmillan Head and Neck and Upper GI Specialist Dietician**

Tel: 07775 034918

## Other sources of information

Conquest Hospital – Tel: (01424) 755255 (ask for maxillofacial or ENT department)

Eastbourne DGH – Tel: (01323) 417400 (ask for maxillofacial or ENT department)

## Useful websites

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

Mouth cancer foundation - [www.mouthcancerfoundation.org](http://www.mouthcancerfoundation.org)

Sussex Cancer Network - [www.sussexcancer.net](http://www.sussexcancer.net)

## 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: (01323) 417400 Ext: 5860 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: 01424 755255 Ext: 2620**

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

This leaflet is based on information from the Maxillofacial and ENT teams at East Sussex Healthcare NHS Trust:

Chin Barton, ENT Nurse Practitioner/ Outpatient Manager, Hannah Friend, Macmillan Clinical Nurse Specialist, Karen McNally, Macmillan Speech and Language Therapist, Fiona Pearson, Macmillan Head and Neck and Upper GI Dietician.

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

Mr S Baer, ENT Consultant, Mr P Kirkland, Consultant ENT and Thyroid Surgeon, Mr G Manjaly, ENT Consultant, Mr C J Surwald, Consultant in Maxillofacial Surgery/ MDT Lead Clinician for East Sussex Healthcare NHS Trust), Mr N Violaris, ENT Consultant

Next review date: June 2019  
Responsible clinician/author: Hannah Friend, Macmillan Head and Neck CNS in close collaboration and with input from the local Head and Neck team.