

## 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)

### 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 (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202401-03-CCSSM  
Created: April 2020/ Revised: January 2024/ Review Date: January 2026

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## INFORMATION FOR PATIENTS

# Welcome to colorectal cancer supported self-management follow up

**Colorectal nurse helpline: 01623 672558**

**Monday to Friday, 9am to 5pm (except  
Bank Holidays)**

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## Useful contacts

Name	Contact	Phone Number
Macmillan Support Line (7 days a week, 8am-8pm)	Support team	<a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a> 0808 808 0000
Hope Programme (Helping Overcome Problems Effectively)	Macmillan Cancer Information and support team	01623 622515, extension 6499
Physiotherapy Services and Spring into Action Oncology Exercise Class	Speak to your nurse specialist	01623 672558
Maggie’s Nottingham	Support team	0115 924 6210
ABC (Affected by Cancer) Support Group	Enquiries	01623 622515, extension 6499
Alorafocus Cancer Support Group	Support line	07922 325330
Care Beyond Diagnosis		0808 808 0000 <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>

## Am I cured?

You will find that most doctors do not use the term “cured”, as this implies that they can give you a 100% guarantee that your bowel cancer will never return.

Unfortunately, we can never make this promise to any patient. The treatment you have had to date has given you the greatest chance of being well in the long term.

Your surveillance programme is designed to ensure any problems are detected early. It is important that you contact the team if you experience any changes that cause you concern, so we can see you quickly.

## Finding support

There is no right or wrong way of dealing with your emotions following a bowel cancer diagnosis, just what works for you. Some people prefer not to talk, while others like to get support from talking about their experience. Your clinical nurse specialist is there to help you with support.

A cancer diagnosis can have an effect on many aspects of your life, including ability to work, financial, relationships and sexuality, along with diet and exercise. Your colorectal nurse specialist can guide you by signposting you to the many available services and activities available in your area.

## Why have you given me this leaflet?

You have been given this leaflet to explain supported self-management follow up. Sherwood Forest Hospitals NHS Foundation Trust has put this in place for patients who have been treated for colorectal cancer.

## What is supported self-management follow up?

Supported self-management is a new type of follow up at the Trust:

- It is a new system where normal test results are sent by post to the patients.
- It avoids unnecessary hospital appointments.
- If there are any concerns, then a hospital appointment will be arranged.
- Your GP is also made aware.

## Why has supported self-management been introduced?

- This has shown to be 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 are a source of anxiety.
- Patients will have the contact details to alert hospital staff of any new symptoms.

## Is King’s Mill Hospital the only hospital to have supported self-management follow up?

No, although it may be 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. For example other hospitals may have ‘patient-led follow-up’, and would have been rolling it out successfully for many years.

## What information will I be given?

In addition to this leaflet, you will have a consultation at the end of your treatment and will be taught which specific symptoms you should report without delay to your colorectal nurse. You will also be given written information on:

- Your diagnosis.
- The treatment you have had and the possible side effects.
- Signs and symptoms to report.
- How to use the helpline, which gives you fast access to your colorectal nurse if you need it.
- What you need to do if you need to be booked back into clinic at any time in the future.

## Will I still be able to access the colorectal service if I have concerns?

Yes. If you have any queries or problems you can call the Open Access Helpline on 01623 672558, Monday to Friday from 9am to 5pm (except Bank Holidays).

You may also contact your consultant's secretary; their details are on your hospital letters.

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

There will be regular blood tests, CT scans and possible endoscopy tests following national protocols. The tests will be coordinated and arranged by the Trust.

## How the helpline works

At the end of your treatment, you will have a special consultation with your consultant or colorectal nurse specialist. During this appointment you will be taught what signs and symptoms you need to watch out for. You will be able to contact the team with any symptoms or concerns.

If you need to ring the helpline number, please leave a short message on the answerphone, including your **full name, date of birth and a telephone number**.

The helpline is regularly monitored and your call will generally be returned by your colorectal nurse the same day. For any messages left after 4.30pm, your call may be returned the next working day.

Your colorectal nurse specialist will talk through with you the symptoms or concerns that you have and decide with you whether you need to be brought back into clinic or have any further diagnostic tests. If she feels this is necessary then you will be offered a clinic appointment within 14 days of phoning the helpline.