

## Upper Gastro-intestinal Service

# Upper GI patient treatment diary

### What's inside the diary?

- An introduction to the diary
- A guide on how to get the most out of your appointments
- An area for you to record your diagnosis
- A brief explanation on what investigations you may undergo
- Who and what is a multi-disciplinary team and contact numbers
- An introduction to the Upper G.I Nurse and contact numbers
- Space for you to write your personal thoughts concerns or questions
- Appointment log to enable to keep track of your appointments
- What to do if you are worried
- List of local and national services

### Introduction

**This diary is for patients who have been diagnosed with an oesophageal or gastric lesion.**

This is your personal diary to help you keep track of your treatment. You may find that you have been given a lot of information which you may find difficult to remember. This diary has been designed for you and your family to use. You can use it to record anything that is important to you about your illness. If you have some questions you want to ask then record them in the diary so that you don't forget to ask when you visit. You may find it helpful to bring the diary with you to all visits to the hospital or to your GP.



## **How to get the most out of your hospital appointments**

Patients often find it difficult to take in all the information they are given when they attend the hospital. You may feel that time is limited in a busy clinic so to prevent feeling rushed go prepared.

### **Hints and tips**

- Bring a friend or relative with you and ask them to come in to see the doctor with you.
- Tell the staff of your wishes or concerns so that these can be taken into account.
- Write down a list of questions that you wish to ask before hand. Frequently asked questions include
  - What tests and treatment are there?
  - What tests and treatments will I need?
  - Where will I go for treatment?
  - What are the benefits or different options?
  - How will my treatment affect me?
  - How experienced are you and your team?
  - If I have difficulties who can I go to for help?
  - Will I need a special diet?

This is just a sample; further ideas for questions can be found in the Cancer Guide available from the Nurse Specialist or the Macmillan Cancer Information Centre.

- Ask your friend or relative to write down notes, so that you can concentrate on the consultation.
- Do not be frightened if you do not understand what you have been told, ask the question again or tell the doctor that you do not understand.
- If you forget to ask something don't worry, write it down and place in your folder and contact one of the team members.

## Patient Information

### Your diagnosis

You have been seen in clinic today by:

Mr Menon

Mr Tan

Ms Tewari

Mr McLaughlin

Dr R Ahmed

Dr J Mannath

Upper GI Clinical Nurse Specialist - Gail Goddard

Other \_\_\_\_\_

You have been diagnosed with:

\_\_\_\_\_

Prior to treatment you may need to have some of the following tests or investigations:

Endoscopic ultrasound Scan <input type="checkbox"/>	Blood Tests <input type="checkbox"/>
Endoscopy <input type="checkbox"/>	Bronchoscopy <input type="checkbox"/>

## Patient Information

CT Scan <input type="checkbox"/>	Lung Function Tests <input type="checkbox"/>
Laparoscopy <input type="checkbox"/>	Heart tracing and Heart scan <input type="checkbox"/>
PET Scan <input type="checkbox"/>	Exercise Test (CPEX) <input type="checkbox"/>

Your Key Worker / Nurse Specialist is:

.....

Your proposed treatment is:

.....  
.....  
.....  
.....

Your date to see the Oncologist (Dr Sothi, Dr Scott-Brown, Dr Tween) is:

.....

Other Information:

.....  
.....  
.....

## Investigations explained

### Endoscopy

This investigation is carried out in the endoscopy department and will take either a morning or afternoon.

This procedure allows an Endoscopist to pass a flexible lighted tube through your mouth in order to examine your gullet, stomach and small intestine. This can be carried out using local anaesthetic (throat spray) or light sedation, and allows the Endoscopist to take **biopsies** if necessary.

You will be notified of any special instructions by the department.

### Biopsy

This is the removal of a piece of tissue or cells from the body to aid diagnosis. This can be done by an endoscopy, by ultrasound, or CT scan with a fine needle or minor surgery.

For a more detailed explanation of these procedures please see below:

### CT scan (computerised tomography)

A CT scanner is shaped like a doughnut and you will be required to lie on a couch that will move you through the machine. A number of X-ray pictures are taken of the area from different angles and fed into a computer to form a detailed picture of the inside of the body. Sometimes you will need an injection of a dye, to enhance the X-ray pictures. CT scans take about half an hour and are painless.

You will be notified of any special instructions by the department.

### Endoscopic ultrasound

Whilst carrying out an **endoscopy**, the Endoscopist may use equipment that produces high frequency sound waves, that creates pictures of the inside of the body.

## Patient Information

This procedure will require you to have sedation; therefore **you will not be allowed to drive afterwards for 24 hours.**

### Laparoscopy

This is a small operation carried out under a general anaesthetic, to look at the inside of your abdomen. This involves three small incisions being made in your abdomen. This is usually performed as a day case. We normally aim to discharge you the same day unless the procedure is undertaken later in the day or if there are complications, in which case you may be required to stay in hospital overnight.

### Ultrasound scan (USS)

Ultrasound uses sound waves to build up a picture of the inside of your body. A gel is put on the skin in the area to be scanned and a microphone is passed back and forth over the area. A computer then converts the reflected sound waves into a picture on the screen. This is a painless procedure and will take approximately 10-20 minutes.

You will be notified of any special instructions by the department.

### Bronchoscopy

This investigation is carried out in the Endoscopy Department.

The procedure allows an Endoscopist to pass a flexible lighted tube through your mouth in order to examine your airways. This can be carried out using light sedation, and allows the Endoscopist to take **biopsies** if necessary.

You will be notified of any special instructions by the department.

### Positron Emission Tomography (PET scan)

This scan can show if the tissue is active with cancer, or not. Prior to the scan you will be injected with a dye and then be asked to wait for an hour. The scan can take anything from one to three hours.

### The Multi Disciplinary Team (MDT)

There will be a number of people involved with planning your care before,

## Patient Information

during investigations and after your treatment/operation. This is sometimes referred to as the 'patient pathway'. You would normally be under the care of one of the Upper G.I Consultants who may also refer you to the Consultant Oncologist who specialises in treating Upper G.I cancers with chemotherapy and / or radiotherapy.

The multidisciplinary team is a group of specialist Doctors, nurses and dietitians involved with diagnosing, planning and carrying out treatment of Upper G.I cancers. The team meets at lunchtime every Tuesday to discuss each patient and their individual 'pathway' of planned treatment. Your 'key worker' will be one of the specialist nurses who attends the meeting and she will be able to keep you informed and up-to-date with regard to decisions made about your treatment.

### **The members of the team are:**

**Mr Menon**

Consultant Upper G.I. Surgeon  
(Lead Clinician) Secretary

Secretary 024 7696 5278

**Mr Tan**

Consultant Surgeon

Secretary 024 7696 5278

**Miss Tewari**

Consultant Upper G.I Surgeon

Secretary 024 7696 5184

**Mr McLaughlin**

Consultant Upper G.I Surgeon

Secretary 024 7696 5184

**Dr S Sothi**

Consultant oncologist

Secretary 024 7696 7485

**Dr M Scott-Brown**

Consultant Oncologist

Secretary 024 7696 7485

## Patient Information

### **Dr B Disney**

Consultant Radiologist

Secretary 024 7696 7041

### **Dr J Mannath**

Consultant Gastroenterologist

Secretary 024 7696 6088

### **Gail Goddard**

Upper G.I. Specialist Nurse

024 7696 6475

### **Vikki Nunn**

Upper G I Specialist Nurse

024 7696 6475

### **Tommy McKenna**

Upper G.I MDT Facilitator

024 7696 5523

### **Lorraine Wedgbury**

Macmillan Dietitian

024 7696 6137

## **Upper G.I Specialist Nurses**

### **Who are we?**

Gail Goddard and Vikki Nunn are experienced nurses specialised in caring for patients with upper G.I conditions.

Our aim is to improve the support for patients with Upper Gastro Intestinal tumours and endeavour to keep you updated at every stage.

We provide information on your disease, investigations, procedures and treatment options.

Additionally we can offer support and give advice to both you and your family throughout your treatment and answer any questions you may have.

If surgery is indicated we will explain to you what to expect following the operation.



## Patient Information

### **The Clinical Nurse Specialist Team is available between:**

8.00am - 4.00pm Monday to Friday (excluding bank holidays)

This service provides a direct telephone number and a 24 hour answer phone.

**Telephone 024 7696 6475** Or We can be contacted via the hospital switchboard on the following number: **Telephone 024 7696 4000**

### **Other useful information**

If you pay for prescriptions please read the information below.

### **Prescriptions (free prescriptions).**

Patients will be able to apply for medical exemption certificates using application form FP92A (January 2009 revision) which they can get from their GP surgery or oncology centre.

Certificates run for 5 years and can be used until the end date shown. A reminder will be issued automatically to the patient and the certificate may then be renewed if the qualifying conditions still apply. Please speak to your GP or Consultant who will issue you with one.

### **Holistic Needs Assessment (HNA)**

In accordance with the Department of Health (DH), we offer all patients diagnosed with cancer an assessment to discuss their physical, psychological, social, spiritual and financial needs that they may encounter at key points on their pathway. If you feel that you would benefit from an assessment, please contact your key worker.

### **Personal Diary**

These sheets are for you and your family to record any symptoms, problems, thoughts and feelings or simply to write down any questions you have so that you don't forget to ask anything important. It may be very useful to discuss this information with your doctor or specialist nurse when you next see them if you wish. The diary is for your benefit; don't be afraid to ask the team to write in it if you wish.

## Patient Information

<b>Date</b>	<b>Comments/questions/thoughts</b>

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## Your Appointment Log

Date	Time	Consultant /clinic	Location	Transport

## What should I do if I am worried?

If there is something that you are worried about or require any additional information on you should contact the specialist nurses that are looking after you. Don't be embarrassed; you are not causing us extra work. We would much rather speak to you and reassure you than leave you to worry.

All the telephone numbers for the nurses can be found on page 7 in your diary.

The University Hospitals Coventry (NHS) Trust welcomes the views of users, on the service that it provides. If you would like to be involved in helping the Trust to improve the services that it provides please contact the Patient Advice and Liaison Service (PALS) with any comments and suggestions or thanks.

**PALS can be contacted on:**

**Freephone: 0800 028 4203**

**Monday to Friday 9.00am - 4.00pm**

**E-mail: [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)**

## Local Services

Macmillan Cancer Information Centre	024 7696 6052
Coventry Macmillan Care Team (Hospital)	024 7696 5498
Rugby Macmillan Care Team	01788 577132
Gut (Cancer Support Group for Coventry & Warwickshire)	024 7696 6475
Hospital Chaplaincy	024 7696 7515
Surgical Counselling Service	024 7696 4000
Dietitian	024 7696 6161
Citizens Advice Bureau, Coventry (appointment only)	024 7625 2050

## **Also available at University Hospital:**

Physiotherapy, Occupational Therapy, Social Services. Access to these services is by referral from your healthcare team.

## **National Contact Numbers**

<b>Age UK</b>	0800 169 65 65
<b>Benefits:</b>	0345 712 3456
<b>Disability Living Allowance/ Attendance Allowance</b>	0345 605 6055
<b>Personal Independence Payment (PIP)</b>	0345 605 6055/0345 850 3322
<b>Cancer Net</b>	<a href="http://www.cancernet.nci.nih.gov">www.cancernet.nci.nih.gov</a>
<b>Digestive Disorders foundation</b>	020 7486 0341 <a href="http://www.corecharity.org.uk">www.corecharity.org.uk</a>
<b>Macmillan Cancer Support</b>	0808 808 00 00 <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>
<b>Marie Curie Cancer Care</b>	0800 716 146 <a href="http://www.mariecurie.org.uk">www.mariecurie.org.uk</a>
<b>Oesophageal patient association</b>	0121 704 9860 <a href="http://www.opa.org.uk">www.opa.org.uk</a>
<b>Coventry Citizens Advice Bureau</b>	024 7625 2049 <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>

## Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please telephone 024 7696 6475 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

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