

Colorectal supported self-management follow up

An information guide



Colorectal supported self-management follow up

Information for patients

This leaflet explains supported self-management follow up which has been put in place for patients treated for colorectal cancer.

What is supported self- management follow up?

Supported self-management is a new type of follow up at this hospital.

It replaces the traditional clinical examination type appointments with a system where patients can call us when they have a problem.

This means that patients do not have to make unnecessary trips to the hospital at times when they are feeling well and symptom free.

Why has the hospital introduced supported self-management?

Clinic appointments can be inconvenient and stressful for many patients.

There is also a tendency to put off reporting worrying signs and symptoms until patients are seen in clinic by their Consultant or Colorectal Nurse Specialist (CNS).

It is unlikely that new problems will be detected by clinical examination alone. Most abnormalities are picked up by surveillance tests in between routine appointments. These include carcinoembryonic antigen (CEA) blood tests, colonoscopies and CT scans

What information will I be given?

At the end of your treatment you will be given a **Treatment Summary** which provides written information on:

- Your diagnosis treatment and possible side effects.
- Signs and symptoms to report.
- Arrangements for surveillance tests.
- Contact details of your CNS.

Will I still be seen in a clinic if I am worried?

If you have any queries or problems relating to your bowel cancer treatment you can call your CNS at any time Monday to Friday and offered an appointment within a few days if this is needed. Contact numbers can be found on the treatment summary.

Will I continue to have routine tests?

When you are on the supported self-management pathway you will be given information on the blood tests, colonoscopies and CT scans you will require for 5 years following your diagnosis.

You will be made aware of when tests are due and informed of the results by letter or telephone.

Please contact your CNS if you do not receive a request for a routine test by the end of the month you are due.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).



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