



The Clatterbridge
Cancer Centre
NHS Foundation Trust

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Specialist Palliative Care Team

Rehabilitation and Support

A guide for patients and carers

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This leaflet is for patients who may be referred to the Specialist Palliative Care Team.

This leaflet explains the role of the Specialist Palliative Care Team, what to expect when you are referred, how the team will support you and how to contact them.

What is palliative care?

Palliative care is for people with an advanced or progressive illness which may be incurable. Palliative care can be provided alongside other active medical and therapeutic treatments such as radiotherapy or chemotherapy. The aim of palliative care is to maintain and improve the quality of life for patients and their families, wherever possible.

Palliative care is about:

- Controlling pain and other symptoms, e.g. nausea and vomiting
- Helping patients and their families cope with the physical changes caused by the illness
- Helping people to deal with what the illness means to them
- Offering a support system to help family and friends cope

All healthcare workers can provide palliative care where appropriate, but if symptoms and needs are complex, a referral to the Specialist Palliative Care Team may be required. The team

works closely alongside the other doctors and nurses caring for you to ensure that you and your family receive the care and support that meets your needs.

Who are the Specialist Palliative Care Team supporting you at The Clatterbridge Cancer Centre?

The Specialist Palliative Care Team are members of the Cancer Rehabilitation and Support Team (CReST). The team is led by the Palliative Medicine Consultant and comprises:



Other health care workers with specialist knowledge and training in palliative care also work closely with the team. During your illness, you may come into contact with other clinical nurse specialists, physiotherapists, occupational therapists, dietitians, welfare benefits advisor, social workers and chaplains, who are all part of the Cancer Rehabilitation and Support Team. The Specialist Palliative Care Team work closely with all of these services.

The Specialist Palliative Care Team see inpatients on the wards, and outpatients on the Clatterbridge site.

How can I be referred?

The staff looking after you will usually refer you to the team, if they feel it would help you. They will liaise with the oncology consultant currently looking after you.

What is the role of the Specialist Palliative Care Team?

After you have been referred to the service, we will arrange to meet with you to assess your needs. We may visit you on the ward if you are an inpatient, or arrange an outpatient appointment for you. We may then recommend any changes to your medication or suggest other treatment options that may be appropriate, or discuss referral to other support services, if needed.

Members of the team will then see you as needed, to review your situation.

What happens when I leave hospital?

When you leave hospital, we can refer you to the Community Specialist Palliative Care Team and other local support agencies in your area, as required. We will also write to your GP letting them know about our involvement. You have the option to receive copies of these clinical letters.

How can I contact the Specialist Palliative Care Team?

The Specialist Palliative Care Team is available 7 days a week,
Monday to Friday 8am - 5pm
Saturday and Sunday 9am - 5pm

Contact telephone: 0151 556 5257

Messages left on the answer machine will be collected at 9am and 1pm each day and will be responded to at the earliest opportunity during working hours.



Other sources of information and support:

Macmillan Cancer Support

89 Albert Embankment
London SE1 7UQ
Freephone: 0808 808 0000
www.macmillan.org.uk

Marie Curie Cancer Care

89 Albert Embankment
London SE1 7TP
Freephone: 0800 716 146
www.mariecurie.org.uk

Carers UK

20 Great Dover Street
London SE1 4LX
Tel: 020 7378 4999
CarersLine: 0808 808 7777 (Open Mon-Fri 10am-4pm)
E-mail: advice@carersuk.org
www.carersuk.org

The National Council for Palliative Care

The Fitzpatrick Building
188 -194 York Way
London N7 9AS
Tel: 020 7697 1520
www.ncpc.org.uk

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.

The Clatterbridge Cancer Centre NHS Foundation Trust
Clatterbridge Road, Bebington,
Wirral, CH63 4JY.

Tel: 0151 556 5000

Web: www.clatterbridgecc.nhs.uk

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