

Patient information factsheet

Our Macmillan skin cancer clinical nurse specialists

During your treatment for skin cancer, you will be looked after by our skin cancer clinical nurse specialists who will be responsible for coordinating your care.

Meet our clinical nurse specialists (CNS)

There are four clinical nurses specialists in our skin cancer team who all specialise in skin cancer. One of them will be assigned to you as your 'key worker' nurse. We also have a skin cancer support assistant in our team who may deal with your telephone enquiries.

Your key worker nurse is here to support you, your family and your friends in a number of ways:

Information and advice

Your key worker can help if you have any questions or concerns about your diagnosis and treatment. They can give you more information and advise you on a range of issues, directly or indirectly related to having skin cancer. They'll also be able to recommend other sources of information and advice.

You may want to know more about:

- your diagnosis
- proposed surgery
- drug treatments or radiotherapy
- managing side effects of your treatment
- symptom control
- financial or work-related issues
- community help and support
- coping with an altered physical appearance
- caring for someone who has cancer
- counselling services

Talking things through

Cancer affects people in different ways. During your diagnosis and treatment you may experience a range of strong emotions including fear, anger, numbness or hopelessness. These feelings can be difficult to cope with and it's not unusual to have times when you feel very low.

Sometimes it can help just to talk things through. You might want to talk about making a decision about your treatment, coming to terms with the news of your diagnosis or living with

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the impact that the cancer is having on you and your family.

You may get support from your family and friends, but sometimes it can be easier to talk to someone less involved, such as your key worker nurse.

If you would find it helpful to talk, please don't hesitate to ask, whether in person or by phone – whichever works best for you. Your family and friends are also welcome to contact your key worker nurse for support.

Please complete the optional holistic needs assessment questionnaire that came with this factsheet. This will help us understand the concerns and worries you may have at the moment. It will also help us to identify any information and support you may need in the future. Let us know if you would like to talk to us about any of your concerns or worries.

Linking with other healthcare professionals

Your key worker nurse can be a useful link between you and other healthcare professionals involved in your care, both here at the hospital and elsewhere, such as your GP.

As one of our clinical nurse specialists, your key worker nurse is also part of the skin cancer multi-disciplinary team (MDT). This is the wider team of experts in skin cancer looking after you and ensuring you get the best treatment for your condition at the right time.

The MDT includes:

- an MDT coordinator
- consultant dermatologists (specialist skin doctors)
- surgeons
- oncologists (specialist cancer doctors)
- a histopathologist (specialist skin tissue doctor)
- a radiologist (x-ray and scan specialist)
- clinical nurse specialists

The MDT meets weekly to discuss results of investigations and decide on treatment plans for patients. The nurse specialists attend every meeting and can express your views to the rest of the team on your behalf. They will tell you about any decisions that are made about your care in these meetings.

Useful links

www.melanomauk.org.uk

melanomafocus.com

www.macmillan.org.uk

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Contact us

Clinical nurse specialists

If you have any questions or concerns, please don't hesitate to contact your key worker nurse or another one of our clinical nurse specialists.

You can contact a member of the team by telephone from 8.30 am to 4.30pm, Monday to Friday (except bank holidays) using one of the telephone numbers below:

023 8120 4711

07768 656215

If you are calling out of hours, you can leave us a voicemail on either of these numbers. The team are busy in the clinics on Thursdays so will not be able to answer the phones or pick up messages on these days.

You can also email the clinical nurse specialists with any questions or concerns at:

sscn@uhs.nhs.uk

Doctors

You can contact your doctor's secretary by telephone:

Dr El Haddad: **023 8120 3417**

Mr Sharma: **023 8120 6096**

Dr Wheater: **023 8120 8639**

Miss Exton: **023 8120 4636**

Dr Karydis: **023 8120 8657**

Mr Khan: **023 8120 4636**

Surgery dates

If your enquiry is about surgery dates, please use the telephone numbers below:

Mr Khan and Miss Exton's surgery dates: **023 8120 8535**

Mr Sharma's surgery dates: **023 8120 6099**

Other useful contacts

Dermatology enquiries: **023 8082 5145**

CT scan enquiries: **023 8120 4198**

MRI scan enquiries: **023 8120 8914**

Oncology outpatient and blood appointments: **023 8120 6494**

Oncology treatment appointments **023 8120 8497**

Cancer information and support (University Hospital Southampton Macmillan Centre):

023 8120 6037

Maggie's Centre **023 8212 4549**

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**

Holistic needs assessment

Name: Hospital number: Date:

1. Circle the number (0 to 10) that best describes how much distress you have been experiencing in the past week (including today):

0	1	2	3	4	5	6	7	8	9	10
No distress										Extreme distress

2. Complete the checklist below.

For each item, tick YES or NO to indicate if it has been a concern for you during the past week (including today). Please also tick DISCUSS if you would like to talk to someone about this concern.

		YES	NO	DISCUSS
Practical concerns	I am a carer for a relative/friend			
	I am concerned about how the melanoma diagnosis affects my ability to work			
	I am concerned about my housing or finances			
	I would like more information about melanoma			
	I would like information about travel insurance			
Social and family wellbeing	I can talk to my family and friends about my illness			
	I would like help talking to my children about my diagnosis			
	I isolate myself from others because of my diagnosis			
Emotional wellbeing	I am finding it difficult to cope with my melanoma diagnosis			
	I worry that my condition will get worse			
	I feel anxious or depressed			
	I have difficulty making plans			
	I feel guilty			
	I am concerned about my sexual functioning			
	I am having trouble sleeping			
Spiritual concerns	I feel supported			
	I have concerns about loss of faith or other spiritual concerns			
Melanoma surgery	I have concerns about loss of meaning or purpose in life			
	I have pain at my melanoma site			
	I have numbness at my surgical site			
	I have swelling			
	I have problems moving because of my melanoma surgery			
	I worry about the appearance of my scar(s)			
Wellbeing	I would like more information on physical activity after my surgery			
	I am concerned about going out in the sun			
	I need more information about how to look after my skin			
	I am able to enjoy life			

Please write any other concerns here:

