



## The Christie supportive care team

A guide for patients and their carers



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## Christie website

For more information about The Christie and our services, please visit **[www.christie.nhs.uk](http://www.christie.nhs.uk)** or visit the cancer information centre at Withington, Oldham or Salford.

## What is supportive care?

**Supportive care in cancer is the prevention and management of the adverse effects of cancer and its treatment. This includes management of physical and psychological symptoms and side effects from diagnosis through treatment to post treatment care. Supportive care aims to improve the quality of rehabilitation, secondary cancer prevention, survivorship and includes care during the end of life.**

## How we help with pain, palliative care and symptom control

The supportive care team is made up of consultants, junior doctors, doctors and nurses who specialise in managing the adverse effects of cancer and cancer treatments. This includes pain and other symptoms.

We can help you at any time before, during or after your treatment.

A member of the team will be your designated key worker

The name and contact number of your supportive care key worker is:

[Redacted area]

## Treating your pain

Some patients with cancer may experience pain. Cancer treatments (such as surgery, chemotherapy or radiotherapy) can help to treat pain. There are also a wide variety of pain medicines and special techniques (such as nerve blocks) to relieve or ease pain.

We will work with you to find the most suitable treatments and help reduce any side effects as much as possible.

## Treating your symptoms

Sometimes cancer or cancer treatments can cause unpleasant symptoms (for example nausea, vomiting and constipation). We have specialist knowledge to help alleviate these symptoms and use medications and other techniques as part of our approach. We work closely with other teams (such as complementary therapies and physiotherapy) to find the best combination of treatments for your symptoms.

## Practical advice

We can provide advice to help in planning your discharge from hospital, address social and financial issues and help to organise any necessary equipment. We work closely with other teams including occupational therapy, social services and the community link team.

We also liaise with your GP and community teams.

## Psychological support

Adjusting to life with cancer can be difficult for you and your family. We are skilled in providing support and counselling for both you and your family. We work closely with the department of psycho-oncology at The Christie and can involve them in your care.

## How to access the supportive care team at The Christie

### **Inpatients – referrals for palliative care and symptom control**

In most cases, your medical or nursing team will make a direct referral to the hospital supportive care team for management of pain and symptoms.

If you haven't been referred but would like a consultation with the supportive care team, ask your ward nurse or doctor to make a referral.

#### *How quickly will I be seen by the supportive care team?*

Our policy is to see patients as quickly as possible after referral to our team – we will try to see you the same day or by the next working day.

#### *Will supportive care affect my other treatments?*

No. We work alongside any other treatments you may be having (such as chemotherapy or radiotherapy).

#### *Will I still be seen by my oncology or surgical team?*

Yes. We work alongside your regular oncology or surgical team who will continue to look after you.

### **Outpatients – referral to the supportive care clinic**

The supportive care team hold a weekly pain and symptom clinic for patients with pain and symptom problems.

The clinic is staffed by a consultant in supportive care, a consultant in pain medicine and nurse specialists. There are also complementary therapies available at this clinic.

Your medical team or community Macmillan nurse can refer you directly to the pain and symptom clinic.

### **How to see a member of the supportive care team during your routine oncology or surgical outpatient clinic**

Your clinic doctor or nurse can arrange, by prior agreement, for us to see you during one of your visits if you are attending here as an outpatient.



### **Working alongside other teams at The Christie**

The supportive care team work closely with other multidisciplinary teams (MDTs) in the hospital including:

- oncology and surgical teams
- psycho-oncology
- physiotherapy
- occupational therapy
- social services
- dietitians
- chaplaincy
- complementary therapies
- community link team
- pharmacy.

The supportive care team also holds a weekly multi-disciplinary team (MDT) meeting to discuss your treatment and care in a confidential forum.

## How we link with your GP and local services

We will liaise with and update your GP and local services (including community Macmillan nurses, district nurses, social workers, physiotherapists, occupational therapists and home care teams) to ensure that you receive the best possible care at home.



## Hospice care

Hospices provide specialised care for people with cancer (and some non-cancer illnesses). Like all palliative care services, they can help patients to live with their cancer and are available to patients at any stage in their illness.

They may also have inpatient facilities where patients are admitted for:

- pain and symptom control
- a period of assessment or rehabilitation
- care at the end of life
- respite care (in some hospices)

Most hospices offer day care, complementary therapy and outpatient services. The Christie supportive care team can help to put you in touch with your local hospice when you feel it might be of real help to you and your family.



## Useful contact information

The supportive care team

**0161 446 3072**

Supportive care team secretary

**0161 446 3559**

Cancer information centre (department 3)

**0161 446 8100**

Maggie's Manchester

**0161 641 484 or email [manchester@maggiescentres.org](mailto:manchester@maggiescentres.org)**

## Further information

We have several guides and booklets available from our cancer information centres:

- Coping with fatigue (Macmillan Cancer Support)
- Talking to children about cancer (Macmillan Cancer Support)
- Care during the last days of life – a guide for relatives and carers

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.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence.

If you would like to have details about the sources used please contact **[patient.information@christie.nhs.uk](mailto:patient.information@christie.nhs.uk)**

Date	Visited by (PCSC)	What we agreed to do

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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

### Visit the Cancer Information Centre

The Christie at Withington **0161 446 8100**

The Christie at Oldham **0161 918 7745**

The Christie at Salford **0161 918 7804**

Open Monday to Friday, 10am – 4pm.

Opening times can vary, please ring to check  
before making a special journey.

### The Christie NHS Foundation Trust

Wilmslow Road  
Manchester M20 4BX

**0161 446 3000**

**[www.christie.nhs.uk](http://www.christie.nhs.uk)**

The Christie Patient Information Service  
May 2019 - Review May 2022

