



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Specialist Breast Care Nursing Service

Information for patients, relatives and carers

① For more information, please contact:

Specialist Breast Care Nursing Team

Telephone: 01904 726775

Text: 07584 641644

Email: yhs-tr.yorkbreastcarenurses@nhs.net

York Hospital

Wigginton road, York, YO31 8HE

Introduction

This leaflet explains the role of the breast care nursing team and the support available to you.

It also tells you what will happen after your treatment, including follow-up and when you can expect to hear from us.

If you have any questions, please contact us (details on page 4).

Who are the specialist breast care nurses?

The specialist breast care nurses work as part of the multi-disciplinary team, alongside other healthcare professionals looking after you.

We support you, your family and carers during your treatment and follow-up. We also help you move forward after cancer treatment.

You may hear us called:

- Clinical Nurse Specialists (CNS)
- Breast Care Nurses (BCN)

We offer an open access service, so you can contact us at any time for advice or support.

How can we help you?

We will:

- Provide you with information, advice and support throughout your diagnosis and treatments.
- Provide you with a full explanation about the aims of treatment, the benefits, possible side effects and possible alternatives.
- Act as a contact for you and your carer(s) within the hospital throughout your treatment and care.
- Give you advice on managing symptoms you may have because of your diagnosis.
- Help you identify sources of practical help.
- Liaise with and work collaboratively with other people who may be involved with your care, this may be the hospital doctors, your GP, district nurse or others.
- Offer a sensitive and complete breast prosthesis fitting service where appropriate.

We will be happy to discuss your care and treatments with a nominated relative, carer or friend but we will require your consent beforehand.

How to contact us

Phone: 01904 726775

Email: yhs-tr.yorkbreastcarenurses@nhs.net

Text only: 07584 641644

Opening times:

Monday to Friday, 8am–5pm

We sometimes operate a voicemail service, please leave a message, we will always call you back.

Out of hours

If you have recently been discharged from hospital, please use the contacts provided on your discharge letter or in the breast surgery information booklet.

Scarborough service

The breast service is based at York Hospital. We run a weekly nurse-led clinic at Scarborough Hospital so that some of your nurse-led follow-up can take place in Scarborough.

Breast Cancer Information and support

Your specialist nurse will provide information about your diagnosis, treatment and related side effects. If you need more information or support, please contact us.

Local support

Local face-to-face and online support groups are available. Ask your specialist nurse for details.

What happens after treatment?

You will be supported by the breast care nursing team for five years. You can contact us at any time during this period.

Your follow-up care includes:

Holistic Needs Assessment (HNA)

You will be offered a telephone assessment shortly after treatment, and again around 10 months later.

This is your chance to discuss any concerns, ask questions and get advice.

You can request a HNA at any time during your follow-up.

End of Treatment Appointment

You will have a telephone appointment at around 7 or 13 months (depending on your treatment).

We will discuss:

- Ongoing treatment
- Side effects
- Any questions or concerns you may have

Moving Forward Course

After your End of Treatment appointment, you will be referred to Breast Cancer Now. They offer a course (online or in person) to help improve your confidence and wellbeing. Many patients find this helpful. We recommend that you attend this course, but you can choose not to attend.

Monitoring after treatment

Your consultant will advise how often you need mammograms.

After this, you may join the National Breast Screening Programme, with screening every three years.

Final note

We know that following diagnosis you are provided with lots of information, and it can often feel overwhelming.

Whilst we provide information to you on various aspects of your diagnosis and treatment this is not meant to replace speaking to your nurse. If you are ever in doubt, need advice or information or if you are worried about anything, please do get in touch.

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:
Breast Care Nurse Team, York Hospital, Wigginton Road, York, YO31 8HE. Telephone 01904 726775 or email 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/

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