

Welcome Session – Preparing you for your treatment



OUR AIM:

It's crucial that all patients, their families, and carers receive the correct information regarding treatment, what to expect, potential side effects, and who to contact if any issues arise.

The sessions have been specifically designed with **YOU** in mind!

We are here to help you to prepare for the physical, emotional and social effects of your treatment and to give you the confidence to manage any side-effects you may experience.

Most importantly, if you're ever unsure about anything, you'll know exactly who to reach out to for support.

Types of Treatment

Chemotherapy

- Chemotherapy uses anti-cancer (cytotoxic) drugs to destroy cancer cells. Cytotoxic means toxic to cells. Cytotoxic chemotherapy drugs disrupt the way cancer cells grow and divide but they also affect normal cells.

Targeted Therapies

- A treatment designed to specifically target and interfere with molecules involved in cancer cell growth and survival. They can stop cancer cells from dividing, directly kill cancer cells, enhance the immune system's ability to attack tumours, prevent the growth of blood vessels that supply the tumour, and even deliver treatments like chemotherapy directly to cancer cells. These therapies aim to be more precise and effective with fewer side effects compared to traditional treatments like chemotherapy.

Immunotherapy

- A type of therapy that uses substances to stimulate or suppress the immune system to help the body fight cancer, infection, and other diseases. Some types of immunotherapy only target certain cells of the immune system. Others affect the immune system in a general way.

Hormonal Therapy

- Hormone therapy is a treatment that uses medicines to block or lower the number of hormones in the body to slow down or stop the growth of cancer.

Treatment locations

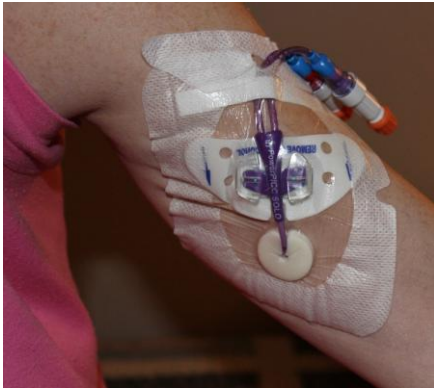
**Weybourne Day Unit –
NNUH**

**Macmillan Cancer Unit –
Cromer Hospital**

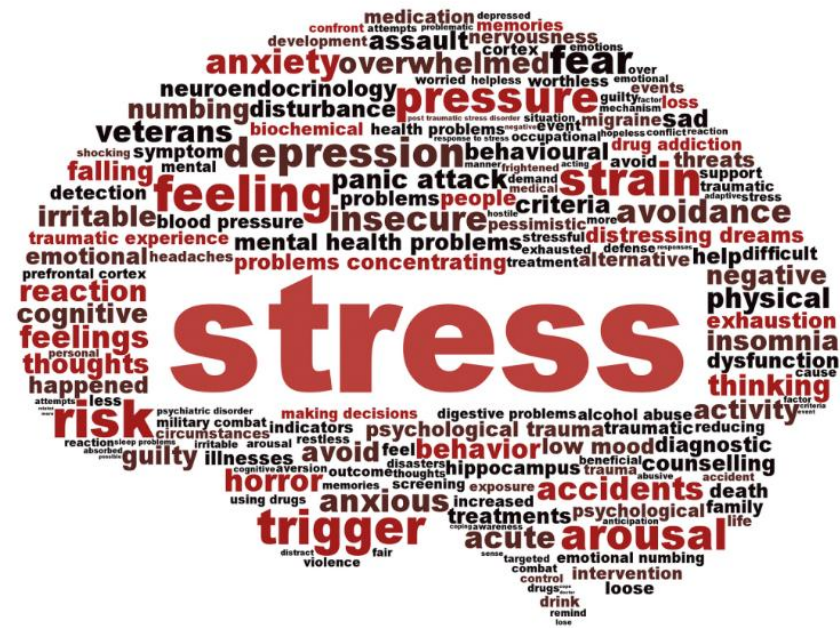
Mobile Cancer Care Unit
Tuesday (Sprowston Sports and Social Club)
Wednesday (Dereham Leisure Centre)
Thursday (Sainsburys, Attleborough)
Friday (Morrisons, Beccles)



Methods of administration



Cancer treatment can indeed cause **anxiety and distress** at different times, and it's perfectly normal to worry about how it will affect you—whether it will work, or whether the process will be unpleasant. These concerns can feel overwhelming, but it's important to remember that **you are not alone** in these feelings.



Psychological effect cont.

Going through cancer treatment isn't easy, but maintaining a positive outlook and sticking to your routine as much as possible can really help you manage the journey.



Our Cancer Care Navigators can help with anything non – clinical

- **Practical** (Finance, work, travel, housing, shopping)
- **Emotional** (Uncertainty, worry, fear, anxiety)
- **Family or relationships** (Partner, children, relatives, friends)
- **Spiritual** (Faith, spirituality, culture, beliefs, values)
- **Information/Support** (Diet, wellbeing, exercise, physical activity)

Contact them via email or telephone

cancernavigators@nnuh.nhs.uk or calling 01603 647175

Getting help

Name: Date of birth: Hospital no: Key Worker: Regimen: Allergies: • ALERT Neutropenic sepsis risk either due to medical condition or systemic anti-cancer therapy. • Give initial dose of antibiotics immediately following blood cultures and WITHIN ONE HOUR OF ARRIVAL using the attached prescription. • Document date and time given.		Contact AOHS immediately if you feel unwell NEUTROPENIC SEPSIS IS A MEDICAL EMERGENCY DO NOT wait for blood results Give IV antibiotics within one hour of hospital arrival Carry this card and show it to anyone treating you. ALWAYS phone AOHS if you have any of these symptoms: <table border="0"> <tr> <td>Fever >37.5 or <36</td> <td>Unable to swallow</td> <td>Facial swelling</td> </tr> <tr> <td>Feeling shivery</td> <td>Bleeding gums or nose</td> <td>Uncontrolled pain</td> </tr> <tr> <td>Difficulty breathing</td> <td>Confusion</td> <td>Numb or weak leg</td> </tr> <tr> <td>Cough</td> <td>Chest pain</td> <td>Severe constipation</td> </tr> <tr> <td>Diarrhoea</td> <td>Painful veins</td> <td>Problems passing urine</td> </tr> <tr> <td>Vomiting</td> <td>Skin rash</td> <td>Weakness/Collapse</td> </tr> <tr> <td>Sore Mouth or throat</td> <td></td> <td></td> </tr> </table>		Fever >37.5 or <36	Unable to swallow	Facial swelling	Feeling shivery	Bleeding gums or nose	Uncontrolled pain	Difficulty breathing	Confusion	Numb or weak leg	Cough	Chest pain	Severe constipation	Diarrhoea	Painful veins	Problems passing urine	Vomiting	Skin rash	Weakness/Collapse	Sore Mouth or throat		
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BEFORE Administration Check: <input type="checkbox"/> FBC, UE, LFT, CRP, Venous Lactate +blood cultures <input type="checkbox"/> Allergies <input type="checkbox"/> Prescriber has signed prescription <input type="checkbox"/> Date prescribed within the last 6 months PROCEED WHEN ALL THE ABOVE HAVE BEEN COMPLETED Ensure the dose given is documented on EPMA		Oncology & Haematology Alert Card (AOHS) 24-HOUR HELPLINE Oncology Tel: 01603 646799 Haematology Tel: 01603 646753																						

For patients WITHOUT penicillin allergy Piperacillin with Tazobactam <table border="0"> <tr> <td>Dose</td> <td>Route</td> <td>Date</td> <td></td> </tr> <tr> <td>4.5g</td> <td>IV</td> <td>(Prescribed)</td> <td><input type="checkbox"/> (tick)</td> </tr> <tr> <td colspan="2">Prescribers name</td> <td colspan="2">Document date and time given on EPMA</td> </tr> <tr> <td colspan="2">Prescribers signature/Bleep</td> <td colspan="2"></td> </tr> </table>		Dose	Route	Date		4.5g	IV	(Prescribed)	<input type="checkbox"/> (tick)	Prescribers name		Document date and time given on EPMA		Prescribers signature/Bleep				For patients WITH penicillin allergy CefTazidime <table border="0"> <tr> <td>Dose</td> <td>Route</td> <td>Date</td> <td></td> </tr> <tr> <td>2g</td> <td>IV</td> <td>(Prescribed)</td> <td><input type="checkbox"/> (tick)</td> </tr> <tr> <td colspan="2">Prescribers name</td> <td colspan="2">Document date and time given on EPMA</td> </tr> <tr> <td colspan="2">Prescribers signature/Bleep</td> <td colspan="2"></td> </tr> </table>		Dose	Route	Date		2g	IV	(Prescribed)	<input type="checkbox"/> (tick)	Prescribers name		Document date and time given on EPMA		Prescribers signature/Bleep			
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- **Cancer treatments can cause unpleasant side effects and toxicities,** some of which can be serious or even dangerous if not addressed. It's crucial to stay vigilant and report any new or worsening symptoms to your healthcare team as soon as possible. These side effects are part of the process, but prompt action can help prevent them from becoming more severe.
- It's always better to mention any concerns, no matter how small they seem. Your safety and well-being are the top priority, and we're here to support you every step of the way.

If you experience any troubling symptoms, please don't wait.
Contact our Acute Oncology Haematology Service immediately at 01603 646799.
This line is available 24/7, meaning help is always just a phone call away, no matter the time of day or night.



Fatigue



- One of the most common side effects of anti-cancer treatments is **fatigue**. It can leave you feeling drained, making even everyday tasks seem overwhelming.
- However, **being physically active**, even in small ways, can actually help **boost your energy levels**. It can also improve your appetite and help you sleep better, all of which are important for managing fatigue during treatment.
- Treatment will have an accumulative effect, the more you have the longer it may take to recover

10 top tips to help manage your fatigue

1. **SHOUT** – tell your medical team how you're feeling. It may be treatable (anaemia)
2. **DIARY** – keep a diary, you may see a pattern so you can plan better
3. **EXERCISE** – evidence shows that regular physical activity can help. Walking, cycling, running, gardening
4. **HYDRATION** – dehydration will make you feel tired – aim for 2-3 Litres of any fluid a day
5. **RELAXATION TECHNIQUES** – Videos, podcasts, CDs, Apps, Classes, yoga
6. **REST** – Limit naps – less than 30 mins and not too late
7. **EAT** – Choose high energy foods – nuts and cereals
8. **MEDICATION** – Steroids for example – time of administration
9. **MAKE A “TO DO” LIST** – Remember and prioritise
10. **GET SUPPORT** – ensure you are taking advantage of all support out there



Managing Side Effects



STAY
hydrated

Treatment can cause a number of unpleasant side effects, however these side effects can be treated and often prevented

When to contact AOHS:

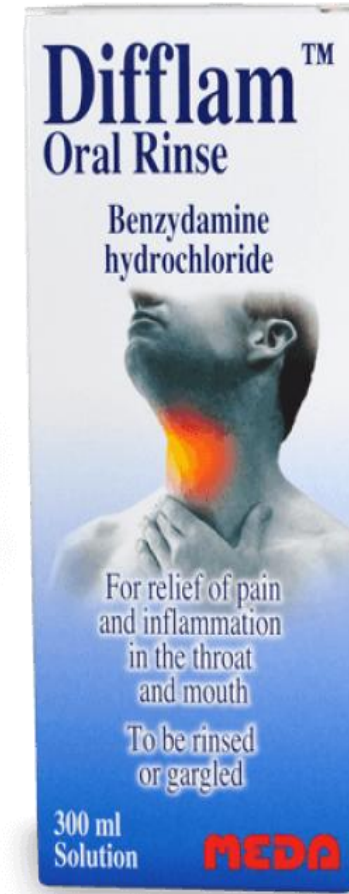
- **Diarrhoea** – 4 or more episodes in the past 24hrs despite medication
- **Constipation** – no bowel movement in 72 hours
- **Nausea** – if the medication provided isn't helping
- **Vomiting** – reduced oral intake



Mouth Care

It is recommended (but not essential) to see your dentist before you start treatment if you have any going oral health / dental issues.

We do not recommend any dental work whilst receiving anti cancer treatment



Hair Loss

- Not all treatments cause hair loss
- You may notice thinning
- Scalp cooling is an option for some treatments
- Speak to your CNS for more information or if you require a referral to our Wig service

www.cancerhaircare.co.uk



Reasons for delay / changes in treatment

- You are not “well enough” for treatment
- Your bloods are not at the level they need to be (*Bloods must be have been taken within 48hrs of your treatment*)
- You have significant weight loss
- We may also lower the dose so that it is more tolerable.



“By being optimistic and maintaining my life routine as much as possible, it will help me get through my treatment.....”

Checklist prior to starting your treatment

- AOS Card (Emergency)
- Thermometer
- Read the written info about your treatment
- First treatment date, time and location
- Blood form – book a blood test max 48 hrs ahead
- CNS contact details (Non Urgent)
- Have you asked the question to wanted to ask?



Contact Details

- **Acute Oncology Haematology Service (AOHS)** - 01603 287564
- **The Big C Centre** - 0800 092 7640
- **Cancer Care Navigators** - 01603 647175
- **The Colney Centre** – 01603 286813
- **North Norfolk Macmillan Centre** – 01603 641541
- **Scheduling** – 01603 287213
- **Hospital Transport** – 0345 241 3012
- **Phlebotomy at NNUH** -01603 286921
- **Phlebotomy at Cromer** - 01603 646168

Cancer CNS teams:

- **Lung** – 01603 287564
- **Sarcoma / GIST** – 01603 287564
- **CUP** – 01603 287564
- **Brain** - 01603 286171
- **Breast** - 01603 289702
- **Skin** - 01603 288113
- **Gynae** – 01603 288958
- **Colorectal** - 01603 288958
- **Prostate** – 01603 288115
- **Urology** – 01603 288115
- **Head and Neck** - 01603 288116
- **Upper GI** – 01603 288774

