

Low-risk endometrial cancer telephone follow-up

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

What is low-risk endometrial cancer telephone follow-up?

This service is for women who have had a diagnosis of a low-risk endometrial (womb) cancer.

Now that you have completed your treatment, we have diagnosed you as low-risk because the chance of your cancer recurring is low. The MDT (multidisciplinary team) who have been treating and coordinating your care have recommended that you do not need to come into hospital for follow-up appointments.

Evidence shows that many recurrences are picked up through symptoms detected by patients themselves and not at scheduled hospital clinic visits.

Telephone follow-up is an alternative approach from conventional follow-up to a patient-centered supportive approach. This means fewer visits to the hospital – no problems with hospital parking, no transport costs, no time off work and possibly less anxiety. This approach reinforces the Cancer Survivorship Agenda and Living with & Beyond Cancer.

What happens next?

Instead of visiting the hospital, the Gynaecological Oncology Clinical Nurse Specialist will telephone you using an agreed number. You will receive an appointment letter advising you of the date and time the Clinical Nurse Specialist will telephone you. Please allow 20 minutes for your follow-up phone call.

If this appointment is not convenient, there will be a phone number you can use to rearrange your appointment for a more suitable time.

What will happen during your first telephone appointment?

The Clinical Nurse Specialist will confirm your details and ask if you are still willing to be assessed over the telephone.

We will ask you about the following, during the consultation:

- Any symptoms you may be experiencing
- Your general health
- Any questions you may have

If there is any cause for concern, the Clinical Nurse Specialist will arrange an appointment with a consultant. This will be a video call unless you need an examination by a consultant.

A clinic letter summarising the call will be sent to your GP and a copy will be sent to you, unless you do not wish to receive one.

For the first year you will be followed-up at 3, 6 and 12 months, then every 6 months for the next 2 years. At 3 years you will then be discharged.

When to get in touch with us

Please contact the Gynaecological Oncology Clinical Nurses Specialist on the phone number below if you have any of the following symptoms between telephone appointments.

- Vaginal bleeding/spotting
- Vaginal discharge that is mucky or blood stained
- Unexplained change in bowel habit
- Problems with your bladder
- Unexplained pain that lasts more than 3 weeks
- Unusual lumps/swelling anywhere in your body
- Unplanned weight loss

Who's who

Anna Watts: Clinical Nurse Specialist

Jocelyn Allen: Clinical Nurse Specialist

Contact details

Telephone: 01271 370210

If you reach our answerphone, please leave a message and we will get back to you.

Location of service:

Gynae-oncology office,
Ladywell Unit,
North Devon District Hospital,
Barnstaple, EX31 4JB

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comment forms are on all wards or online at www.careopinion.org.uk.

Northern Devon Healthcare NHS Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.northdevonhealth.nhs.uk

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