The role of the Specialist Nurse Practitioner for Late Effects
Information for patients
This leaflet describes the role of the Specialist Nurse Practitioner for Late Effects.

What is meant by the term ‘Late Effects?’

There are often side effects of treatments for childhood and young adult cancers and benign tumours. Many of these side effects appear during or just after treatment and go away a short time later. However, some side effects may show up months or years after treatment. These side effects are called ‘Late Effects’.

The risk of developing a Late Effect depends on the treatment you received. Chemotherapy, radiotherapy, surgery and bone marrow / stem cell transplants all have different effects. This risk also varies with the age at which you were treated, your gender, family history, lifestyle and environment.

What does the Specialist Nurse Practitioner (SNP) do?

The SNP works as part of the haematology-oncology health care team and will usually meet you in clinic (with the agreement of your consultant) when you have reached 5 years from the end of your treatment. They will be able to offer support, advice, guidance and act as your ‘key worker’; the main hospital based person involved in co-ordinating your care and arranging things for you. You will be given contact details.

The SNP can also provide information on your diagnosis, the treatment you received and on what Late Effects you will need to be aware of. A detailed summary of your treatment will be given to you at your clinic appointment.

Health promotional advice and information to reduce your personal risk of ‘Late Effects’ and maximize your independence and quality of life can also be provided.
How can the SNP help?

The SNP can provide:

• **Support** – Sometimes it can help to just talk things through either with the SNP or with another appropriate member of the team.

• **Advice** – Advice can be given on a range of issues, directly or indirectly related to Late Effects and long term follow up, or other sources of advice and information can be recommended.

• **Information** – Many people find that more information eases their worries. You may, for example, want to discuss:
  - Your previous diagnosis and treatment
  - Concerns about your general health and appearance
  - Financial resources / grants
  - Insurance companies which will insure people treated for cancer
  - Community help and other support
  - Fertility concerns
  - Academic performance / employment concerns
  - How to lead a healthy lifestyle

The SNP will also be:

**A point of contact** – you will have the contact details for the Late Effects SNP and they will be your ‘key worker’. They will also try to answer queries and questions you may have; remember there is no such thing as a silly question! If the SNP is unable to answer your questions they will point you in the right direction or seek out the information on your behalf.

**WE ARE HERE TO CONTINUE TO SUPPORT YOU AND YOUR FAMILY!**
How often will I have to come to clinic?

The SNP will discuss and organise your follow up with you, as the type of follow up will vary with your treatment and likely Late Effects. For some patients follow up may be with the GP, and for others by post or phone call, with an occasional clinic appointment and for some patients follow up will be needed more frequently. These clinics may be nurse led, or consultant led, with close liaison from the SNP and the rest of the team, to ensure you receive optimum follow up care, health advice and support.

If you are given an appointment which is inconvenient please telephone the SNP directly, on 01865 572 890, at your earliest convenience so that you can be allocated a more suitable appointment and your original appointment can be given to someone else. Thank you.
How to contact the Specialist Nurse Practitioner

Specialist Nurse Practitioner – Late Effects
Tel: 01865 572 890
Mobile phone: 07810 830 046

Monday-Friday 07:00 - 17:00
(There is an answerphone outside office hours.)

E-mail: oxford.lateeffects@nhs.net

If the matter is urgent, please contact your GP

Please affix business card here
Other useful information

**Aftercure**
Providing information and support on Late Effects to patients at the end of treatment.
www.aftercure.org.uk

**Macmillan Cancer Support**
Provides support to people affected by cancer.
0808 808 0000
www.macmillan.org.uk

**Maggie’s Cancer Information Centre**
This Centre is based at the Churchill Hospital and provides information, guidance and support to anyone affected by cancer.
01865 225690
www.maggiescentre.org.uk

**Macmillan Benefits Advice**
This service is based at the Churchill Hospital at the Maggie’s Centre and also at the Horton General Hospital. The advisors can offer advice and support to people and their families with financial and benefit issues.
01865 225689
Macmillan.oxcab@gmail.com

**Cancer Links**
Cancer information for patients and carers.
www.cancerlinks.org.uk

**Pituitary Foundation**
Charity in the UK providing information and support to people living with pituitary disorders.
www.pituitary.org.uk
Please use this page to record things you may wish to remember or write down any questions you may have.
If you need an interpreter or need a document in another language, large print, Braille or audio version, please call 01865 221473 or email PALSJR@ouh.nhs.uk