



University Hospital
Southampton
NHS Foundation Trust

Colorectal multidisciplinary team

Information for patients



About this booklet

Following your diagnosis of bowel (colorectal) cancer, you will be cared for by a team of medical experts and health professionals known as a multidisciplinary team (MDT).

This booklet introduces the people who may be involved with your MDT and explains their roles within the wider cancer service.

Please note however, not everyone mentioned may be directly involved with your care.

MDT meetings

Every week, the MDT will meet to discuss each patient individually. The results of your biopsies, x-rays and scans will be looked at in detail to help the team decide on your recommended treatment plan; taking into account the type of cancer you have, your general health and any other relevant issues.

Your treatment plan will be discussed with you and your family when you come to clinic, and your GP will be informed.

Your MDT will explain any treatment options you have, including possible side effects. You will have the opportunity to ask questions and consider your options. If you need help making decisions, require more information, or are in any way concerned about your treatment or care, they will be able to discuss this with you.

The team can also provide you with written information, and details of support services that may be helpful for you.

Your key worker

You will have your own key worker. This is a person, usually your cancer nurse specialist, who helps to coordinate your care, and who is available for you to contact regarding your diagnosis, treatment plan and any other issues or concerns you may have.

Please feel free to contact your key worker via the details below if there is any aspect of your care that you would like to discuss.

Your key worker is:

Contact details:

Introducing the multidisciplinary team - MDT

The colorectal cancer multidisciplinary team includes:

Colorectal surgeons

Colorectal surgeons specialise in removing cancer or helping manage symptoms through an operation.

Our specialist bowel cancer surgeons are:

Mr N Beck, Mr P Nichols, Mr J Knight, Mr A King,
Mr A Mirnezami, Mr H Yano, Mr M West and Mr T Dudding.

Your surgeon's name is:

Your surgeon may also work with other surgeons from different specialities if necessary. They are supported by a team of doctors who will care for you while you are in hospital.

Clinical nurse specialists

Clinical nurse specialists (CNS) are experts in the care of people who are living with colorectal cancer and their families.

Taking into account your personal needs, your CNS will provide you with information, support and advice at all stages of your treatment. They can also offer you emotional support or refer you to other services that may be able to help, for example the Macmillan Cancer Information and Support Centre, based at Southampton General Hospital.

Your clinical nurse specialist's name is:

Oncologists

Oncology means the study of cancer.

Oncologists are doctors who specialise in the three main areas of oncology:

- chemotherapy: treatment with drugs used to kill or slow down growth of cancer cells
- radiotherapy: high energy x-rays used to kill cancer cells or keep them from dividing and growing
- biological therapy: treatments that affect cancer cells in a range of ways

You may meet an oncologist if treatment to shrink the cancer before surgery is recommended, either with chemotherapy and/or radiotherapy, or for treatment following surgery.

Our medical oncologists (who specialise in chemotherapy and biological therapy) are: Dr T Iveson and Dr C Rees.

Our clinical oncologists (who specialise in chemotherapy, biological therapy and radiotherapy) are:

Dr A Bateman and Dr S Harinarayanan.

Clinical trials

Clinical trials are research studies involving new forms of treatment. A number of clinical trials are available in oncology and your MDT will consider whether you may be eligible for any during your care.

If you have questions about taking part in clinical trials, speak to your key worker.

Colorectal surgical advanced nurse practitioners

Our surgical advanced nurse practitioners will be present on daily ward rounds. They will ensure your enhanced recovery programme is in place to help you recover more quickly from surgery, and that you have 24-hour telephone support for the first two weeks after you are discharged from the surgical unit.

Radiologists

Radiologists are doctors who specialise in medical imaging (the use of scans and x-rays to detect and monitor cancer), and can undertake a range of treatments and interventions to treat aspects of colorectal cancer.

Our radiologists are:

Dr C Grierson, Dr L Ingram, Dr E Ryan and Dr C Lane.

Pathologists

Pathologists are doctors who specialise in body tissue. They look at biopsies and any tissue from surgical procedures and examine them under the microscope. Pathologists are very important members of the team, but it's rare that you will meet them face-to-face.

Other members of the team

We hope that this information helps you understand the roles of the key members of the team. You may also meet other professionals during your treatment and aftercare, including:

- nurse practitioners
- dietitians
- pharmacists

Other team members you may meet include:

- **physiotherapist** - who can provide support with physical problems caused by an illness, for example helping to restore movement and function.
- **social worker** - social workers offer a range of support to help people to deal with personal and social difficulties, offer advice on resources and help people to gain access to essential services.
- **occupational therapist** - for support related to the activities of everyday life, such as overcoming problems with mobility or challenges regarding things like washing, dressing or cooking.
- **therapy radiographer** - this is a radiographer who is an expert in the use of x-rays and other radiation therapies to treat conditions including cancer and tumours.
- **clinical psychologist** - able to help people assess and tackle emotional problems and can offer support regarding living with an illness.

Contact us

If you have any questions about anything in this booklet, please feel free to contact your key worker or the colorectal nurse specialists on telephone: **023 8120 6764**.

Other useful information

Macmillan Cancer Information and Support Centre
Southampton General Hospital
Tremona Road
Southampton
SO16 6YD

Telephone: **023 8120 6037**

Macmillan Support Line: **0808 808 0000**

www.macmillan.org.uk

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

www.uhs.nhs.uk

© 2022 University Hospital Southampton NHS Foundation Trust. All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright holder.

Version 5. Published June 2022. Due for review June 2025. 1152