

Four 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 and can include financial, emotional and practical concerns.

A care plan may be completed if needed where details may be given to you about helpful services.

You can ask to have one done at any point.

Treatment Summary (TS)

This is a detailed summary of your cancer, the type of treatment you have received and any side effects. This will also tell you 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, including after surgery, at the end of chemotherapy or radiotherapy and other treatments. A member of the clinical team will go through this with you, 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 the first three months and then twelve months after diagnosis.

This is an opportunity for you to talk to a health professional about how your diagnosis has affected you and your friends and family. You can ask any questions and raise any concerns and needs you and your friends and family may have, this could include financial and work.

National Cancer Quality of Life Survey

You will receive your invitation to complete this NHS survey 18 months after your diagnosis. It will ask you how you are feeling and how your quality of life may have changed since your diagnosis.

Your answers will help us to understand how we can improve the way that we support people who have been diagnosed with cancer.

If you would like more information go to [Quality of Life survey](#)

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

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