

Self-Management Pathway (SMP) after treatment for Colorectal Cancer

Colorectal nursing

Helpline: 01902 695569

Why have you given me this leaflet?

You have been given this leaflet to explain the new self-managed follow-up pathway which The Royal Wolverhampton NHS Trust has put in place for patients who have been treated for Colorectal cancer.

What is the Self-Managed Pathway (SMP)?

Self-management is a new type of follow up pathway at The Royal Wolverhampton NHS Trust.

This means that, from now on, you will only have to come to the hospital for an appointment when you actually need to. All you have to do is call us if you have a problem, and if necessary, you will be seen promptly back at the hospital. This avoids trips to hospital when you are feeling well and symptom free.

Why have we introduced the Self-Managed Pathway?

We have introduced the Self-Managed Pathway because evidence shows it is better for patients. It means that you do not have to make unnecessary trips to the hospital at times when you are feeling perfectly well.

Patients often find traditional clinical appointments can be a source of anxiety. This can lead to putting off reporting of new or worrying signs and symptoms if a routine clinical appointment is "not too far away".

It has also been found that new problems are unlikely to be picked up by clinical examination alone. Most are identified by patients themselves, in between routine appointments.

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.**

Is The Royal Wolverhampton NHS Trust the only hospital to introduce a self-managed follow-up pathway?

No (although it maybe called different things in different places). More and more hospitals across the country are changing the way patients are followed up after treatment for Colorectal cancer.

What information will I be given?

You will have a detailed consultation within three months after you have completed your treatment with a Colorectal Specialist Nurse. You will be given advice on how to be body and bowel aware, including specific symptoms you should report without delay to the SMP team. You will also have the opportunity to discuss any ongoing health needs you may have.

You and your GP will be given an 'End of Treatment Summary' which will include information on:

- Your diagnosis, the treatment you have had, possible side effects and any medication you may still be receiving
- Arrangements for surveillance procedures, blood tests and both radiological and endoscopic tests as appropriate
- How to use the helpline, which gives you fast access to the Colorectal Nurse Specialist and your consultant if you need it.

Overall, the purpose of this pathway is to help you to get back to your normal day-to-day activities as quickly as possible.

You will be given information about health and wellbeing events which are specifically designed for patients living with and beyond cancer, and contact details for support groups in the community. All of this will be included in the 'Your Guide to Self-Managed Care' information booklet, a copy of which will be provided for you to take home.

Will I still be able to access the colorectal service in the event of any concerns I may have?

Yes. You can call the Clinical Nurse Practitioners on the helpline number 01902 695569 if you have any symptoms or concerns, and you will be encouraged to do so.

The helpline is monitored between the hours of 8:30am-16:00pm Monday to Friday and you will be called back within one working day after your call.

We are often able to resolve your concerns through a telephone conversation. However if appropriate you will be offered a clinic appointment, and/or relevant diagnostic test(s) within 14 days of your telephone call.

If I have concerns about my stoma will I be able to access support and advice when needed?

Yes. The helpline for stoma advice is 01902 694084. This is an answer machine and will be regularly monitored.

Are there any other regular tests that I may need to have?

Following your treatment you and your GP will be informed if you need any additional regular check-ups. Your surveillance plan will follow national guidelines as set out by the BSG, PHE and ACPGBI. (British Society of Gastroenterology, Public Health England and Association of Coloproctology of Great Britain and Ireland).

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 ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ 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。