My Proton Beam Therapy Journey
Hello and welcome to the proton beam therapy centre at The Christie!
You’re coming for proton beam therapy and I’m here to show you what will happen when you come to see us!

You’ll soon be an expert in everything to do with proton beam therapy!

The proton beam therapy centre is a big building which has lots of amazing machines, great activity areas and spaces for you to explore.
Our spaces

We have a play preparation room where you can learn about the different things we do at the centre.
The proton beam therapy centre has a lot of staff who are here to help you and your family.

- Health play specialists
- Paediatric nurse clinicians
- Paediatric senior sister
- Paediatric radiographers
- Consultants
- Paediatric nurses
- Treatment radiographers

Some of the team members are health play specialists. They are here to support you and they will help you understand your proton beam therapy and make sure you have activities to do while you are here. On the first day at the proton beam therapy centre, you will meet your consultant and key worker.

A consultant is a senior doctor who is in charge of your treatment. They plan proton beam therapy and spend time with your family, learning all about you.

You will also meet your key worker. Key workers are nurses or radiographers who look after you when you come for treatment.
You will have quite a few things to do when you are here and before you start treatment.

The tasks may include:

• Preparation for treatment
• Making a mask, vac-bag and/or having permanent marks
• CT scan
• MRI scan
• Visiting Royal Manchester Children’s Hospital

Preparation is important to help you understand your treatment and the things you need to do. The health play specialists are here to help you at every step of the way!

Let’s find out about the other tasks...
How do we make masks and vac-bags?

The material used to make masks is hard at first - but once it is warmed up in the mask warmer, it becomes very soft.

When the material is soft, the radiographers can place it over the area that needs proton beam therapy. It feels very warm at first and cools down quickly.

You will also have a neck rest made to support your neck and head.

Your health play specialist can stay with you when your mask is being made and you can listen to some music too.

Vac-bags are flat bean bags. You lie on them and the air in the vac-bag is removed and this makes the bag fit to the shape of your body.
It takes around 10 minutes for the material to set. You must stay very still whilst it is setting to make sure it is perfect. When you have finished your tasks, you can decorate your mask!

Can you think of a design for your mask?

If you need to have treatment to your tummy or chest area, you may have some permanent marks made.

Tiny permanent marks are made on your body which help us to know you are in the same position each time for treatment.

They will be done only once before you start treatment, right after your CT scan. Your team will tell you how many marks you need to have.

You can also listen to music or an audio story. What's on your playlist?

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The CT scanner takes pictures of you which the doctors use to plan your proton beam therapy.

We use laser lines to make sure you are in the right position on the bed.

You need to stay very still during your scan so we can get really good pictures. Your mask or vac-bag will help you to stay still.

You may need to have contrast for your CT and MRI scans. Contrast is a liquid that helps to make your scan pictures clearer. It is given through your line or a cannula.
Task 4 - You will go to the MRI scanner

This is a coil which may be placed over you during your MRI scan.

This is a camera that takes pictures to plan the treatment for you.

You must stay very still during your scan but you can listen to music.

The MRI scanner looks like a tunnel and you will wear your mask or lie in your vac-bag during your MRI scan too.

You may need to have contrast for your scans. Contrast is a liquid that helps to make your scan pictures clearer. It is given through your line or a cannula.
If your doctor wants you to have chemotherapy whilst you are having proton beam therapy, you will have this at Royal Manchester Children’s Hospital on Ward 84.

You will have a visit over there before you start your treatment so the team can meet you and show you around.

Task 5 - Go to visit Royal Manchester Children’s Hospital

After these tasks are complete, you will be able to go home!

When your treatment plan is ready, you will come back to the proton beam therapy centre at The Christie.
Let’s have a look at a proton beam therapy machine. It is called a gantry.

Our gantry is just like a big camera! It can take pictures and gives your proton beam therapy which is invisible. It has a bed which can move to get you in the right place. You need to stay very still when you are on the bed so we know you are in the right position.

This is what you will see when you’re lying on the bed.

The radiographers will be behind a screen.

The gantry can move around you and never touches you. The gantry has X-ray panels which come out from the side. You will wear your mask or be lying on your vac-bag each time you have proton beam therapy.
The proton gantry

Information about the gantry

What does it sound like?
You will hear a beeping and buzzing sound when the gantry is switched on.

What does it do?
The gantry delivers the invisible proton beams which help to make you better.

Can you feel the treatment happening?
No - you won’t be able to feel anything at all.

How long will I be on the gantry bed for?
Everybody’s treatment is different. Your team will tell you how long you can expect to be on the bed.

Look on the proton app for more information about your treatment.

Clinic reviews with my team

Once you start your proton beam therapy, you will see your consultant once a week. You will be able to see a nurse each day and the health play specialists can go with you for treatment until you feel settled.

You will need blood tests each week and a line/port flush, which can be done at the proton beam therapy centre by our nursing team.

After treatment, you are free to go home or stay and join in with the activities taking place at the proton beam therapy centre.
Design your own gantry!

Can you colour the gantry to make it look bright and fun?
## Puzzle page
Can you find the words in the wordsearch below?

<table>
<thead>
<tr>
<th>Mask</th>
<th>Playroom</th>
<th>X-ray</th>
<th>Doctor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gantry</td>
<td>Proton Panda</td>
<td>Music</td>
<td>Vac-bag</td>
</tr>
</tbody>
</table>

### Wordsearch

- **A** **Q** **W**   **P** **S** **G**   **I** **L** **A**   **E** **W**   **P**
- **Z** **N** **O** **K**   **W** **Y**   **D** **P** **R**   **S** **D**   **M**
- **G** **Y** **X** **R** **A** **Y**   **V** **R** **S**   **J** **O** **B**
- **Q** **Q** **I** **C** **B** **H**   **T** **O** **K**   **N** **C**   **X**
- **J** **V** **O** **U** **G**   **X** **L** **T**   **Q** **R** **T**   **K**
- **B** **A** **P** **L** **A** **Y**   **R** **O** **O**   **M** **O** **F**
- **M** **C** **N** **P** **N** **U** **M** **N**   **G** **A** **R**   **C**
- **B** **B** **O** **N** **T**   **I** **D** **P** **E** **S**   **M** **L**
- **D** **A** **Z** **E** **R** **V**   **F** **A** **U** **K**   **J** **F**
- **A** **G** **A** **R** **Y**   **H** **L** **N** **G**   **D** **W**   **H**
- **H** **M** **U** **S** **I** **C** **K**   **D** **X** **E**   **J** **I**
- **F** **Z** **T**   **C** **C** **S** **Y**   **A** **T** **H**   **V** **S**

## Scrambled words!
Can you unscramble the words below?

### Clue: A piece of equipment

- R
- N
- S
- E
- C
- A
- N

### Clue: A cuddly black and white animal

- A
- P
- N
- A
- D

### Clue: Someone who helps you in hospital

- O
- R
- D
- T
- O
- C
The proton beam therapy centre at The Christie
First floor reception: 0161 918 2300

Royal Manchester Children’s Hospital (RMCH)
Proton beam therapy nurse: 0161 701 8430
RMCH Hotline: 0161 701 7489