

## Useful contacts & links

### EASTBOURNE DGH

Kings Drive, Eastbourne, BN21 2UD

Secretaries: 0300 131 4500

ext 734809/734810/734812

Email:

esht.edghgastrosecretaries@nhs.net

### CONQUEST HOSPITAL

The Ridge, St Leonards-On-Sea, TN37 7RD

Secretaries: 0300 131 4500

ext 773354/735010

Email: esht.conqgastrosecs@nhs.net



### Better Nutrition in Cancer

Scan the QR code or visit [betternutritionincancer.com](https://www.betternutritionincancer.com) for access to further nutritional tips and advice

- **Diagnostic Dept:** (inc MRI, USS, CT, Oesophageal/Biliary stenting) **Switch-board** 0300 131 4500 (*please specify which imaging you require*)
- **PET CT:** Brighton 01273 523040 | Maidstone 01622 228235
- **DOTATATE GUYS:** 020 7188 5542
- **Chemotherapy Queries:** Pevensey Day Unit: 0300 131 4807 | Judy Beard Unit: 0300 131 5075
- **Radiotherapy Queries:** 0300 131 4500
- **Care for the Carers:** 01323 738390
- **Macmillan Welfare Benefits Guide:** 01323 635989
- **Macmillan Cancer Support (Free):** 0808 808 0000
- **Patient Transport:** 0300 123 9841

### EMERGENCIES

For advice regarding symptom control, contact your GP. If you need advice over bank holiday or out of hours, contact: 111

If you are on systemic therapy– please contact the Chemotherapy Units above or out of hours (inc Bank Holidays) number **0300 131 4808**



East Sussex Healthcare

NHS Trust



## A guide to your Specialist Oesophago-Gastric (OG) pathway

## Clinical Nurse Specialists (CNS)

We are registered nurses who work alongside a multi-professional gastroenterology team

We play a key role in supporting your care and will be the central point of contact between you and your treating MDT (Multi disciplinary team) We offer advice and give psychological support to you and those close to you throughout your illness. Your CNS will be present at most of your consultant appointments, but are on hand for advice and support via phone or email when you need it

As our role involves visiting patients on the wards and attending clinics, there will be occasions when the team are not available at the time of your call. We do have a voicemail service, so please do leave us a message with your **name, x number (hospital trust number) and your contact number**, and we will return your call as soon as we can, which may not be until the next working day. Messages will be prioritised according to clinical need.



### SUPPORT FOR YOUR FAMILY

Our support is available to you, your partner and your family

Yourself and your family members can also access a free local counselling service provided by our **Macmillan Family Support Worker—07747472657**

For Conquest residents, there is also a service which provides counselling, complimentary therapies and group activities, **The Sara Lee Trust—01424 456608**

## Your CNS Team

### Eastbourne District General Hospital

Kings Drive, Eastbourne, BN21 2UD

**Anita Ivimy & Olena Clarke 0300 131 4500 ext 773588**

**Email:** [esht.uppergicnseastbourne@nhs.net](mailto:esht.uppergicnseastbourne@nhs.net)

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### Conquest Hospital

The Ridge, St Leonards-On-Sea, TN37 7RD

**Becky Gabriel & Lisa Arnold 07773118052**

**Support Worker:** *Sadie Trotman*

Direct dial: 0300 131 5817 or 5818

**Email:** [esht.uppergicnsconquest@nhs.net](mailto:esht.uppergicnsconquest@nhs.net)

### IMPORTANT INFORMATION

Please note, the CNS team contacts are not an emergency service— if you require urgent advice or are concerned about deterioration in your condition, please contact your GP practice or 111 if this is over the bank holiday period or out of working hours



st michael's hospice



St Wilfrid's Hospice

### PALLIATIVE CARE TEAM

If you are known to the Community Palliative Care Team, you can also contact the Nurse-Led service at:

**Eastbourne:** St Wilfrid's Hospice (this is covered 24hrs/7 days a week)  
01323 434222

**Conquest:** St Michael's Hospice (this is covered 24hrs/7 days a week)  
01424 445177

## Specialist Dietitians

Whilst under the care of the Oesophago-Gastric (OG) team, you will also be supported by a team of specialist dietitians. Their guidance will be tailored to your individual needs, depending on the stage of disease and its effects.

They will keep in regular contact as and when it is needed via a face to face appointment or by telephone.

The dietitians will be able to support you with the following:

- **Altered textured diets (e.g. soft and/or liquid diets) associated with any swallowing difficulties related to your diagnosis**
- **Unintentional weight loss**
- **Nutritional supplement drinks**
- **Tube feeding**
- **Chemotherapy/radiotherapy side effects that affect eating and drinking**
- **Ongoing support with dietary changes following your operation**
- **Disruptions to usual bowel habits**
- **Vitamin and mineral monitoring**

While you are undergoing investigations, during any oncology treatment you have locally or if you are not having any treatment, you will receive care from the **East Sussex Macmillan Dietitians**

**0300 13 14 532 | [esh-tr.Dietitians@nhs.net](mailto:esh-tr.Dietitians@nhs.net)**

If you are having surgery at the Royal Surrey Hospital, you will also be supported by the **Royal Surrey Dietitians**. You will meet them at your first appointment and when you attend the Royal Surrey Hospital for your surgery. They will also provide long-term follow-up after your surgery

**01483 464119 | [rsch.ogdietitians@nhs.net](mailto:rsch.ogdietitians@nhs.net)**

## Consultant Oncologists & Surgeons

### ONCOLOGISTS

Depending on your diagnosis and treatment pathway, you may be seen by an Oncologist before and/ or after surgery, or as stand alone treatments. On occasion, you may be seen by a different specialist in the team.

Both clinical oncologists and medical oncologists deliver non-surgical cancer treatment, clinical oncologists primarily deliver radiotherapy. Medical Oncologists deliver systemic anti-cancer treatment such as chemotherapy



**Dr Victoria Donovan Dr Angus Robinson**

**Medical Oncologist | Clinical Oncologist**

**East Sussex Healthcare**

**NHS Trust**

### ESHT ONCOLOGY CONTACT DETAILS

**Secretaries:** 0300 131 4500 | ext 735879, ext 735878

### SURGEONS

If you are a candidate for surgical treatment, you will be referred to our tertiary centre, Royal Surrey County Hospital, Guildford (RSCH)

These are the current list of surgeons: **Mr Shaun Preston**

**Mr Nima Abbassi-Ghadi**

**Mr Pritam Singh**

**Mr Anantha Madhavan**

**Mr Rob Walker**



**Royal Surrey**

**NHS Foundation Trust**

### RSCH CONTACT DETAILS

**Secretaries:** 0148 357 1122 | ext 4548, ext 2704, ext 6391

## The Multi-disciplinary Meeting

We would like to introduce you to the multi-disciplinary team (MDT or MDM) for Upper Gastro Intestinal cancer, at East Sussex Healthcare NHS Trust

You will be cared for by a Multidisciplinary team consisting of doctors and nurses who all have specialist training and experience in the diagnosis, care and treatment of patients with UGI cancers. We have listed some of the people in the team caring for you:

- **Specialist Gastrointestinal (GI) Cancer Surgeons**
- **Specialist Oncologists**
- **Gastroenterologists, trained in the medical management of diseases affecting the oesophagus and stomach**
- **Macmillan Clinical Nurse Specialists (Key Workers)**
- **Radiologists, who will have special expertise interpreting scans in relation to Upper gastro Intestinal cancers**
- **Palliative Care team, who offer advice and support for patients requiring palliative input i.e. pain management**
- **Patient Pathway coordinator, who ensures the patients care pathway, is smooth and timely**
- **Dietitian, who provide expert knowledge for patients with swallowing issues related to their cancer.**

The MDT works closely together to plan and deliver the most effective treatment and care for each individual patient. This is done in consultation with you and your family, and occurs at each stage of the treatment pathway. The MDT meet on a weekly basis: Friday 08.45– 10.00, to discuss individual patients' treatment and care.

## Additional notes

### Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on: **0300 131 4784** or [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net).

### Other formats

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

**0300 131 4434** or [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)

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

**What are the most important things for us to take into consideration right now, about you, when planning your care?**

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