

# Information for patients and carers

## Upper Gastrointestinal (UGI) Clinical Nurse Specialist Service

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# **The Upper GI Clinical Nurse Specialist (CNS/Key Worker)**

We specialise mainly in the care and support of people with cancer of the oesophagus, stomach, pancreas, liver and bile ducts. This leaflet shows the ways in which we may be of help to you and how to contact us in the future. We work closely with the doctors and nurses on the wards and the Out Patient clinics.

## **What is the function of the Upper Gastrointestinal nurse specialist?**

We provide support for patients and their families and to act as a link between health care professionals.

We provide a point of contact for patients and carers from diagnosis onwards. This can be a very uncertain time in your life. By providing clear information we hope to reduce some of the fears and anxieties you may be facing.

## **How can we help?**

We can provide an opportunity to discuss your diagnosis, disease and treatment plan, including a chance to talk through information you have been given. We can explain what 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.

We are also available to speak to your family (with your consent). They may have their own questions about your illness or treatment. You might like to show them this leaflet.

## How to contact the Upper GI Specialist Nurses

CNS/Key worker: \_\_\_\_\_

Telephone: 01772 524788

Upper GI Secretary: 01772 523595

## Our normal working hours are:

Monday to Friday, 8am - 4pm (except bank holidays)

If we are not in the office at the time of your call an answer machine is available. If you reach this, please leave a message. Your calls will be returned as soon as possible, however please be aware this may not be the same day

## Clinical Trials

A clinical trial may be discussed with you as a potential option for treatment. This discussion does not commit you to taking part.

You may also want to ask your doctor or nurse if there are any clinical trials available for which you might be suitable.

## Some Helpful Organisations

### Cancer Research

PO Box 123 Lincoln's Inn Fields London WC2A3PX Tel 020 7121 6699  
[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

### Oesophageal Patients Association

22 Vulcan House Vulcan Rd Solihull West Midlands B91 2JY Tel 0121  
704 9860 [www.opa.org.uk](http://www.opa.org.uk)

### Cancer Help Preston

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

## Questions about cancer?

We're here to help, the Macmillan Cancer Information & Support Service at Lancashire Teaching Hospitals is open to anyone affected by cancer and is situated at both Chorley Hospital & Royal Preston Hospital. Contact us on 01772 523709 or [cancerinfocentre@lthtr.nhs.uk](mailto:cancerinfocentre@lthtr.nhs.uk)

## Sources of further information

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

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

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

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

Follow us on social media @lancshospitals

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

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 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 this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

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**Division:** Surgery

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