

The Gynaecological cancer team multi-disciplinary team (MDT) and your Key Worker

A **multi-disciplinary team - or MDT** – are a group of healthcare professionals who are involved in your care at various stages from suspected diagnosis to treatment. The MDT consists of doctors, specialist nurses, MDT pathway co-ordinator and other health care professionals - all have training and experience in caring for women with a gynaecological cancer. Each health care professional has a different role and the people involved in your care may change depending on the diagnosis and your needs.

How do we work?

At your outpatient appointment, you will be seen either by a doctor or a specialist nurse in gynaecology. They will discuss your symptoms, any scan or blood results and if your case requires discussion at a multi-disciplinary team, they will refer your case for discussion. Patient's do not attend this meeting.

Every Wednesday, from 1.00-2.00pm, members of the gynaecology team from East Sussex Health Trust meet to discuss your care. Any scans, blood tests, biopsy results are also discussed along with potential treatment options. The health care professional who refers your case may ring you with the outcome of this meeting or you may receive a telephone call from another member of the gynaecology team. You will have the opportunity to ask questions and be offered written information at this point or you may require additional investigations such as an MRI or CT scan.

The gynaecology team working at East Sussex Health Trust also work closely with the gynaecological cancer team at The Royal Sussex County Hospital in Brighton. Some women may be referred to the gynaecological cancer **MDT** for a specialist opinion. This meeting takes place weekly on a Tuesday morning and any results are shared with you either by telephone and/or at a face to face consultation in the Gynaecology department at Eastbourne District General Hospital.

We will always communicate with your GP via email and/or letter so they are informed of your diagnosis and proposed treatment plan. You will also be copied in any outpatient clinic letters and provided a copy of your discharge summary after surgery or an inpatient stay. You may opt out if this is something you prefer. We also have a number of clinical trials in cancer care and you may be eligible for a cancer research trial, which your Oncologist will discuss with you at a face to face meeting.

How do we work?

The **Macmillan** Clinical Nurse Specialists are **Sarah Quinnell** and **Emma Mathurine** and may also be referred to as your 'Key worker'. They are 'adopted' by Macmillan, meaning they are able access materials branded by Macmillan to help support women with a diagnosis, understand treatment options along with many other helpful booklets. They are hospital based (not able to visit you at home) and their main role is to provide expert information, advice and support to women with a suspected or actual diagnosis of a gynaecological cancer. You may be contacted by either one of them by phone or at a face to face appointment before, at the time of or after diagnosis. Generally speaking, **Sarah** provides support to women living around the Hasting, Rye, Battle area and **Emma** provides support to women around the Eastbourne, Seaford, Lewes area. They also as a link between the different specialists involved in your care,

your GP and the gynaecological cancer team at the Royal Sussex County Hospital in Brighton. We understand having a cancer can affect your finances which may be stretched even more during these difficult times. Financial support and Macmillan grants can be sought via the Macmillan website or by contacting the **Macmillan Support Line** on: 0808 808 0000 which is open seven days a week from 8am to 8pm.

Your key worker's contact details:

Sarah Quinnell, Macmillan Clinical Nurse Specialist Gynae-oncology

Monday to Thursday 8.30-4.30pm (Wed 8.00-6.00pm) alternate Mon/Fri

☎ 07970 595985 ✉ sarah.quinnell@nhs.net

Emma Mathurine Macmillan Clinical Nurse Specialist Gynae-oncology

Monday to Thursday 8.30-4.30pm (Wed 8.00-6.00pm) alternate Mon/Fri

☎ 07812 461564 ✉ emma.mathurine@nhs.net

Holistic needs Assessment (HNA)

People who have a cancer diagnosis can be affected in a variety of ways. 'Holistic' means whole, which includes your physical, emotional, social and spiritual well-being. People sometimes find it difficult to raise issues that are sensitive and important to them with their team.

An assessment can help the team to provide the right level of support and care for you. You do not have to complete an HNA but many people with cancer find it opens up discussions about your wishes and concerns which may not otherwise be raised. These may include relationship, financial or more practical concerns that can be pushed to one side while treatment is underway.

If you would like to complete an HNA, please do not hesitate to ask your key worker, at any point of your care and this can be either be sent via the post, discussed over the telephone or at a follow up appointment in person. Further information about this can be found in the Macmillan booklet 'Your support and Follow up care'.

Information about outpatient appointments and COVID-19

Please be aware that you are welcome to bring one other significant other to outpatient consultations. This can be very helpful when there is a lot of information to digest. We ask that a mask is applied covering the nose and mouth during the coronavirus pandemic. If you do not have access, fluid resistant surgical masks can be found at the Main entrance of the hospital along with alcohol gel. You may be asked to have a temperature check prior to entry. Please note the guidance is subject to change, in light of the roll out of COVID vaccination programme over the coming months.

While fear and anxiety are natural and completely normal emotions to a stressful situation, managing your stress and mental health is as important as managing your physical health. We encourage you to stay connected with family, friends and health care professionals.

Your comments

The information in this leaflet is not meant as a substitute to the additional information we will give you about your specific cancer or about the support groups available. However, we are interested to hear your views about our leaflets. Please do not hesitate to contact us if you would find it helpful to have additional information included.

Macmillan Cancer Support line: Freephone 0808 808 00 00
7 days a week 8am –8pm



Sources of information

Macmillan Clinical Nurse Specialist Gynaecological oncology. Macmillan
www.macmillan.org.uk

Important information

This patient information 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 (direct dial) or by email at: 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 4434 Email: 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.

Reference

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

Mr Elhami Ebeid Consultant Gynaecologist and Gynae-oncology lead

Miss Kerry Sargant Consultant Gynaecologist with interest in gynaecological cancer

Miss Sarah Quinnell, Macmillan Clinical Nurse Specialist Gynaecological cancer

The Clinical Specialty/Unit that have agreed this patient information leaflet:

Enter name here, if appropriate

Next review date: February 2025

Responsible clinician/author: Emma Mathurine, Macmillan Clinical Nurse Specialist
Gynaecological cancer

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