



The Clatterbridge
Cancer Centre
NHS Foundation Trust

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Enhanced Supportive Care

Rehabilitation and Support

A guide for patients and carers

Contents

What is Enhanced Supportive Care?.....	1
Will Enhanced Supportive Care affect treatments for my cancer?	2
Who provides Enhanced Supportive Care?	3
Who might I get support from?	3
How long will Enhanced Supportive Care be available for me?.....	5



What is Enhanced Supportive Care?

The Clatterbridge Cancer Centre team are committed to improving your experience at all stages of your treatment and care. We aim to maximise your wellbeing, and to help you, and those important to you, cope with the impact of your illness and the treatment you are receiving.

One way to achieve this is through earlier involvement of specific members of our team, to help with various issues that may be affecting you or a family member.

This approach is called **Enhanced Supportive Care**, and may have been discussed by your specialist nurse or cancer doctor (oncologist)

We aim to:-

- Provide practical advice and emotional support
- Help to improve or resolve troublesome symptoms
- Treat any pain problems caused by your cancer or cancer treatment

Enhanced Supportive Care provides a positive, individualised approach for patients who are living with cancer. Our focus is on achieving your



goals and keeping you well through cancer treatment, and after treatment has ended.

Enhanced Supportive Care is delivered by doctors, nurses, and other healthcare professionals, who are specifically trained to manage problems associated with cancer or cancer treatments. We will work alongside your cancer doctor to make sure you get the best possible care and support.

We can also talk to you about how you are coping, what is important to you when deciding on cancer treatments, and your goals and plans for the future.

Your cancer doctor or specialist nurse can discuss with you about when Enhanced Supportive Care is available to you during your treatment.

Will Enhanced Supportive Care affect treatments for my cancer?

No. Enhanced Supportive Care aims to work alongside chemotherapy, radiotherapy and immunotherapy so will not affect or interfere with your cancer treatment.



Who provides Enhanced Supportive Care?

At The Clatterbridge Cancer Centre, **Enhanced Supportive Care** is led by the Specialist Palliative Care Team, but delivered by the whole of the Supportive Care Team.

Enhanced Supportive Care means that you will be offered an appointment with a specialist palliative care doctor for an initial assessment.

This might include talking through any troublesome symptoms, and formulating a plan, which may include changing or building on existing medicines, to help alleviate your symptoms.

This discussion may also involve referring you to members of our team who may be helpful for other reasons.

Who might I get support from?

The additional help available could come from a range of healthcare professionals that make up our Supportive Care Team. At The Clatterbridge Cancer Centre, our Supportive Care Team consists of:

- **Specialist Palliative Care Team** for assessment and advice relating to troublesome symptoms
- **Dietitians** assess, diagnose and treat diet and nutrition-related problems with experience of working with cancer patients
- **Pain Management** experts if procedures are required for complex and difficult pain control
- **Psychological Medicine** for assessment and management of psychological difficulties associated with cancer

- **Occupational Therapists** use rehabilitation methods, advice and adaptive equipment to try and limit the effects of any type of disability and promote independence in all aspects of daily life



- **Physiotherapists** provide specialist assessments and intervention around managing potential symptoms such as breathlessness, fatigue, de-conditioning, muscle weakness and problems with mobility
- **Social Worker** to assist with issues related to home circumstances and possible additional care and social support needs, including the needs of carers
- **Welfare Rights Advisers** to ensure that financial difficulties are addressed during a period of treatment for cancer
- **Administrators / Booking clerks** to ensure appointments are coordinated as smoothly as possible, you will have telephone access to our **Care Coordinators**, who will work with you and members of the team to arrange appointment times that are as convenient as possible
- **Lymphoedema Nurse** to help with problems associated with swollen limbs, as a result of cancer affecting lymph glands within the body



- **Family Support Worker** to help support family members affected by a cancer diagnosis
- **Macmillan Cancer Information Centre** offers information and support to anyone affected by cancer, and signposts to services in your local area
- **Chaplaincy Team** to help provide on going religious support where faith is important to you and those closest to you
- **Spiritual Support** recognising that some people do not have a religious faith, though have important spiritual support needs

How long will Enhanced Supportive Care be available for me?

This will very much depend on what your needs are, and will be tailored to you as an individual.

It may be that if your symptoms are reduced or completely alleviated, your on going support will be provided by your GP and cancer doctor / specialist nurse. We will make sure that we always discuss any plans with you and those important to you. We will also communicate with the other healthcare professionals involved in your care so that they are aware of any additional support provided.

It may be appropriate to refer you to your local **District Nursing Team** to monitor your symptoms, or your local **Community Specialist Palliative Care (Macmillan) Team** for further support.

If you have any questions or require further information please contact our **Care Coordinator on 0151 556 5928.**

How we produce our information

All of our leaflets are produced by staff at The Clatterbridge Cancer Centre and this information is not sponsored or influenced in any way. Every effort is made to ensure that the information included in this leaflet is accurate and complete and we hope that it will add to any professional advice you have had. All our leaflets are evidence based where appropriate and they are regularly reviewed and updated. If you are concerned about your health in any way, you should consult your healthcare team.

We rely on a number of sources to gather evidence for our information. All of our information is in line with accepted national or international guidelines where possible. Where no guidelines exist, we rely on other reliable sources such as systematic reviews, published clinical trials data or a consensus review of experts. We also use medical textbooks, journals and government publications.

References for this leaflet can be obtained by telephoning 0151 556 5570.

If you need this leaflet in large print, Braille, audio or different language, please call 0151 556 5570.

If you have a comment, concern, compliment or complaint, please call 0151 556 5203.

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