



The Christie supportive care team

A guide for patients and their carers



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The Christie website

For more information about The Christie and our services, please visit **www.christie.nhs.uk** or visit the cancer information centres at Withington, Oldham, Salford or Macclesfield.

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, senior 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:

Treating your pain

Some patients with cancer may experience pain. Cancer treatments (such as surgery, chemotherapy or radiotherapy) can help to treat this. There are also a wide variety of 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 plan 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 discharge 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 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 contact you the same day or 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 daily supportive care clinics for patients with symptoms. The clinic is run by consultants, specialist doctors, clinical nurse specialists, pharmacists and a physiotherapist.

Your medical team or local palliative care services can refer you directly to the Supportive Care 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, with your 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
- integrative therapy, health and wellbeing service
- complex discharge team
- pharmacy

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

How we link with your GP and local services

We will liaise with and update your GP and local services (including local palliative care 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 help you and your family.

Contacts

The supportive care team

0161 446 3072

Supportive care team secretary

0161 446 3559

Further information

We have a range of Christie and Macmillan Cancer Support patient information leaflets 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

Cancer information centre

Tel: **0161 446 8439** or

email **the-christie.informationcentre@nhs.net**

Maggie's Manchester

0161 641 4848 or email **manchester@maggies.org**

Maggie's Oldham

Tel: **0161 989 0550** or email **oldham@maggies.org**

During evenings, weekends and bank holidays ring The Christie hotline on **0161 446 3658** (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.

Communication record

This is included on the next pages. It is somewhere you can write down information you want to share with those involved in providing care.

Information you provide will help staff understand what is important to you and the person you are caring for.

Please use this booklet to advise what we need to consider when caring for your loved one and write down any questions or comments you may have. Please leave your contact details.

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**

Communication record

Patient name:

Date	Time	Your name and notes

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 8439**

The Christie at Oldham **0161 918 7745**

The Christie at Salford **0161 918 7804**

The Christie at Macclesfield **0161 956 1704**

Open Monday to Friday, 10am to 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



The Christie Patient Information Service

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