

Three things to help you after your diagnosis of cancer

Things to expect along with your treatment



Kent and Medway
Cancer Alliance

Holistic Needs Assessment (HNA) and care plan

This is a discussion with your cancer nurse or support worker involved in your care, to talk about any needs and concerns you may have about any area of your life. It isn't just about looking at the symptoms of your cancer, the focus is on **you as a whole** - not just your illness. They can include financial, emotional and practical concerns.

A care plan may be completed if needed. This can support you to find the type of services that can help you.

Your first HNA will be around diagnosis and then again at the end of treatment.

You can ask to have one done at any point if your needs or concerns change.

Handy hints

- Calls from hospitals may show as private number or withheld.
- Check to see if you can take a family member or friend with you to the hospital to appointments or for planned phone calls.
- There may be a lot of information given at this time
- Have a pen and paper ready
- Have questions prepared

Treatment Summary (TS)

This is a detailed summary of your cancer, the type of treatment you have received, any side effects caused by your treatment. This lets you know how to contact your cancer team if you have any concerns.

A letter or treatment summary will be done after each treatment/intervention has been completed, this includes after surgery, at the end of chemotherapy or radiotherapy and other treatments. A member of the clinical team will talk you through the document and give you and your GP a copy.

Cancer Care Review (CCR)

The cancer care review is carried out at your GP practice to provide further support within twelve months of diagnosis.

This is an opportunity for you to talk to a health professional on how your diagnosis has affected you and your loved ones. To ask any questions and raise any concerns and needs you and your loved ones may have.

Here to help

Macmillan Cancer Support: www.macmillan.org.uk
0808 808 00 00, Monday to Sunday, 8am to 8pm

Cancer Care Map: www.cancercaremap.org