

## Patient Information Leaflet

# Patient Pathway Neurosurgery For Suspected Brain or Spinal Tumour

University Hospitals Plymouth NHS Trust  
Derriford Road  
Plymouth  
PL6 8DH  
Tel: 01752 202082  
[www.plymouthhospitals.nhs.uk](http://www.plymouthhospitals.nhs.uk)



Name:.....

Address:.....

.....

Date of Birth:.....

NHS Number:.....

Specialist Nurse/Key Worker:.....

Consultant:.....

Consultant Secretary/Telephone Number.....

**The Neuro-Oncology Specialist Nurse Team are:**

<b>Name</b>	<b>Area</b>	<b>Contact Details</b>
Tony Shute/ Helen Cooper	Plymouth	01752 431521
Glad Baldry/ Jen Berei	Cornwall and Torbay	01752 439092
Louise Davies	Exeter and North Devon	01752 439393

**Available Monday-Friday 09-15:30 (Excluding Bank Holidays)**

## **Specialist Nurse/Key Worker Role**

You will have a Specialist Nurse/Key Worker. We work closely with the team of Doctors, Nurses and other health care professionals at Derriford Hospital. For those patients who came from outside of the Plymouth catchment area Louise and Glad will remain as your Specialist Nurse/ Key Worker for ongoing treatment in your local hospital.

We are here to support you and those close to you throughout your diagnosis, tests, treatments and beyond.

Our role is to be easily accessible in order to:

- Help coordinate your care during diagnosis to treatment, through to follow up care.

Be a familiar face who can provide:

- Information on tests, investigations and treatment options
- Support and advice on symptom control
- Information and education about your illness or diagnosis
- Information to services and professionals who might be involved in your care and provide additional support.

Often when leaving the hospital you may think of things you should have asked or wish to have things explained further. We are available to help at this time.

With your permission, we are also available to speak to your spouse, partner or family. They may have their own questions about your care.

Our service covers Monday to Friday 9:00 – 15.30. There is an answer machine for you to leave a message if we are out of office. The answer machine is checked throughout the day and we aim to respond to your call within 24 hours. If you have an urgent medical concern then please contact your General Practitioner Service or dial 999 for an ambulance.

If your enquiry is about:

- a clinic appointment then please contact Neurosurgery appointments via Derriford switchboard. If your enquiry is about an operation date please contact your Consultant's secretary.
- a scan appointment please contact the Radiology Department via switchboard.
- scan results please contact your Consultant's secretary if you have not heard within 4 weeks of your appointment.
- NB: If you require urgent intervention or treatment then the Neurosurgical Team will coordinate this.

# 1<sup>st</sup> Clinic Consultation:Neurosurgery

Date:.....

Consultant:.....

Specialist Nurse/Key Worker:.....

Consultation notes:

## Treatment Care Plan:

## **Holistic Needs Assessment**

A Holistic Needs Assessment is a simple questionnaire that allows you to highlight the most important issues you have at this time. You can contact your Clinical Nurse Specialist/Key Worker if you have any issues you wish to discuss.

These can relate to:

- Symptoms and physical concerns (e.g. side-effects from treatments, pain, fatigue)
- Feelings and emotions (you may feel low or worried)
- Difficulty with relationships (home, social or work)
- Money worries (you may want to know more about the financial help available to you)
- Other concerns

Your responses will be used to develop a care and support plan with your Clinical Nurse Specialist or Key worker/other, which will enable your needs to be met in a timely and appropriate way.

With your agreement the person carrying out your assessment may refer you to other services of help to you. Alternatively, if you prefer, you will be given written information about these services.

Concerns and worries (Holistic Needs Assessment)

**Record your concerns**

<b>Practical Concerns</b>	<b>Lifestyle concerns</b>
<input type="checkbox"/> Caring responsibilities	<input type="checkbox"/> Support Groups
<input type="checkbox"/> Work or education	<input type="checkbox"/> Complementary therapies
<input type="checkbox"/> Money or housing	<input type="checkbox"/> Diet and nutrition
<input type="checkbox"/> Insurance or travel	<input type="checkbox"/> Exercise and activity
<input type="checkbox"/> Transport or parking	<input type="checkbox"/> Smoking
<input type="checkbox"/> Contact or communication with NHS staff	<input type="checkbox"/> Alcohol or drugs
<input type="checkbox"/> Housework or shopping	<input type="checkbox"/> Sun protection
<input type="checkbox"/> Washing and dressing	<input type="checkbox"/> Hobbies
<input type="checkbox"/> Preparing meals and drinks	<b>Spiritual or religious concerns</b>
<b>Emotional Concerns</b>	<input type="checkbox"/> Loss of faith
<input type="checkbox"/> Difficulty making plans	<input type="checkbox"/> Lack of purpose in life
<input type="checkbox"/> Loss of interest in activities	<input type="checkbox"/> Lack of feelings of peace
<input type="checkbox"/> Inability to express feelings	<input type="checkbox"/> Feelings of regret about the past
<input type="checkbox"/> Anger or frustration	Family or relationship concerns
<input type="checkbox"/> Sense of guilt	<input type="checkbox"/> Worries about partner
<input type="checkbox"/> Feelings of hopelessness	<input type="checkbox"/> Worries about children
<input type="checkbox"/> Loneliness or isolation	<input type="checkbox"/> Worries about other relatives or friends
<input type="checkbox"/> Sadness or depression	
<input type="checkbox"/> Worry, fear or anxiety	
<b>Physical concerns</b>	
<input type="checkbox"/> Breathing difficulties	<input type="checkbox"/> Fever or high temperature
<input type="checkbox"/> Passing urine	<input type="checkbox"/> Lack of mobility
<input type="checkbox"/> Constipation	<input type="checkbox"/> Tingling hands or feet
<input type="checkbox"/> Diarrhoea	<input type="checkbox"/> Pains
<input type="checkbox"/> Eating or appetite	<input type="checkbox"/> Sweating or hot flushes
<input type="checkbox"/> Indigestion	<input type="checkbox"/> Dry, itchy or sore skin
<input type="checkbox"/> Sore or dry mouth	<input type="checkbox"/> Wound care after surgery
<input type="checkbox"/> Nausea or vomiting	<input type="checkbox"/> Lack of memory or concentration
<input type="checkbox"/> Sleep problems or nightmares	<input type="checkbox"/> Taste, sight or hearing problems
<input type="checkbox"/> Fatigue or exhaustion	<input type="checkbox"/> Speech problems
<input type="checkbox"/> Swellings	<input type="checkbox"/> Sexual problems



## **Patient's own notes and questions:**

## **Pre-operatively:**

If the outcome of your clinic consultation is for you to have an operation then you will need to attend for a pre-operative review.

This will involve a further appointment with the pre assessment team based on Erme ward level 4. It may be possible for you to see the team after your clinic review, however if they are unable to accommodate you at that time you will need to come back for an outpatient appointment at a later date.

Unfortunately if you live outside of the Derriford Hospital catchment area this assessment cannot be undertaken at your local hospital.

Pre-assessment is about checking your general health and fitness and an anaesthetic review for surgery. Please see attached leaflet.

If you have not had pre assessment at the time of your clinic review then your Consultant's secretary will arrange the pre-assessment appointment for you. You should receive a telephone call or a letter outlining the details of this appointment once it has been booked. If you have any questions or concerns around the date or time of this appointment there will be a telephone number on your appointment letter which you can ring.

Your Consultant may want you to have further investigations before surgery for example a brain or spine CT or MRI scan. These will be organised for you and undertaken at either your local hospital or co-ordinated with your pre assessment appointment at Derriford Hospital.

Once you have attended pre assessment and had any further investigations required you will then be ready for surgery.

## **Surgery:**

When a surgery date becomes available your Consultant's secretary will telephone you with a date along with any specific admission details. A letter will be sent in the post confirming your admission details along with any other instructions necessary.

Your Consultant might be able to give you an indication as to when your surgery will take place when you are seen in clinic, but please note this will only be a provisional date and you will need to await final confirmation by phone/letter.

Patients being admitted for neurosurgical procedures are admitted on the day of operation to Fal Ward, level 4, Derriford Hospital unless otherwise advised. Instructions will be sent to you in the post outlining your specific admission details to include fasting and medication instructions.

Provisional surgery date:.....

## **Please note:**

Every effort is made to ensure our patients operations go ahead as planned, however due to the nature of neurosurgery it is important that you are cared for in the ward area best suited to your post-operative needs. This often involves being cared for in the high dependency/intensive care area for a 12 - 24 hour period. If you require this higher level of care post operatively and the appropriate bed following surgery is not available for you, this may lead to a delay in your surgery. Every effort is made to avoid this, however sometimes this situation is unavoidable.

## **Accommodation**

Unfortunately Derriford does not have any accommodation within the hospital for relatives. There are however a number of hotels available within close proximity to the hospital. If relatives wish to stay locally. It is their responsibility to arrange this. Many of our patients choose to stay at 'The Lodge' (leaflet enclosed).

**Parking:**

If you need advice regarding parking or parking costs then please speak with the parking team based at the main reception desk, level 6, who will be able to advise you.

**How long will I be in hospital?**

This will depend on the procedure you are undergoing and inpatient stays can range from 1 to 7 days or more. Your Consultant will have discussed this with you in clinic.

Estimated length of hospital stay:.....

**Medication:**

Steroids: You may already be taking a steroid called Dexamethasone. This medication should not be stopped prior to your surgery unless advised by your Consultant or Specialist Nurse.

Steroids – (See page 71- Understanding Brain Tumours booklet)

Current dose:.....

Planned Pre-Surgery Schedule:

.....

.....

.....

**Anti-Seizure Medication:**

If you are taking anti-seizure medication they should continue in the pre-operative phase. Occasionally the dose may need to be reviewed and your Neurosurgical Team will advise you. Patients not taking anti-seizure medications - may have a short course prescribed around the time of their surgery.

NB: You may also be under the care of a Neurologist if you are known to have seizures.

## **Anti-convulsants:** (See page 71- Understanding Brain Tumours booklet)

If you would like a Seizure First Aid Leaflet then please request this from your Specialist Nurse.

## **Driving:**

If you have been diagnosed with a suspected brain or spinal tumour you should not drive unless otherwise advised by your Consultant, Specialist Nurse or DVLA. However, it is your responsibility to inform the DVLA who will be able to advise you. (See page 35 – Understanding Brain Tumours booklet).

## **How will I be followed up after my surgery?**

This will depend on your particular situation and whether you are waiting for results or require referral for further treatments. You're Consultant and/or Specialist Nurse will be able to advise you as to your personal follow up plan prior to discharge from the ward.

Please highlight prior to discharge

Post-surgery follow up:

- Attend Moorgate ward or a clinic within two weeks of your discharge for results and further treatment plans. A Specialist Nurse or Ward Nurse will advise.
- Post-surgery – clinic appointment approximately 6-8 weeks after your operation.
- Post-operative scan either MRI or CT
- Tumour Surveillance Programme
- Referral to Oncology
- Discharged

Note: Not all patients require a clinic appointment following discharge and this will be decided on an individual basis by the Consultant managing your care.

## **When should my clips/sutures be removed?**

Once you are home you will need to arrange an appointment with your Practice Nurse or District Nurse via your General Practitioner (GP) surgery for removal of clips and/or sutures. This is usually 7-10 days after your operation.

## **Ward staff please complete prior to discharge**

Date due for removal	
Clip removers	
Wound dressings	
Wound check	

## **When will I be allowed to wash my hair?**

We would normally recommend that you avoid washing your hair for 24 hours after your clips/sutures have been removed.

## **What should I do if my wound becomes sore or inflamed?**

If your wound becomes, red, inflamed, painful, and/or you develop a temperature please contact your GP immediately for a review – antibiotics or a neurosurgical consultation might be required.

## **Can I drive following my surgery?**

Following a brain operation there may be a period of time that you are not allowed to drive by law. This will depend on the location or your tumour and type of surgery that you have had and whether you have had or are at risk of seizures. It is **your** responsibility to inform the DVLA of your situation.

The DVLA will advise you as to how long you will be exempt from driving dependent on the operation undertaken and your particular medical situation. The DVLA will want to know: the

name of the Neurosurgical Consultant overseeing your care along with the operation undertaken.

### **Ward staff please complete prior to discharge**

Consultant	
Date of Surgery	
Operation	

### **Is it normal to feel tired after surgery?**

Yes, it is not unusual to feel tired following a brain operation. It is important to slowly increase your daily activities you're involved with once at home. However it is also important not to overdo things. Listen to your body, if you feel tired - rest.

Prior to discharge home the Physiotherapist and/or Occupational Therapist might also have given you advice or instructions regarding the activities that are safe for you to undertake. If you're not sure what you can and can't do then speak with the Nurse managing your care.

### **Will I get seizures?**

Patients with a brain tumour are at potential risk of having a seizure.

For this reason we sometimes prescribe anti-seizure medication as a precaution before and after the operation. You will be advised by your Consultant as to whether your anti-seizure medication needs to continue indefinitely or whether it will be reviewed at your follow-up clinic appointment.

Occasionally patients who have previously had seizure may find they have an increase in seizure activity due to the surgery before things settle down again. For those patients that haven't any previous seizures there might be an increased risk of seizures due to the nature of the operation that has been undertaken.

If you are known to have had or are at risk of seizures you will need to be given an epilepsy safety leaflet. (Please ask the Ward Staff)

**On discharge it is really important to ensure all anti-convulsant medication is taken regularly. Unless advised by your Consultant anti-convulsant medication should not be stopped.**

## **What should I do if I get new symptoms and who should I contact?**

If you experience:

- Headaches specifically on waking and not relieved by pain killers
- Nausea and/or vomiting that doesn't settle
- Seizures
- New or worsening limb weakness and/or altered sensation
- Visual disturbances
- Nasal leak or salty taste in the mouth
- Facial weakness
- New or worsening speech problems
- Swollen or painful calves (\*risk deep vein thrombosis)

You should contact your GP, or dial 111 for medical advice or Specialist Nurse (Key Worker) to discuss your symptoms. However if you have any new symptoms within hours of being discharged to home it would be advisable to contact the Neurosurgical Team via Moorgate Ward, 01752 431953/52.

If you have sudden onset of new symptoms that are not resolving, dial 999.



## **Who should I contact when my tablets are getting low?**

When you leave hospital you will be given a 14-28 day supply of medication. Repeat prescriptions should be obtained from your GP. It is important to ensure that these are ordered in advance so that you do not run out.

On leaving the ward you will be given a copy of your Discharge Summary which will list the current medications you are on. The ward will send a copy of your Discharge Summary to your GP, this will include information regarding your operation, a list of all your current medications and any ongoing care needs. We advise that you make an appointment to see your GP after you have been discharged. The ward staff will go through all your medications prior to discharge with an explanation of what you are taking and why, as well as when and how they should be taken.

### **Community Referrals:**

If you have been under the care of the Occupational Therapist, Physiotherapist or Speech and Language Therapist during your admission and require ongoing treatment this will be discussed with you prior to discharge. Referrals will be made to the Community Team in your local area.

Prior to discharge your therapy team will give you the contact details of the local team who will be involved in our ongoing/follow up care.

If you have been referred to a local therapy team prior to discharge home and have not heard from them within 2 weeks following discharge, then contact:

Name:.....

Telephone:.....

## **Helpful Hints:**

1. You can ask your key worker (Nurse Specialist) for help re: all aspects of your care and treatment.
2. You can let us know your concerns and worries.
3. You can get advice re: finance and benefits.
4. You can bring someone with you to appointments.
5. You can get advice re: keeping well/managing tiredness during and after treatment.

## **Who should I contact if I have any further questions or concerns about my ongoing care needs following my discharge?**

It is **YOUR** responsibility to contact a member of the team if you have any questions and/or concerns about your ongoing care or follow up.

If it is regarding post-operative follow up, clinic or scan appointments please contact your Consultants secretary.

If you are feeling unwell then you should contact your GP for a review or speak with your specialist nurse.

## **You may be asked to participate in clinical projects –**

1. Genome 100,000 Project
2. MOT Project
3. Gliolan Project

## **Will I need to be seen by an Oncologist?**

This will depend on your histology/tissue results. Not all patients need to be followed up by an Oncologist. At the time of your operation tissue will be sent to the laboratories to be looked at under the microscope, this will tell us what type and grade of tumour you have. Results usually take 5-7 days but occasionally we are able to give you this information prior to going home.

If the results are not available prior to your discharge, arrangements will be made for you to be seen by one of the Neurosurgical Team within two weeks.

Your Consultant and/or Specialist Nurse will be able to advise you as to whether you need to see an Oncologist as part of your ongoing care once the histology results are available.

This appointment will be co-ordinated by your Specialist Nurse. Those patients living outside of Plymouth will be referred to an Oncologist in their local hospital.

## 2nd Clinic Consultation- Care Plan - Histology

Date:.....

Consultant:.....

Specialist Nurse/Key  
Worker:.....

Surgery:.....

Histology:.....

Appointment  
details:.....

**Consultation notes:**



## Treatment Care Plan:

Concerns and worries (Holistic Needs Assessment)

**Record your concerns**

<b>Practical Concerns</b>	<b>Lifestyle concerns</b>
<input type="checkbox"/> Caring responsibilities	<input type="checkbox"/> Support Groups
<input type="checkbox"/> Work or education	<input type="checkbox"/> Complementary therapies
<input type="checkbox"/> Money or housing	<input type="checkbox"/> Diet and nutrition
<input type="checkbox"/> Insurance or travel	<input type="checkbox"/> Exercise and activity
<input type="checkbox"/> Transport or parking	<input type="checkbox"/> Smoking
<input type="checkbox"/> Contact or communication with NHS staff	<input type="checkbox"/> Alcohol or drugs
<input type="checkbox"/> Housework or shopping	<input type="checkbox"/> Sun protection
<input type="checkbox"/> Washing and dressing	<input type="checkbox"/> Hobbies
<input type="checkbox"/> Preparing meals and drinks	<b>Spiritual or religious concerns</b>
<b>Emotional Concerns</b>	<input type="checkbox"/> Loss of faith
<input type="checkbox"/> Difficulty making plans	<input type="checkbox"/> Lack of purpose in life
<input type="checkbox"/> Loss of interest in activities	<input type="checkbox"/> Lack of feelings of peace
<input type="checkbox"/> Inability to express feelings	<input type="checkbox"/> Feelings of regret about the past
<input type="checkbox"/> Anger or frustration	Family or relationship concerns
<input type="checkbox"/> Sense of guilt	<input type="checkbox"/> Worries about partner
<input type="checkbox"/> Feelings of hopelessness	<input type="checkbox"/> Worries about children
<input type="checkbox"/> Loneliness or isolation	<input type="checkbox"/> Worries about other relatives or friends
<input type="checkbox"/> Sadness or depression	
<input type="checkbox"/> Worry, fear or anxiety	
<b>Physical concerns</b>	
<input type="checkbox"/> Breathing difficulties	<input type="checkbox"/> Fever or high temperature
<input type="checkbox"/> Passing urine	<input type="checkbox"/> Lack of mobility
<input type="checkbox"/> Constipation	<input type="checkbox"/> Tingling hands or feet
<input type="checkbox"/> Diarrhoea	<input type="checkbox"/> Pains
<input type="checkbox"/> Eating or appetite	<input type="checkbox"/> Sweating or hot flushes
<input type="checkbox"/> Indigestion	<input type="checkbox"/> Dry, itchy or sore skin
<input type="checkbox"/> Sore or dry mouth	<input type="checkbox"/> Wound care after surgery
<input type="checkbox"/> Nausea or vomiting	<input type="checkbox"/> Lack of memory or concentration
<input type="checkbox"/> Sleep problems or nightmares	<input type="checkbox"/> Taste, sight or hearing problems
<input type="checkbox"/> Fatigue or exhaustion	<input type="checkbox"/> Speech problems
<input type="checkbox"/> Swellings	<input type="checkbox"/> Sexual problems

## **Patients own notes and questions:**



### **3rd Clinic Consultation: Care Plan - Oncology**

Date:.....

Consultant:.....

Specialist Nurse/Key Worker:.....

#### **Consultation notes:**

## Treatment Care Plan:

Concerns and worries (Holistic Needs Assessment)

**Record your concerns**

<b>Practical Concerns</b>	<b>Lifestyle concerns</b>
<input type="checkbox"/> Caring responsibilities	<input type="checkbox"/> Support Groups
<input type="checkbox"/> Work or education	<input type="checkbox"/> Complementary therapies
<input type="checkbox"/> Money or housing	<input type="checkbox"/> Diet and nutrition
<input type="checkbox"/> Insurance or travel	<input type="checkbox"/> Exercise and activity
<input type="checkbox"/> Transport or parking	<input type="checkbox"/> Smoking
<input type="checkbox"/> Contact or communication with NHS staff	<input type="checkbox"/> Alcohol or drugs
<input type="checkbox"/> Housework or shopping	<input type="checkbox"/> Sun protection
<input type="checkbox"/> Washing and dressing	<input type="checkbox"/> Hobbies
<input type="checkbox"/> Preparing meals and drinks	<b>Spiritual or religious concerns</b>
<b>Emotional Concerns</b>	<input type="checkbox"/> Loss of faith
<input type="checkbox"/> Difficulty making plans	<input type="checkbox"/> Lack of purpose in life
<input type="checkbox"/> Loss of interest in activities	<input type="checkbox"/> Lack of feelings of peace
<input type="checkbox"/> Inability to express feelings	<input type="checkbox"/> Feelings of regret about the past
<input type="checkbox"/> Anger or frustration	Family or relationship concerns
<input type="checkbox"/> Sense of guilt	<input type="checkbox"/> Worries about partner
<input type="checkbox"/> Feelings of hopelessness	<input type="checkbox"/> Worries about children
<input type="checkbox"/> Loneliness or isolation	<input type="checkbox"/> Worries about other relatives or friends
<input type="checkbox"/> Sadness or depression	
<input type="checkbox"/> Worry, fear or anxiety	
<b>Physical concerns</b>	
<input type="checkbox"/> Breathing difficulties	<input type="checkbox"/> Fever or high temperature
<input type="checkbox"/> Passing urine	<input type="checkbox"/> Lack of mobility
<input type="checkbox"/> Constipation	<input type="checkbox"/> Tingling hands or feet
<input type="checkbox"/> Diarrhoea	<input type="checkbox"/> Pains
<input type="checkbox"/> Eating or appetite	<input type="checkbox"/> Sweating or hot flushes
<input type="checkbox"/> Indigestion	<input type="checkbox"/> Dry, itchy or sore skin
<input type="checkbox"/> Sore or dry mouth	<input type="checkbox"/> Wound care after surgery
<input type="checkbox"/> Nausea or vomiting	<input type="checkbox"/> Lack of memory or concentration
<input type="checkbox"/> Sleep problems or nightmares	<input type="checkbox"/> Taste, sight or hearing problems
<input type="checkbox"/> Fatigue or exhaustion	<input type="checkbox"/> Speech problems
<input type="checkbox"/> Swellings	<input type="checkbox"/> Sexual problems

## **Patients own notes and questions:**

# 4th Clinic Consultation: Care Plan – End of Treatment

Date:.....

Consultant:.....

Specialist Nurse/Key Worker:.....

## Consultation notes:

## Treatment Care Plan:

Concerns and worries (Holistic Needs Assessment)

**Record your concerns**

<b>Practical Concerns</b>	<b>Lifestyle concerns</b>
<input type="checkbox"/> Caring responsibilities	<input type="checkbox"/> Support Groups
<input type="checkbox"/> Work or education	<input type="checkbox"/> Complementary therapies
<input type="checkbox"/> Money or housing	<input type="checkbox"/> Diet and nutrition
<input type="checkbox"/> Insurance or travel	<input type="checkbox"/> Exercise and activity
<input type="checkbox"/> Transport or parking	<input type="checkbox"/> Smoking
<input type="checkbox"/> Contact or communication with NHS staff	<input type="checkbox"/> Alcohol or drugs
<input type="checkbox"/> Housework or shopping	<input type="checkbox"/> Sun protection
<input type="checkbox"/> Washing and dressing	<input type="checkbox"/> Hobbies
<input type="checkbox"/> Preparing meals and drinks	<b>Spiritual or religious concerns</b>
<b>Emotional Concerns</b>	<input type="checkbox"/> Loss of faith
<input type="checkbox"/> Difficulty making plans	<input type="checkbox"/> Lack of purpose in life
<input type="checkbox"/> Loss of interest in activities	<input type="checkbox"/> Lack of feelings of peace
<input type="checkbox"/> Inability to express feelings	<input type="checkbox"/> Feelings of regret about the past
<input type="checkbox"/> Anger or frustration	Family or relationship concerns
<input type="checkbox"/> Sense of guilt	<input type="checkbox"/> Worries about partner
<input type="checkbox"/> Feelings of hopelessness	<input type="checkbox"/> Worries about children
<input type="checkbox"/> Loneliness or isolation	<input type="checkbox"/> Worries about other relatives or friends
<input type="checkbox"/> Sadness or depression	
<input type="checkbox"/> Worry, fear or anxiety	
<b>Physical concerns</b>	
<input type="checkbox"/> Breathing difficulties	<input type="checkbox"/> Fever or high temperature
<input type="checkbox"/> Passing urine	<input type="checkbox"/> Lack of mobility
<input type="checkbox"/> Constipation	<input type="checkbox"/> Tingling hands or feet
<input type="checkbox"/> Diarrhoea	<input type="checkbox"/> Pains
<input type="checkbox"/> Eating or appetite	<input type="checkbox"/> Sweating or hot flushes
<input type="checkbox"/> Indigestion	<input type="checkbox"/> Dry, itchy or sore skin
<input type="checkbox"/> Sore or dry mouth	<input type="checkbox"/> Wound care after surgery
<input type="checkbox"/> Nausea or vomiting	<input type="checkbox"/> Lack of memory or concentration
<input type="checkbox"/> Sleep problems or nightmares	<input type="checkbox"/> Taste, sight or hearing problems
<input type="checkbox"/> Fatigue or exhaustion	<input type="checkbox"/> Speech problems
<input type="checkbox"/> Swellings	<input type="checkbox"/> Sexual problems

## **Patients own notes and questions:**



## **Useful Telephone numbers**

Switch board Derriford: 01752 202082

Erme: pre-assessment ward                      01752 439067

Fal: admissions ward                              01752 254044

Pencarrow: post-operative high dependency ward  
01752 431439

Moorgate: post-operative neurosurgical ward  
01752 431952/792544

## **Consultant Neurosurgeons Plymouth:**

Mr Palmer            01752 432271

Mr Whitfield        01752 431114

Mr Berei             01752 431114

Mr Fewings         01752 431330

Mr Haden            01752 439381

Mr Muquit           01752 437667

## **Treliske Team**

### **Consultant Oncologist**

Dr Fiona Minear

Secretary to Dr Minear  
(Kim Deigan)

01872 258301

### **Review Radiographer**

Mrs L Thorpe

Mrs E Telling

### **Consultant Neurologists**

Dr B McLean

Dr J Stewart

Dr G Smith

### **Cancer Support Centre: The Cove**

01872 256363

## **Torbay Team**

### **Consultant Oncologist:**

Dr Bliss

01803 655385

Secretary

Shelley Wright

### **MacMillan Support Radiographer:**

Jeanette Bowes- Cavanagh

01803 654273

### **Consultant Neurologists:**

Dr Knight

01803 655093

Dr Agne

01803 654827

### **Cancer Support Centre: The Lodge**

01803 617521

## **Plymouth Team**

### **Oncology Consultants:**

Dr S Pascoe 01752 432334

### **Review Radiographers:**

Mrs M Fitzgerald 01752 437032

Mrs A Cravan 01752 437032

### **Neurology Consultants:**

Dr S Weatherby 01752 432052

Dr J Hobart 01752 437698

Dr S Edwards 01752 431267

Dr M Sadler 07152 437422

**Cancer Support Centre: Mustard Tree 01752 763672**

## **Exeter Team/North Devon Team**

### **Consultant Oncologists:**

**Dr A McCormack 01392 402112**

**Dr P Bliss 01392 403972**

**Enquiries for Radiotherapy: 01392 402115**

**Enquiries for Chemotherapy: 01392 402887**

### **Consultant Neurologists:**

**Dr Gutowski 01392 402492**

**Dr Dharia**

**Dr Harrower 01392 402455**

**Dr Gormley 01392 406258**

**Dr Imam 01392 402494**

**Cancer Support Centre: Exeter FORCE 01392 406151**

## **Community Support**

Following your diagnosis you will remain under the care of your Specialist Nurse/Key Worker.

However, if you feel that you would like further support from Community Services i.e. Benefits advice, Blue Badge request or Community Palliative Care Support then please speak to your Specialist Nurse who will be able to signpost/refer you to these Services.

Due to our caseload demands we rely on patients and family members to contact us if they have questions or concerns relating to their recent diagnosis/situation.

As a Peninsula-wide Specialist Nurse Team we work closely with the Brain Tumour Support Charity. Julie Liddle is our trained Tumour Support Worker who coordinates and runs a number of Brain Tumour Support Groups across the Peninsula.

If you wish to find out more about this Service see the leaflet enclosed or ask your Specialist Nurse.

If you wish to investigate other resources around your diagnosis then we would recommend the following sites:

Macmillan Cancer Support  
Cancer Research  
Brain and Spine Foundation





**This leaflet is available in large print and other formats and languages.**

**Contact: Matron  
Tel: 01752 432933**

Issue date: October 2018

Review date: October 2020

Ref: C-184/Neuro/LD/TS/GB/Discharge after surg for B & S Tumour's v5