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Introduction to On Treatment Review Radiographers

Radiotherapy

A guide for patients and carers



During your course of radiotherapy, you will have extra appointments booked alongside your treatment sessions. During these appointments, you will talk to an On Treatment Review (OTR) Radiographer. OTR radiographers are therapy radiographers who have undergone additional, specialist training in monitoring patients during their course of radiotherapy. Your OTR appointments will be automatically booked as part of your care and will consist of face-to-face appointments or telephone appointments. They will show up on your appointment list as 'RAD...'

What will these appointments include?

- You can discuss how you are feeling during your radiotherapy.
- You can tell us about any side effects you may be experiencing.
- We can ensure you have all the medications you may need, in relation to your radiotherapy treatment.
- We can provide any additional support that you may require.

What side effects am I likely to get?

- Side effects can develop during your treatment but when and how they appear can be different for everyone.
- Most side effects will be specific to the area of your body being treated. Some will be more general, such as feeling tired.





Is there anything I can do to help myself?

- Applying an unscented moisturiser to your skin on the area of your body being treated.
- Maintaining good fluid intake and avoiding large quantities of caffeine and alcohol.
- Eating well and keeping to a healthy weight.
- A free, confidential smoking cessation and alcohol advice service is available for patients and carers.

At Clatterbridge Cancer Centre we have Macmillan information centres where you can obtain further information and support.

If you need to contact us in between clinic appointments, or within 6 weeks of completing radiotherapy, our contact details are as follows:

Clatterbridge Liverpool: 0151 318 8401/8402

Clatterbridge Wirral: 0151 556 5260

Clatterbridge Aintree: 0151 556 5958/5959

(Monday-Friday 08.30-18.30)

The Clatterbridge Cancer Centre Hotline: 0800 169 5555

If you are unwell during, or up to 6 weeks following your cancer treatment, please call the Clatterbridge Cancer Centre Hotline. Your call will be answered by a dedicated nurse advisor. This line is available 24 hours a day, 7 days a week.

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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