The Late Effects Service
The multidisciplinary team (MDT) explained

Information for patients
Royal Hallamshire Hospital
This leaflet has been developed to help you understand the Late Effects Service and the multidisciplinary team and how they work.

What is the Late Effects Clinic?

This clinic is for young people and adults who have received treatment for cancer in the past. We also see people who have had other serious illnesses, not cancer, who needed intensive treatment including stem cell procedures (sometimes referred to as bone marrow transplant).

What are late effects?

More people are surviving both cancer and stem cell procedures. Many of the treatments used however, may have side effects. These side effects may not become obvious until months or even years after treatment has finished. We call these problems 'late effects'. Not everybody develops late effects. It depends on the disease you had, and the type and amount of treatment you received. We use this information about your disease and it’s treatment to plan your care.

It is important for you to come to this clinic so that we can look for and identify possible late effects. We can also advise you on the things to look out for yourself. By doing this we hope we can find any problems as early as possible and then treat them as necessary, or refer you on to the appropriate healthcare professional for expert advice. Most problems are easier to manage the earlier they are picked up which is why it is important to actively look for problems you are at risk of even if you feel well, rather than wait for them to become obvious.

Common medical (physical) late effects include problems with your:

- hormones or fertility
- skin
- heart
- lungs
- kidneys
- other organs
Psychological concerns are also common. Your experience of cancer / cancer treatment may have had an impact on both you and your family, carers or friends. The staff at the Late Effects Clinic have experience of talking to lots of people with psychological issues after treatment which helps them understand the issues affecting you. We will be able to offer you advice and help if you have any concerns related to your previous cancer and its treatment. There is also the option of being referred for specific psychological help if needed.

**What is the multidisciplinary team (MDT)?**

The multidisciplinary team (MDT) is a group of clinicians (doctors, nurses and other health professionals) with expertise in the late effects of cancer treatment. The team meet together, either physically in one place or ‘virtually’ (e.g. by email or Skype) to share information and to discuss and manage your care. The MDT reviews your medical history, any current issues including any psychological concerns, and cancer treatment received. The MDT then discuss the results of any diagnostic tests and your relevant circumstances to plan the late effects follow-up care that’s best for you. The team is responsible for:

- Deciding if any further tests are necessary
- Discussing your follow-up care options
- Making appropriate referrals to other specialist services
- Ensuring your physical, mental and social needs are all considered (sometimes referred to as holistic needs)
- Discussing who is best placed to take a lead on your follow-up care
Who will be at the clinic?

We have lots of staff each with different skills at our multidisciplinary Late Effects Clinic. Our team includes medical experts in general medicine, endocrinology (hormone problems), oncology (solid cancers), haematology and bone marrow transplantation (blood and bone marrow conditions), reproductive medicine (fertility) and psychology (mental health). We also have specialist nurses and psychologists who are skilled at working with people after cancer and/or stem cell procedures. Having this unique team will allow you access to any combination of these specialists. This service aims to reduce the number of visits you need to make to hospital.

Who will I see?

This will depend on your previous illness, treatment and current problems. On your first visit we sometimes plan for you to have a joint consultation with two of the team. We run both doctor-led and nurse-led clinics. For those transferring from the Children's Hospital, we will encourage you to see the adult team so you get to know them.

You are encouraged to bring someone to the clinic with you. For young adults, we suggest you have some of your consultation privately. This will allow you privacy and confidentiality and the opportunity to ask questions you perhaps otherwise would not. It is often a good idea to think about the things you want to ask about before you attend. Please feel free to write them down and bring them with you.

We often have trainees (junior doctors), nurses, students, researchers, and visiting staff from other hospitals in our clinic. If you would like to have a consultation without other staff present, please let the out-patient clinic staff know.
Who is the MDT?

The MDT is made up of the following healthcare professionals and support staff:

**Senior Doctors**

**Consultant Haematologist**

A doctor who specialises in the diagnosis and treatment of blood cancers, blood disorders or other conditions needing a stem cell procedure. This consultant may organise tests and prescribe treatment.

**Consultant Endocrinologist**

A doctor who specialises in the diagnosis and treatment of hormone problems. This consultant may organise tests and prescribe treatment.

**Consultant Paediatric Endocrinologist**

A doctor who specialises in the diagnosis and treatment of hormone problems in children and young people. This consultant may organise tests and prescribe treatment.

**Consultant Paediatric Oncologist**

A doctor who specialises in non-surgical types of cancer treatment including radiotherapy and chemotherapy in children and young people. This consultant may organise tests and prescribe treatment.

**Consultant Obstetrician and Gynaecologist**

A doctor who specialises in the diagnosis and treatment of fertility, gynaecological and female hormone problems and pregnancy. This consultant may organise tests and prescribe treatment. Also, if you do become pregnant after treatment they may arrange for your pregnancy to be more closely monitored than usual.
Senior Nurses

Consultant Nurse in Late Effects

A senior nurse who specialises in caring for patients living with and beyond cancer, and has expertise in the consequences of cancer and its treatment. This specialist may organise your tests, make appropriate referrals to specialist services and listen to and address any worries or problems you may have related to your cancer or cancer treatment.

Lead Nurse for Teenagers and Young Adults

A senior nurse who specialises in care of teenagers and young adults during and after cancer and its treatment. This senior nurse ensures your physical, mental and social needs are addressed and provides information about your previous illness and treatment.

Clinical Nurse Specialist (CNS) in Late Effects

A senior nurse who specialises in the care of patients who have had cancer or cancer treatment. Your CNS is there to explain and provide advice and information about what happens next. Your CNS is there to listen to any worries or problems you may have related to your cancer or cancer treatment.

Your CNS is also often your allocated Key Worker (someone who is your first point of contact for concerns) and provides the following:

- Advice and support to patients with cancer, their relatives, carers and friends
- Help with physical symptoms such as pain or fatigue.
- Advice about treatments such as radiotherapy, chemotherapy and surgery
- Information about your illness and treatment effects
- Advice on your long-term care
- Advice on healthy life-style
• Advice on relationships, fertility or sexual problems
• Advice and help on where to go for other problems

In our clinic senior nurses also specialise in the consequences of cancer and its treatment. They may organise your tests make appropriate referrals to specialist services and ensure your holistic needs are addressed.

Other members of the team

Clinical Psychologist

A psychologist who specialises in reducing psychological distress and promoting psychological well-being. The psychologist may organise detailed assessments and work with you using talking therapies to improve your psychological well-being.

Radiotherapy Radiographer

If you’ve had radiotherapy, the radiotherapy radiographer ensures that radiotherapy details are available to other healthcare professionals to help co-ordinate your care. Knowing in detail where exactly you had radiotherapy and how much you had helps us predict whether your radiotherapy is likely to cause any late effects for you.

MDT Co-ordinator

The co-ordinator makes sure that your test results and other information is available so that your care runs as smoothly as possible.

Medical secretary

Medical secretaries deal with correspondence, investigation results, handling patients' queries and liaising with other healthcare staff.
Clinic clerk

Ensures your clinic appointments are made and altered as necessary and all the information the healthcare professionals need is available.

Our team makes every effort to optimise your recovery after cancer, cancer treatment or stem cell procedure, so that you can achieve maximum independence, dignity and quality of life.

How do I find out the outcome of the MDT meeting?

The recommendations from the MDT meeting will be discussed with you at an appointment with one of the clinical team. You may receive a telephone call from one of the team if further tests are recommended.

Will I need any tests?

Late effects follow-up often involves blood tests. Other investigations, such as x-rays or scans, will depend on your previous treatment or any current problems you may have. We will explain the tests you are likely to need on your first visit. Ideally any tests will be on the same day as your clinic appointment but it isn't always possible to arrange this.

You may also be asked to complete a questionnaire at your first appointment. This asks you about your recent symptoms and experiences, including physical, mental and social concerns. The questionnaire helps us address any problems or worries you may have.
What if I am worried about my health?

If you have any persistent symptoms, or an urgent health concern, you should seek urgent medical attention via your GP or out of hours service. You can also contact us to make an earlier appointment. We can provide you with details of who to contact and their contact details. We will also advise you on what to look out for and how to recognise when to seek further professional advice.

Permanent Record of Consultation

You will be offered a record or summary of your consultation. This is usually a copy of the letter summarising your consultation. You may also be offered a copy of your treatment summary, which contains details of your diagnosis, treatment, potential late effects risks and a plan of care.

Where are the clinics held?

Clinics are held in Medical Outpatients, on A floor of the Royal Hallamshire Hospital.

You should enter Medical Outpatients via Entrance 3 on A Road. Please report to reception on arrival. If you come by car please allow plenty of time as parking can be difficult.
How do I get to the Royal Hallamshire Hospital?

**Bus:** The numbers 30, 40, 42, 120 and 505 buses stop outside the hospital on Glossop Road.

**Supertram:** The nearest tram stop is at the University of Sheffield. The hospital is a 10 minute up-hill walk from the tram stop.

**Park & Ride:** There is a park and ride service either from Meadowhall, or just off the A57 Sheffield Parkway.

**Car:** The hospital does have a multi storey car-park but this gets full very early in the morning. There is limited street parking close to the hospital.

For information on buses, trains and trams in the South Yorkshire Region contact Traveline on:

- 01709 51 51 51
- www.travelsouthyorkshire.com
Who should I contact if I have any queries or concerns?

Contact your Key Worker in the first instance, they will be able to provide you with advice and refer you to other relevant staff if necessary.

Your Key Worker:

Tel No:

If a member of the team is unable to answer your call, please leave a message with your hospital number and contact details and they will telephone you back as soon as possible.

Emergencies / Out of Hours

Please contact your GP out of hours service or in emergencies, attend your nearest A&E department

Out-patient Clinic Clerks

Medical Outpatients
0114 271 1679

Bone Marrow Transplant Coordinators

Helen Jessop, Sue Simpson, Claire Wood and Sarah Perry
0114 271 2263

Prof Paul Dimitri
Consultant in Paediatric Endocrinology, Sheffield Children's Hospital

Secretaries: Louise Heathcote, Liz Moran
0114 271 7118
Dr Sebastian Francis  
Consultant Haematologist  
Secretary: Rebecca Kilham  
0114 271 3732

Prof Diana Greenfield  
Consultant Nurse, Royal Hallamshire Hospital  
Secretary: Tracy Bryan  
0114 271 3357

Dr Anna Jenkins  
Consultant in Paediatric Oncology and Late Effects  
Sheffield Children’s Hospital  
Secretary: Judith Brown  
0114 271 7366

Miss Shehnaaz Jivraj  
Consultant Obstetrician & Gynaecologist, Jessop Wing  
Secretary: Carole Enright  
0114 226 1063

Dr Harpreet Kaur  
Consultant Haematologist  
Secretary: Michelle Burton  
0114 271 3350

Dr Nick Morley  
Consultant Haematologist  
Secretary: Heather Ireson  
0114 271 3395
Dr Josh Wright  
Consultant Haematologist  
Secretary: Jayne Cunningham  
0114 271 1731

Dr Rebecca Mulholland  
Senior Clinical Psychologist for Teenagers and Young Adults  
c/o Sheffield Children’s Hospital  
0114 271 7296

Prof Richard Ross / Dr Jennie Walsh  
Consultant Endocrinologists, c/o The Endocrine Investigation Unit  
Coordinator: Helen Sutcliffe  
0114 271 3714

Dr Abhi Shetty  
Consultant in Liaison Psychiatry, Sheffield Care Trust  
Secretary: Gillian Schofield  
0114 226 1697

Prof John Snowden  
Consultant Haematologist  
Secretary: Tracy Bryan  
0114 271 3357

Clinical Nurse Specialist, Late Effects  
Children, Teenagers & Young Adults  
Claire Strong  

c/o Sheffield Children’s Hospital  
Direct line: 0114 305 3676 or via switchboard 0114 271 7000, bleep 209
Anthony Nolan Post Transplant Clinical Nurse Specialist
Aileen Nield, Royal Hallamshire Hospital

0114 271 2263

Further support

Weston Park Cancer Information and Support Centre
23 Northumberland Road
Sheffield S10 2TX

- Open Monday to Friday (except Bank Holidays)
- 9.00am to 5.00pm
- 0114 226 5666
- info@cancersupportcentre.co.uk

Cavendish Centre

- www.cavcare.org.uk
- Cavendish Centre dedicated to improving the quality of life for people living with cancer in our region

After Cure

- www.aftercure.org
- A guide for teenage and young adult survivors of childhood cancer

Cancer Research UK

- www.cancerresearchuk.org/about-cancer
- Reliable, easy to understand patient information from Cancer Research UK

Clicsargent

- www.clicsargent.org.uk
- Helping children and young people with cancer
Teenage Cancer Trust

- www.teenagecancertrust.org
- Dedicated support for young people aged 13-24 with cancer

Macmillan Cancer Support

- www.macmillan.org.uk
- Freephone: 0800 808 0000
- Information and support for people living with or beyond cancer

Anthony Nolan Trust

- www.anthonynolan.org
- Support, advice and information for people with blood cancer and their families

Fanconi Anaemia

- https://www.fanconihope.org/
- Fanconi Anaemia guidance and information for patients, families, clinicians and researchers

Research and Clinical Trials

Research is a core function of the NHS. We need research and innovation to improve health and wellbeing now and in the future.

We are committed to looking into new ways to prevent, manage and treat diseases and to improve care for our patients. Research is a way of gaining new knowledge; it is important as it helps us to make better decisions and improves treatments and services.

Clinical trials are medical research studies involving people. Doctors use them to assess any new treatment before it can be made available to patients more widely.
Clinical trials show whether new treatments are safe, what their side effects are and whether they’re better than what’s currently used.

We are also involved in other clinical studies that are about broader aspects of health and patient care. By participating in research you may feel as though you are taking a more active role in your healthcare. You will also be helping others, and possibly yourself, by helping to contribute to more effective treatments, procedures or patient experiences.

The team may contact you and offer you the choice to participate in a research study if appropriate. However, you do have the right to refuse, and this will not affect the care that you receive.

**Communication support**

If you require an interpreter or need a document in another language, or format e.g. large print or braille please ask your Key Worker for assistance.

Alternative formats can be available on request. Please email: alternativeformats@sth.nhs.uk

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