

## INFORMATION FOR PATIENTS

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# Supported self-management pathway for patients with lymphoma

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### What is it?

The supported self-management pathway (SSMP) is a way of following up patients after they have completed cancer treatment. It offers patients support and education to help them take charge of their care and wellbeing, while allowing them to get in touch with their specialist team as and when they need to rather than attending routine hospital appointments at regular intervals.

### How does it work?

Once you have finished treatment you will attend an end of treatment clinic appointment with a doctor and Haematology Nurse Specialist (HNS). You will then have further time with the HNS who will give you information on any long-term risks and side effects to be aware of. You will have the opportunity to have a holistic assessment of your needs at that point.

You will then have a follow-up appointment with the doctor every three months for one year, and then every four months for a year. At your appointment two years since completing treatment, you will meet with both the doctor and the HNS.

After this you will move onto the SSMP, unless there is a specific reason for you not to. This means you will not have pre-arranged clinic appointments at set times.

Instead, you will be able to contact the HNS if you have concerns relating to your disease or past treatment.

We will also send you a letter at six months' time and then every year until you reach five years following the end of your treatment. The letter will ask you if you have had some specific symptoms and will ask you to confirm you have received the letter. We will also ask you to let us know if there has been any change to your contact details.

### What are the benefits?

We know that coming to hospital for follow-up appointments can often make people anxious, which has been even more of an issue since the Covid-19 pandemic.

Some patients also don't report any concerns if they have a routine appointment not too far away.

The SSMP means you can contact us about any concerns sooner. Routine outpatient attendances can also be time-consuming with long waits.

### What are the risks?

Some people think that regular follow-up appointments at the hospital can help pick up the recurrence of lymphoma, but there is no evidence to support that. It is seldom identified when the patient attends an outpatient appointment.

### **What are the alternatives?**

If you have specific concerns or health-related issues that make this follow-up pathway unsuitable for you, you can continue to have regular follow-up appointments. Your doctor or HNS will discuss this with you in detail.

### **Who do I contact if I need advice or support?**

Please contact the HNS on 01623 622515, extension 3081 if:

- You have any concerns about how to manage your health and wellbeing following your treatment.
- You develop any new signs and symptoms that you have been advised about.
- You have a recurrence of signs and symptoms you have had in the past.

We will review the situation with you and arrange for you to be seen within two weeks.

### **Contact details:**

- Haematology Nurse Specialists; telephone 01623 622515, extension 3081
- Administration queries; telephone 01623 672210.

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Lymphoma Action**

Helpline: 0808 808 5555

Website: [www.lymphoma-action.org.uk](http://www.lymphoma-action.org.uk)

### **Macmillan Cancer Support**

Helpline: 0808 808 000

Website: [macmillan.org.uk](http://macmillan.org.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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