

Department of Urology

Patient Journal for Prostate Patients

This booklet has been produced to help you to keep track of your treatment throughout your illness and has been reviewed by previous patients and considered to be a useful tool.

The diagnosis of cancer can make you feel frightened and unsure of which route your life is taking. There will be a change of direction and we are here to help you and your family.

At the moment you will feel that you are being overloaded with information. However as time goes on you may see how useful it is to keep a record of issues you feel are important to you.

It is your choice if you decide to record your treatments, tablets etc. within the pages provided.

The Team

Your GP: _____

Tel No: _____

The Consultant caring for you is: _____

The Clinical Nurse Specialist /key worker is: _____

Tel No: 024 7696 5149



Other Team Members who you could be referred to

Name	Job	Telephone No
	Surgeon	
	Oncologist	
	Counsellor	

How can we help?

The team of doctors and nurses providing your care are there to guide you through what could be called your cancer journey or cancer pathway. The information in this pack explains your care from the time of diagnosis and additional information could be added when you and the doctors have decided on what course of treatment will be of most benefit to you.

The team who will be providing your care consists of:

Your GP

Your GP is someone you will be able to contact with any concerns before or after any tests, investigations or treatment, to provide support, advice, information and where necessary treat certain symptoms.

Hospital Consultant

The consultant will arrange any tests and inform you of treatment options, arrange the treatment and, where appropriate, to refer you to other specialists.

Urology Clinical Nurse Specialist

The Clinical nurse specialist is based at the hospital and specialises in Urology cancers. The nurse's aim is to provide you with information and support throughout your investigations and treatments.

Patient Information

The Urology Clinical Nurse Specialist can be contacted if you have any problems or concerns or need advice between hospital appointments. It is also a way of gaining access to other members of the team who may be involved in your care.

Mandinika Muzondo: **024 7696 5149**

Margo Reynolds: **024 7696 5149**

Jade Wilcox: **024 7696 5149**

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 into 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?

Patient Information

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

- Ask your friend / 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.

Other useful contact numbers

	Contact Name	Telephone Number
Cancer Information Centre		024 7696 6052
Macmillan Support		0808 808 0000
Macmillan Citizens Advice Bureau		024 7625 2050

Patient Information

Appointments

You will be given various appointments to attend at the hospital. This sheet is to help you to record them and to list useful contact names and numbers.

Who	Where	Contact No

Patient Information

Medical Treatments

You may have various treatments or investigations at the hospital. This sheet is to help you record them.

Date	Treatment / Investigations

Patient Information

PSA Record

You may want to keep a record of your PSA Level throughout your treatment. This sheet is to help you to keep a record of what it is and any changes to your treatment.

Date	PSA	Date	PSA

Patient Information

Patient’s page

Use these pages to record any information you feel is useful, or any questions you would like to ask at clinic.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5149 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

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