

Radiotherapy department

# Using MyChristie-MyHealth during radiotherapy

## What is radiotherapy?

Radiotherapy is a treatment that uses high energy rays to treat cancer.

Most people do well during treatment, but some may have side effects such as:

- tiredness
- sore, dry, or red skin
- pain or discomfort
- feeling sick or not feeling hungry
- problems with eating, drinking, or going to the toilet

Your clinical team is here to support you. It is important to tell them how you are feeling so they can help quickly if problems start.

## What is MyChristie-MyHealth?

MyChristie-MyHealth is an online questionnaire service that helps your clinical team see how you are feeling during treatment.

- You can fill in MyChristie-MyHealth questionnaires from home using your phone, tablet, or computer.
- The questions asked are about your symptoms and how you are feeling.
- After you finish the questionnaire, you will get advice about what to do or who to contact if you need help.

Using MyChristie-MyHealth helps your team to:

- keep a close eye on your health
- offer support that is tailored to your needs
- understand better what is most important to you



## How it works during radiotherapy

If this service is right for you, your clinical team will invite you to join.

- Each week during treatment, you will get a text or email asking you to complete a MyChristie-MyHealth questionnaire.
- You can complete it from home, at a time that suits you.
- Your clinical team will look at your answers within 72 hours.
- If they are concerned about your symptoms or test results, they may call you, arrange to see you in person, or link you with another service.
- If you need medication, most prescriptions can be sent straight to The Christie pharmacy, and you will get a text when it is ready.

You will also see radiographers during your treatment. They will check on you regularly and will tell your clinical team if they have any concerns.

## How to get involved

- If the service is right for you, your clinical team will discuss this with you and sign you up to MyChristie-MyHealth.
- You will get a link to the online questionnaire by text. If you prefer the link to be sent by email, please tell your clinical team.
- You can choose to stop using MyChristie-MyHealth at any time. This will **not** affect the care you receive. Your team will continue to check on you in person or by phone.

## How to get support

- If you do not have internet access or a smart phone and need help with the questionnaire, call MyChristie-MyHealth on **0161 446 8606** (Monday to Friday, 9am to 5pm) or speak to the radiotherapy staff.
- If you are worried about your health or need urgent advice, **do not** contact MyChristie-MyHealth. Instead, speak to your radiotherapy team during working hours or call The Christie Hotline on **0161 446 3658** (open 24 hours a day, 7 days a week).

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