

Living with and beyond Metastatic Spinal Cord Compression (MSCC) Discharge home with MSCC

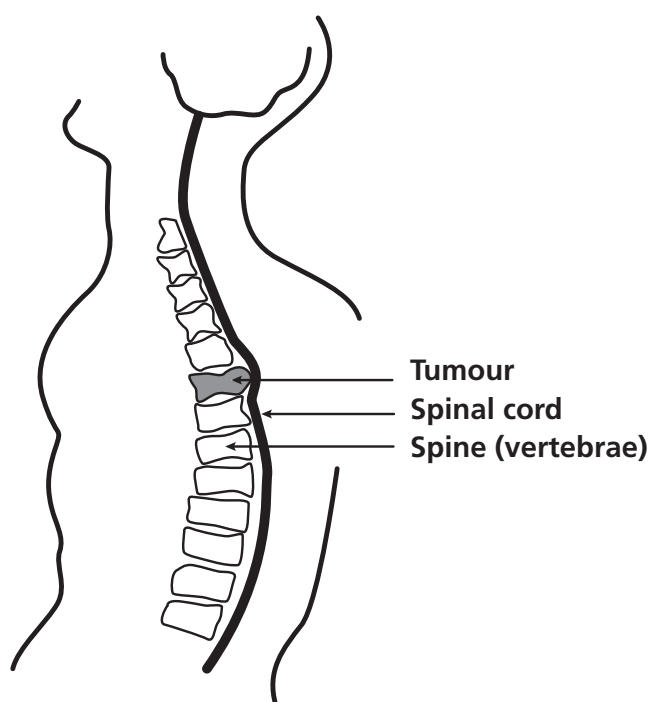
Acute Oncology Service

Introduction

You have been given this information leaflet because you have been diagnosed with, an impending or confirmed Metastatic Spinal Cord Compression. This leaflet will help you when discharged from hospital and provide you with information on what to expect when home.

What is MSCC?

The spinal cord is a bundle of nerves that runs from the brain down the back. It is surrounded by the bones of the spine. The spinal cord provides nerves to the body including the bowel, bladder, arms and legs. If you have a tumour in the bones of the spine (vertebrae) or in the tissues around the spinal cord, it can cause pressure (compression) on the spinal cord.



The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Following your diagnosis a few things might have happened to you.

You may have been told you need an external fixation device (brace)

- If you have a brace, you may need an X-ray wearing your brace before you go home, this may also need to be repeated in 6 weeks time to help us to review if the brace is still required

You may have received radiotherapy

- Often patient can experience side effect following radiotherapy, these can include, pain, soreness to the skin, fatigue, in some cases bowel and bladder irritation and in others nausea and or vomiting. If you experience any of these, please speak to the doctors or specialist nurses to obtain some advice and medication. Symptoms usually subside within 6 weeks

You may have had surgery

- If you have undergone surgery, you may be followed up with your surgical team
- In some cases, radiotherapy may be required after your surgery (You will be informed if this is the case and further information will be issued to help you with this process)

Palliative care support in the community

- You may need ongoing symptom support, where you will be referred to the palliative care team, also known as Macmillan service, for support. They will aim to manage your symptoms with alternative therapies like medication and psychological support therapies

Following your discharge from the hospital you will be offered a follow up appointment with a specialist nurse and or a member of the physiotherapy or occupational therapy services in 6 weeks time. Information on what to expect at this appointment can be found below.

We understand that for many reasons not everyone can make appointments face to face, therefore we would like to offer you one of the following options:

- Face-to-face appointment (attend the department)
- Telemedicine appointment. Pre booked, a member of the team will call you via a planned platform (AccuRx, Teams or Zoom)
- Telephone appointment (Pre booked, a member of the team will call you)
- No follow up

A member of the MSCC team will contact you to arrange your appointment if appropriate.

What to expect at the follow up appointment?

This will be an opportunity for us to review any concerns regarding your aftercare and allow us to review and assess key elements of your care.

These include your:

1. Mobility
2. Continence
3. Equipment provided to you including braces

It will also be a useful time for you to seek advice, support and be signposted to other services if required.

If you cannot attend, your booked appointment or need to change your appointment. Please contact us on 01902 695204.

What are the warning signs?

In some cases, patients may unfortunately develop further episodes of MSCC, therefore it is important you report any new signs or symptoms.

It depends on which part of the spine is affected, but the warning signs could be any one or more of the following:

Pain in your spine that is severe, distressing, or different from your usual pain (especially if not responding to painkillers)

- Severe pain in your spine which changes when you lie down or stand up, lift or strain, wakes you up at night or stops you getting to sleep
- Pain which starts in the spine and goes around the chest or belly
- Pain down your leg or arm

Tingling or numbness ('pins and needles') in any part of your spine, arms or legs.

Weakness in your arms and/or legs

- Difficulty walking because of stiff, heavy or wobbly legs
- Sudden or slower gradual changes in your ability to walk or legs giving way

Bladder or bowel problems - loss of control (incontinence) or not being able to empty your bladder.

What should I do if I develop any warning signs?

Get advice immediately:

Contact the 24-hour helpline 07920587036

Explain that you may have spinal cord compression and describe your symptoms.

Don't delay.

Ring someone today even if it is at a weekend.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਅਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਆਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。