

Colorectal Health and Wellbeing Clinic

Direct Link: <https://vimeo.com/394213564>

Following your recent bowel cancer diagnosis, you will be asked to attend a "Health and Wellbeing Clinic". This is run by a member of the Colorectal (CNS) and aims to discuss treatment, support services and after care for colorectal and anal cancer.

We have set up these clinics following a national campaign and in collaboration with local patients. Patients have indicated that the session has helped address common concerns and improve their understanding of key areas of their care.

The clinic will provide you with an opportunity to meet others who are facing a new diagnosis of colorectal or anal cancer.

Who is eligible to use the service?

The Colorectal Health and Wellbeing Clinic is for newly diagnosed patients. The session lasts approximately one hour and you are welcome to bring your partner or close friend. It is a small group of up to 25 people.

How to access the service?

- Your Colorectal Nurse Specialist will refer you to the clinic after discussing your diagnosis with you.

When is the service available?

At the moment we run 1-2 clinics a month.

How often do I need to attend?

This is a one off clinic which doesn't affect any other appointments.

Who to contact if I cannot attend?

If you cannot attend, please contact the Colorectal Nurse Specialists Secretary on **01392 402781**

Where to go for the service and how to find it?

The clinic is at the Royal Devon and Exeter Hospital, at the RILD building - See map

The Health and Wellbeing clinic is designed to:

- Explain some of the clinical terminology you may come across.
- Help answer any questions you may have.
- Provide practical information about the hospital.
- Discuss potential treatments and the management of common side effects.
- Introduce you to the roles of the multidisciplinary team involved in your care.
- Identify the role of your Colorectal Nurse Specialist.
- Provide an overview of diet and exercise.
- Look at the emotional impact of a cancer diagnosis and some of the coping strategies available.
- Identify the support you can get from FORCE and the other services available.
- Help you assess your own Health and Wellbeing.
- Signpost to financial support and benefit advice.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

© Royal Devon University Healthcare NHS Foundation Trust

Designed by Graphics (Print & Design), RD&E (Heavitree)