



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Breast Care Specialist Nursing Service

Information for patients, relatives and carers

① For more information, please contact:

Breast Care Specialist Nurses

The York Hospital
Wigginton Road, York, YO31 8HE

Telephone: 01904 726775

Email: yhs-tr.yorkbreastcarenurses@nhs.net

Text: 07584 641644

Introduction

You have been given this leaflet to provide you with information about your follow-up after breast cancer treatment. We hope you find this useful but if you have any further questions please feel free to ask.

What happens once I have finished my initial treatment?

- **Holistic Needs Assessment (HNA)**

You will be invited to complete an online 'Holistic Needs Assessment' (HNA) shortly after your first treatment, then again around 10 months later.

The HNA is an informal telephone call, giving you the opportunity to express any concerns or questions you have following your diagnosis and treatment. There will be lots of advice and information for you and it's an excellent opportunity to have a longer chat about everything you have experienced. You are welcome to request a HNA at any time during the five year follow up period.

- **End of Treatment Appointment**

You will receive a letter inviting you to an 'End of Treatment' telephone appointment with one of the Breast Care Nurses. During the telephone appointment you will have the opportunity to discuss ongoing treatment, treatment related side-effects and any further concerns. This appointment will be around

13 months following your diagnosis and after your first annual mammogram (if appropriate).

- **Moving Forward Course**

Following your End of Treatment appointment, we will refer you to Breast Cancer Now so that they can invite you to the 'Moving Forward Course'. You can attend this course either face to face or online, whichever you prefer. This is a program of information, support and professional guidance designed to increase your knowledge, confidence and wellbeing. Many patients find this very helpful and we encourage you to attend. We will provide you with more information on this during your End of Treatment telephone appointment where you can 'opt out'.

- **Open Door Policy**

For five years following treatment, you will have open access to the breast care team. We encourage you to be breast and body aware and to contact us if you have any worries at all.

How am I monitored after my treatment?

If appropriate, you will have annual mammograms for five years or until the age of 50, whichever is longer. Following this, you have the option to attend mammograms every three years through the Breast Screening Programme.

How can the Specialist Nurses help me?

The Specialist Nurses can help you in the following ways:

- Provide you with information, support and advice about your diagnosis and treatment.
- Give you advice on managing symptoms you may have as a result of your diagnosis and treatment.
- Help you identify sources of practical help.
- Provide emotional support and guidance on managing your health and wellbeing.
- Refer you for counselling when appropriate.
- Refer you to the appropriate services for financial advice.
- Liaise with other people who may be involved with your care. This may be the hospital doctors, your GP, district nurse, dietician, or community Macmillan nurse.

How do I contact the Specialist Nurses?

Telephone: 01904 726775

Email: yhs-tr.yorkbreastcarenurses@nhs.net

Text: 07584 641644

You can reach us between the following hours:
8am to 5pm, Monday to Friday

If we are not available there is a voicemail facility for you to leave a message. Voicemails are always picked up so please do leave us a message and we will get back to you as quickly as possible.

Other sources of support:

Macmillan Cancer Support
www.macmillan.org.uk
Telephone: 0808 808 00 00

Breast Cancer Now
www.breastcancernow.org
Telephone: 0808 800 6000

Maggie's Centre (Leeds)
www.maggies.org
Telephone: 0113 457 8364
Email: leeds@maggies.org

The Leveson Centre (York)
www.thelevesoncentre.org.uk
Telephone: 01904 202647
Email: support@thelevesoncentre.org.uk

York Breast Friends
www.yorkbreastfriends.org
Telephone: 07516 066599
Email: info@yorkbreastfriends.org

Scarborough and Ryedale Breast Cancer Support
Group Facebook Group

Macmillan Cancer Information Centre
York Hospital: Telephone 01904 721166
Scarborough Hospital: Telephone 01723 342606

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: the Breast Care Specialist Nurses on 01904 726775 or email us at yhs-tr.yorkbreastcarenurses@nhs.net.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

Owner	Andrea Ward, Specialist Nurse and Ellie O'Neill, Service Manager
Date first issued	August 2020
Review Date	October 2027
Version	3 (issued October 2024)
Approved by	CSCS Clinical Governance Team
Document Reference	PIL 1410 v3
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