

- a lump, bump or swelling that was not there before.
- a change in bladder or bowel habit, such as constipation or difficulty in passing urine.
- loss of appetite and weight loss.
- increased tiredness, so that you are not able to do what is normal for you.

Some of these symptoms are common and not always related to cancer. You may experience all, some, or none of them. Please contact your Clinical Nurse Specialist if you are concerned.

If you have any further questions, please speak to your Clinical Nurse Specialist (keyworker) or one of the doctors caring for you.

Kate Taft, Macmillan Lung Cancer Nurse Specialist:

Tel 01476 464503 (voicemail if not at my desk) or bleep via hospital switchboard 01476 565232, bleep 513.

Working days: I work four days a week, Monday to Friday between 9.00am and 5.00pm (the voicemail will state my day off).

If you are unable to contact your Clinical Nurse Specialist then we suggest that you contact your own GP or the respiratory consultant's secretary on 01476 464441.

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk

Lung Cancer Nurse Specialist Follow-up Clinic

Respiratory Department
Grantham Hospital
Telephone: 01476 464503
www.ulh.nhs.uk

Aim of the leaflet

This leaflet aims to tell you more about what happens now that your lung cancer treatment has finished and to tell you what will happen next.

It can be an anxious time and for some people a lonely time. You will have spent the last few weeks/months attending the hospital regularly for treatment, clinic appointments, scans and blood tests, etc. Adjusting from continuous contact with the hospital to less frequent visits can be difficult.

Although you do not need any treatment at present, you will continue to be monitored by a member of the Lung Cancer Team in the outpatient clinic. The frequency of your appointments will depend upon your individual situation. You may prefer an open appointment arrangement.

What is an open appointment?

This means you will not have set dates for attending clinic. If at any time you feel you need to see one of the doctors or nurses in the team please contact your Lung Cancer Nurse Specialist. They will endeavour to make you an appointment for the next available clinic. Please let us know if this option is preferable to you.

Outpatient follow-up in the Respiratory Clinic

You have been offered your follow-up care within the Lung Cancer Nurse Specialist clinic.

The Lung Cancer Nurse Specialist is an experienced registered nurse who is part of the Respiratory team, working closely with the doctors and nurses both in hospital and in the community.

You can, of course, continue to have all your follow-up with your specialist.

The frequency of your appointments will depend upon your individual situation.

You may be asked to have a chest x-ray prior to attending your appointment. Your nurse will explain this to you.

At your appointment you will be given time to explain how you are getting along. You will be asked if you have any new symptoms. You will be offered a physical examination. The results of your x-ray (if you have had one) will be explained to you.

You will have the opportunity to discuss your concerns, anxieties and information needs during your appointment. A plan of care can then be made. You will be given copies of this.

Should you or the nurse require you to see a Respiratory doctor this can be arranged.

What should I do if I experience symptoms between appointments?

Early symptom recognition is important and it is essential that you let us know between appointments if you have any of the following symptoms:

- an increase in shortness of breath, more than is usual for you.
- coughing, that is more persistent than usual, with or without phlegm or blood.
- a new pain that does not seem to go away. An existing pain that gets worse despite current medication.
- headache, that affects your eyesight, involves flashing lights, makes you feel dizzy or nauseous and/or affects your balance.