



Information for  
patients and  
carers

**Colorectal and Stoma care  
Clinical Nurse Specialist (CNS)  
Service**

We are a team of clinical nurses who specialise in the care of patients with colorectal disease both malignant (cancer) and benign (non-cancer). This leaflet shows the ways in which we may be of help to you and how to contact us in the future.

We provide support for patients and their families and act as a link between health care professionals. The clinical nurse specialist (CNS) is your key worker and will coordinate your care.

The CNS can provide information, advice and support for patients and their families, from diagnosis onwards, in areas including:

- Surgery
- Chemotherapy
- Radiotherapy
- Clinical trials
- Stoma care
- Fistula Management
- Ileo-anal pouch advice
- Dietary advice
- Psychosexual issues
- Support agencies/groups
- Fertility and infertility advice and information
- Finance
- Hospice Care
- Symptom Control
- Local and national services

You may meet your nurse specialist:

- At the outpatient surgical clinic
- At the outpatient oncology clinic
- On the ward

## How can we help?

We can provide an opportunity to discuss your diagnosis, disease and treatment plan, including a chance of talking through the information you have been given. We can explain what your investigations are for and what they involve, making sure you understand what is happening at each stage of your treatment.

We can put you in touch with other services in the hospital and in the community. There are a number of support agencies that you may like to know about.

If you are experiencing any problems or symptoms at home then please contact us. If we are unable to answer your questions we will endeavour to help you find the information you need, or put you in touch with the right person.

It is often when you have left hospital that you think of things you should have asked, or would like more explanation. We are available to help at this time. If you are admitted to any hospital for any reason, please ask someone to let your specialist nurse know.

## Confidentiality

Confidentiality is maintained at all times. We recognise that each patient and their family will have their own personal needs. All contacts with your CNS will be treated in the strictest confidence.

## Clinical Trials

Research can give you access to treatments which are otherwise unavailable. Clinical trials will lead to faster results and quicker improvements in cancer treatment for future cancer patients.

We have a core team of doctors, nurses, radiotherapists and data managers to support patients to participate in clinical trials and research studies.

At Lancashire Teaching Hospitals we offer a range of research studies and clinical trials at any one time for most cancers, ranging from brain to breast cancer, prostate to pancreas and many more.

Research can lead to better prevention, detection and treatment of cancer.

Cancer Research UK [www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

## Further Support

If you or any member of your family (with your permission) would like further information about your condition or your treatment or if you have any concerns or need further support you can contact your clinical nurse specialist.

Your Clinical Nurse Specialist is (Key Worker) :

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Tel No. 01772 522371- Monday to Friday (8am-6pm)

You may reach an answer phone, but please leave a message and your call will be returned as soon as possible, however please be aware this may not be the same day.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

There are many organisations that provide information, support and advice. These include:

**Macmillan Cancer Support** [www.macmillan.org.uk](http://www.macmillan.org.uk)

**Beating Bowel Cancer** [www.beatingbowelcancer.org.uk](http://www.beatingbowelcancer.org.uk)

**Ileostomy Association** [www.iasupport.ork.uk](http://www.iasupport.ork.uk)

**Colostomy Association** [www.colostomyuk.org.uk](http://www.colostomyuk.org.uk)

**Cancer Help Preston** Vine House 22 Cromwell Road Preston PR2 6YB  
01772 793344 [www.cancerhelppreston.co.uk](http://www.cancerhelppreston.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

**Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.**

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad  
Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો ફરિયાદ કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵਿੱਚ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دوسری زبانوں اور بڑی اگر آپ کو ہی معلومات سمجھنے کے بغل مدد کی ضرورت ہے تو  
یہاں پر ہی ایسی دست بو یسکت ہے براے مہر یبان پوے چھہدی۔ معلومات

**Arabic:**

مطبوعه بأحرف كبيرة وبلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب  
أخرى يمكن تو فسير هذه المعلومات

**Department:** Colorectal

**Division:** Surgery

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