

# Nurse specialists for upper gastrointestinal cancers

Lincoln and Grantham hospitals

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Hello, we would like to introduce ourselves.



We are Tracey Wilson and Caroline Marshall.  
We are nurses specialising in upper gastrointestinal cancers.

Upper gastrointestinal cancers include cancers of the oesophagus (gullet or food pipe), stomach, pancreas and bile duct.

We are called clinical nurse specialists (or CNSs). Your CNS is also sometimes known as your keyworker.

We know that you will probably have many anxieties and questions if you have been told that you have cancer. Our role is to act as the person you can contact for information, support and guidance about your treatment.

- We will try to answer your questions and help you understand your treatment choices.
- We can give you information about investigations and treatment.
- We can talk through issues concerning your quality of life during and after treatment.
- We can give you advice on managing any symptoms you may have.
- We can provide you with information about any other services you might benefit from, for example, dietitians, financial advisors, patient support groups, spiritual support.

We would like you to be treated with compassion and dignity and it is important to us that you receive the best care and support possible. You are welcome to ask your doctors and nurses any questions you have about your treatment.

It is a good idea to have a relative or friend with you when you come to your appointments, to help you remember what is discussed. You might find it helpful to write a list of questions before your appointment.

We will try to catch up with you on your next visit to the hospital, but if there is anything that you think we can help you with in the meantime, or if you want any further information, please do not hesitate to get in touch with us.

## Contacting your CNS

Monday to Friday, 8.00am to 4.00pm  
Telephone: 01522 572351 (answerphone available)  
or you can contact us by sending an email to  
UGI.CNS@ulh.nhs.uk

Please note: we do not work weekends or Bank Holidays

If you need help or advice at other times you can contact your GP or the Out of Hours Service.

**Please Note:** if you are having treatment at Pilgrim Hospital, Boston, your CNS can be contacted on 01205 445916.

You can also get information and support from:  
Macmillan Cancer Support  
Telephone: 0808 808 0000 [www.macmillan.org.uk](http://www.macmillan.org.uk)