

Department of Urology

Patient journal

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 be a physical and emotional experience. You may feel overwhelmed with the amount of information that you are given. However as time goes on you will realise 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	
	Key worker	
	Nurse	

How can we help?

The team of doctors and nurses providing your care are there to guide you through what is often referred to as 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

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

To 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

Your key worker who is often your nurse specialist, is based at the hospital and specialises in Urology cancers. The nurse's aim is to provide you and your family/carers 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.

Sister Lorraine Taylor,
Sister Mandinika Muzondo,
Sister Marguerite Reynolds,
Sister Natalie Probert
Jade Wilcox

Telephone: 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, the nurse or the doctor 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 which is available from the Nurse Specialist or Macmillan cancer support.

- Ask your friend / relative to write down notes, so that you can concentrate on the consultation.
- Do not be worried 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

Who	Where	Contact No

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.

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

Medication

You may be prescribed various tablets throughout your treatment. This sheet is to help you to keep a record of what tablets you are on and the problems that you may experience

Tablet	Dose	How often	Reasons for taking them or stopping

Patient Information

Personal Diary

This is your personal diary in which you can write things that you want to remember to tell the team when you next visit.

Date	Feelings, questions, comments, concerns etc.

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 us on 024 7696 5149 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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