York and Scarborough Teaching Hospitals
NHS Foundation Trust

The Head & Neck - Thyroid Nursing Service

Information for patients, relatives and carers

ⓘ For more information, please contact:
The Specialist Nurses at the Head & Neck Department
Telephone: 01904 726063
Email: yhs-tr.headandneckcns@nhs.net
York Hospital, Wigginton Road, York, YO31 8HE

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The Multi-Disciplinary Team (MDT)

What is an MDT and what is its function?

It is important that cancer care is planned and monitored by a team of experts. An MDT brings together doctors, nurses and other health professionals who have specialist training and experience in a specific type of cancer. The MDT members meet once a week to review new cancer patients and check the progress of existing patients.

The MDT members work out a treatment plan and will decide if any further tests or investigations are needed. They will make the necessary referrals to specialist services along with collecting patient information and keeping your records up to date.

Who are the MDT Members?

Each member of the MDT has a different role within the team, providing surgical, medical, practical or emotional help and support for you and your family.

Clinical Nurse Specialist (often referred to as a CNS)

A CNS will provide you with the information and support that you may need. The CNS is often referred to as your Key Worker and will be the point of contact between you and the other MDT members.

ENT Surgeon
A specialist cancer surgeon who deals with **E**ar, **N**ose and **T**hroat surgery.

Maxillo-Facial Surgeon
A specialist cancer surgeon who deals with surgery to the mouth, jaw and face.

MDT Co-ordinator
The co-ordinator manages the actual MDT meeting and makes sure that patient information is correct, and all discussions are recorded.

Consultant Clinical Oncologist
A doctor who treats your cancer with radiotherapy or drugs such as chemotherapy.

Consultant Restorative Dentist
A senior dentist that specialises in treating the oral and dental problems caused by cancer and its treatments.

Consultant Pathologist
A doctor that examines body tissues and organs under the microscope.

Consultant Radiologist
A doctor who interprets radiological images such as X-Rays, CT, PET, MRI and ultrasound scans.

Dietitian
A healthcare professional trained to assess the nutritional needs of patients. They can also provide individual dietary advice and support for patients and carers.

Speech and Language Therapist
A healthcare professional that is trained to assess and advise on issues related to speech, voice & swallowing.

What is the MDT Philosophy?

As an MDT we believe that every individual has the right to receive honest information about their disease, to be given appropriate advice and to be allowed to make an informed choice. Whatever their decision may be, they will continue to receive full support and care.

The final decision about treatment is of course down to you. Your Key Worker (usually the Clinical Nurse Specialist) is your point of contact if you have questions.

They can also raise any questions or concerns you have with the other MDT members. All MDT decisions are taken in combination with you and, if you wish, your relatives and carers.

Who are the Specialist Nurses?

The head and neck specialist nurses are registered nurses who have additional specialist training in caring for patients with cancers of the head and neck or thyroid. The specialist nurses are based in the hospital and work as key members of the MDT.

Who is the Service for?

The service is available for anyone who has been diagnosed with head and neck cancer or thyroid cancer and their carers.

How can the Specialist Nurses help?

The specialist nurses are your key contact and can offer;

- Information about your investigations, illness and treatment.
- Support and advice for you, your family and carers.
- Advice on managing any symptoms you may have as a result of your illness.
- Will undertake a Holistic Needs Assessment (HNA) which will help us to understand your individual needs and to create a helpful Care Plan for you.
- Help in identifying sources of practical help for you e.g. financial advice.

- Liaise with other people who may be involved in your care. This may include hospital doctors, your own GP, District Nurse or Macmillan Nurse.
- Information about local and national self-help and support groups to support you and your family.

When and where will I see the Specialist Nurses?

Initially these nurses will see you at one of your clinic visits unless you are admitted to hospital then they will see you on the ward. Following this there will be regular contact throughout your investigations and treatment. These nurses will spend time with you and your family in clinic at the hospital. At any time, you can contact them by telephone to discuss any concerns you may have.

How do I contact the Specialist Nurses?

Your specialist nurses can be contacted between the hours of 8am and 4pm Monday to Friday on 01904 726063.

When the nurses are not in the office, there is a voicemail facility for you to leave a message. If for any reason you are having problems and cannot contact the head and neck nurses please ring your own GP or call the Head & Neck Ward.

Useful Telephone Numbers

Consultant Surgeons – contacts for secretarial staff

Mr. A. Coatesworth	01904 726598
Mr. J. Sandeman	01904 726598
Mr. F. Agada	01904 726316
Mr R Taylor	01904 721161
Mr A Shayah	01904 726598
Restorative Dentists	01904 725614
Clinical Nurse Specialists	01904 726063
Dietitians	01904 725269
Speech and Language Therapists	01904 725768
Head & Neck Ward	01904 726026
Consultant Oncologists at Leeds Dr Prestwich & Dr Sen's secretary	0113 2067838
Radiotherapy department at Hull	01482 461191
Dr A Weiczorek's secretary Consultant Oncologist	01482 461310
Dr A Del Carpio Barreda secretary Consultant Oncologist	01482 461305

Diary pages for notes and appointments

Please use these pages to record information that you feel may help you or your clinical team.

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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:
Head and Neck Clinical Nurse Specialist on 01904 726063, or email yhs-tr.headandneckcns@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/

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