

Patient Information Leaflet

Applegate Breast Care Service

**Produced by:  
Clinical Nurse Specialists—Breast Care**

**June 2012  
Review due June 2015**



## **Key Worker**

A Key Worker is the person who is your link to the multidisciplinary team. You may have questions you would like to ask of them or queries to put to them. The Key Worker for you is: -

.....

## **Personal & Confidential Service:**

The Breast Care Team are located in the Applegate bungalow and are available 8 am to 4 pm Monday to Friday. We are always pleased to see anyone, but would appreciate a phone call first as we are often working on the wards. We do run an appointment system to prevent people having to wait too long to be seen.

We are qualified nurses especially trained in the care of people with breast cancer.

Support, advice, counselling and information is available for those who have breast disease. Our services are also available for relatives and carers.

We liaise closely with other professionals such as surgeons, breast screening units, oncologists, GP's, social workers, district nurses, practice nurses, physiotherapists, plastic surgeons and Macmillan nurses.

## **Breast Care Services:**

- Counselling for both screening and symptomatic women.
- Advice on breast reconstruction (plastic surgery)
- Promote and support research into breast cancer nursing.
- Advice on bras, clothing and fitting of prosthesis (artificial breast)
- Promote breast cancer support and screening
- Post operative rehabilitation
- Advice and treatment of lymphoedema (swelling of the arm)
- Promote the highest standards of nursing care for patients with breast disease
- Continuing on-going support following treatment.
- Provide support, information at surgical and oncological clinics and during treatment.
- To link and liaise with other professionals.
- Promoting breast awareness.
- Psychological support for staff and patients.
- We also offer reflexology and massage, free of charge, supported financially by donations.

## **Education:**

- Education of women in breast awareness, the breast screening programme and research into breast disease.
- Act as a resource for information, advice and expertise in the speciality
- Promote education and training of nurses in this field.

## **Breast cancer Support Group-**

- **Applegate Ladies Group**
- For further details please contact Applegate Unit

However the Breast Care Nurses work as a team and anyone of us will endeavour to help you. Through your course of treatment you will probably meet all of us from time to time.

## **Check List**

You have been diagnosed with pre-cancer/in-situ disease or breast cancer; you should be given information and contact details to help you in understanding your diagnosis. Below is a list of prompts to ensure you have all the information you need.

Have you met a Clinical Nurse Specialist in Breast Care? If not and you would like to, please ring 534562

Do you have enough information about your operation? If not please ring 534562

**Are you having radiotherapy?**

It would be helpful if you ring 534562 to let us know when you are due to start, and when you finish your treatment there may be issues we can help with. We like to keep in touch with our patients following completion of their treatment in Southampton.

**Are you having chemotherapy?**

If so you will see the chemotherapy nurses regularly, they can be contacted on 534916 however we are also here for further support and advice should you need it.

**Have you had a mastectomy? Do you need a swimming costume?**

- If so we are able to advise and provide you with the information required.
- If you have any questions about bras, i.e. fitting, being measured or pockets in bras, please feel free to contact us.
- If you have had the whole of your breast removed (i.e. a mastectomy), or part of your breast removed, you may need a prosthesis (an artificial breast) to wear in your bra. If we have not arranged a date for a fitting, please call on 534562.
- If you feel very low and tearful, not sleeping well, please call us 534562, we may be able to help you understand the reasons for this and advise you.
- If you or a relative are concerned about the risks of another family member developing breast cancer, we would be pleased to discuss this with you.
- Do you have concerns about lymphoedema (a swelling of your hand or arm) or care of your arm following surgery to remove the lymph glands or radiotherapy to the underarm? Please contact us.

If you are interested in learning more about how to examine your breasts i.e. how to be breast aware, we would be happy to discuss this with you.

If you have any concerns or would like more information, The Clinical Nurse Specialists in Breast Care can be contacted on 01983-534562 Monday – Friday 8am – 4pm There is an answer phone and if you leave a message we will get back to you as soon as we can

If you have any urgent concerns at the weekend please contact:

**Multidisciplinary Team Meeting.**

The Multidisciplinary Team Meeting is held to discuss the management of your cancer and your treatment plan.

The meeting is chaired by the Clinical Lead for your specific type of cancer. The core members who have to be present at each meeting are:

The Surgeon - initially in charge of your case and your surgery.

The Histopathologist - who will look at the tissue under the microscope and give the results to the team.

The Oncologist - who discusses and plans further treatments over and above surgery.

The Clinical Nurse Specialist - who is here to support you and your family through your treatment whatever it may be.

The Radiologist or a representative - who reads any x-rays, scans, mammograms and other diagnostic imaging tests you may have had.

We have extended members of the team who have an input to the discussion and, along with the core members, form a knowledgeable team helping to decide the best treatment for you as an individual.

If you would like a written record of your consultation with the surgeon / oncologist such as a copy of the letter that goes to your doctor, or even a copy of the discussion from the multidisciplinary meeting, please could you let your key worker know. Your key worker is likely to be the specialist nurse you saw in Outpatients when you were given your results or if not please ask any member of the team. If you are ever unable to speak to your key worker, **please remember** that you can contact **any** member of the team involved in your care.

If you would like a list of names of those in the core team, please ask.

Ask your key worker how frequently the multi-disciplinary meetings are held, so that you can request information at the right time. You have a right to this information and we are pleased to be able to offer this.

**Contact details:**

Applegate Breast Care Nurses, Applegate Unit, St Mary's Hospital  
Telephone: 01983 534562, available 08.00-16.00 Monday to Friday  
or  
St. Helens Ward on 524081 ext. 4701

Out of hours please leave a message on the answer phone.  
Fax: 01983 534094

You can get further information on all sorts of health issues through NHS interactive available through Sky TV or online at: <http://www.nhsdirect.nhs.uk/>

For Health advice and out of hours GP service please call Island Health Line on 0845 6031007

**We Value Your Views On Our Service**

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive  
Isle Of Wight NHS Trust  
St Mary's Hospital  
Newport  
Isle of Wight  
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at [enquires@cqc.org.uk](mailto:enquires@cqc.org.uk)

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: 01983 550386 to talk to Island Quitters.

Ref: BC/ABC/6