

The Christie Lymphoma Group **The ADAPT programme**

Long term follow up of patients with lymphoma at The Christie

What is ADAPT?

ADAPT (Managed Local Follow up of Long Term Lymphoma Survivors) is a planned individualised programme of care, that focuses on your future health and wellbeing now that your lymphoma has been treated and the risk of it returning is very low. Some people, over time, may develop new health problems called late effects as a result of their lymphoma treatment. Helping to maintain optimal good health, identifying potential future health problems and taking steps to minimise them is the purpose of ADAPT.

Who is suitable for ADAPT?

- People who have completed their planned treatment for high grade non-Hodgkin lymphoma/Hodgkin lymphoma followed by 4-5 years of regular hospital follow up and are now in a long term remission, no longer requiring regular review (ADAPT-1).
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- People who have an indolent, slow growing (Low Grade) Lymphoma who have never required treatment or, are many years following completion of their Lymphoma treatment and remain symptom free and well, no longer requiring regular appointments (ADAPT-2).

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **the-christie.patient.information@nhs.net**

For information and advice visit the cancer information centres at Withington, Oldham, Salford or Macclesfield. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week



What is the ADAPT process?

You will be offered a consultation with the ADAPT nurse specialist who will discuss a bespoke Long Term Management Plan with you, tailored to the specific treatment you have received.

For patients treated for high grade non-Hodgkin lymphoma or Hodgkin lymphoma suitable for ADAPT-1, potential late effects will be highlighted and the likelihood of their occurrence discussed. Specific advice is then offered on what to look out for and how to reduce those risks as far as possible. For example, if you have received chemotherapy that can affect your heart function, we will offer advice about the importance of having your blood pressure monitored and of maintaining a healthy diet with regular exercise.

For people with indolent lymphoma suitable for ADAPT-2, the Management Plan will offer guidance on how to recognise signs that the lymphoma may be returning, as well as providing information on maintaining optimal health.

You will be provided with a written copy of your Management Plan. A copy will also be sent to your GP. We may ask your GP to assist in some aspects of your late effect monitoring. For example, blood pressure checks or performing some blood tests.

Following your ADAPT consultation, regular attendance in the lymphoma clinic will not be required. However you have not been discharged from our care. Instead a system of open follow up is in place, whereby if you have any future worries or concerns about your lymphoma returning, then we will arrange to see you again without a referral from your GP.

Who are the ADAPT team?

The ADAPT team comprises a lymphoma consultant; a specialist nurse and two administrators.

The role of the ADAPT Lymphoma nurse specialist

Your ADAPT nurse specialist is Tracy Howe.

Tracy is an experienced cancer nurse who has expertise in caring for patients with lymphoma. As your key worker for ADAPT, Tracy will:

- Discuss with you any concerns you may have about the possibility of developing long term effects as a result of your lymphoma treatment and any specific risks that you may be worried about.
- Talk with you about the impact on your emotional wellbeing, relationships with others and the impact on work and day to day living
- Help sign post you to further information or support or assist in referring you to other specialists if appropriate.
- Discuss ways of promoting good health and wellbeing.
- Be your main point of contact should you have concerns in the future. about lymphoma returning and arrange for you to be seen at The Christie if necessary.

How to get in touch with the ADAPT team

By email: tracy.howe4@nhs.net

By telephone: **0161 956 1247** (answer machine)

Tracy is available on a Wednesday and Thursday only. For any queries in her absence please contact the ADAPT administrators on **0161 918 7516**.

Where to obtain additional information

The following organisations also have useful information on the late effects of cancer treatment and 'living with and beyond cancer' that may be of interest:

- Lymphoma Action lymphoma-action.org.uk
- Macmillan macmillan.org.uk
- Blood Cancer UK bloodcancer.org.uk