

Skull Base Tumour Service

The Multi-Disciplinary Team (MDT) Explained

 **Information for patients**



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Skull base tumours grow in the bones of the skull that form the bottom of the head and the bony ridge between the nose and the eyes. The majority of skull base tumours are benign (non-cancerous), however there are some rare types of skull base tumours which are malignant (cancerous).

This booklet has been developed to provide you with information about the Skull Base Multi-Disciplinary Team.

What is the Multi-Disciplinary Team (MDT)?

The Multi-Disciplinary Team (MDT) is a group of doctors and other health professionals with expertise in skull base tumours, who meet together (either physically in one place, or by video tele-conferencing) to discuss and manage your care. They review your medical history and discuss the results of your diagnostic tests to ensure that an accurate diagnosis is agreed. They plan the treatment that is best for you.

The team is responsible for:

- Deciding if any further tests are necessary.
- Discussing your treatment options.
- Making appropriate referrals to specialist services.
- Ensuring your holistic needs are considered.

The team includes:

Consultant Neurosurgeon

A surgeon who specialises in the diagnosis and treatment of skull base tumours. This may involve surveillance monitoring of tumours or surgical removal. This consultant will discuss your treatment plan with you, organise any investigations you may require and if necessary, carry out surgery.

Consultant Radiosurgeon

A neurosurgeon who specialises in the treatment of skull base tumours

with stereotactic radiosurgery. If your tumour is suitable for stereotactic radiosurgery, this consultant will discuss this with you and will then organise and oversee that treatment.

Consultant ENT Surgeon

An ear, nose and throat surgeon who specialises in the diagnosis and treatment of tumours of the skull base. Dependent upon the location of the tumour, this consultant may be involved in surgery if required.

Consultant Oral and Maxillo-Facial Surgeon

A surgeon who specialises in the diagnosis and treatment of patients with diseases affecting the mouth, jaws, face and neck. Dependent upon the location of the tumour, this consultant may be involved in surgery if required.

Consultant Ophthalmologist

A surgeon who specialises in the diagnosis and treatment of patients with diseases around the eye. Dependent upon the location of the tumour, this consultant may be involved in any surgery if required.

Consultant Oncologist

A doctor who specialises in non-surgical forms of cancer treatment, including radiotherapy and chemotherapy. If your tumour is malignant, this consultant may organise your tests, and prescribe treatment.

Consultant Radiologist

A doctor who views pictures / images from machines such as x-ray, computerised tomography (CT), to determine the precise location and extent of tumours in the body.

Consultant Histopathologist

A doctor who looks in detail at tissue samples to determine a diagnosis.

MDT Co-ordinator

Ensures that your test results are available and, where appropriate, sends information to other treatment centres to help co-ordinate your care.

Nurse Practitioner (NP) / Key Worker

A nurse who specialises in the care of patients with skull base tumours. This is someone you can talk to about worries or problems.

Your NP / Key Worker provides:

- Advice and support to patients with skull base tumours, their relatives, carers and friends.
- Help with managing symptoms.
- Advice about treatments such as surgery, stereotactic radiosurgery, radiotherapy or chemotherapy.
- Information about your diagnosis.

The NP works closely with hospital nurses, doctors and other health care professionals to maximise the independence, dignity and quality of life of people suffering from skull base tumours.

You may see them when you are on the ward, or at your outpatient appointments.

Key worker: _____

Tel No: _____

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

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

The recommendations will be discussed with you at an appointment with the doctor so you can discuss the treatment and management of your condition. You may receive a telephone call from the Clinical Nurse Specialist if further tests are recommended.

Permanent record of consultation

You will be offered a record or summary of your consultation with the doctor where your diagnosis, treatment options and follow up (discharge) arrangements are discussed.

You may find it helpful to write down the name and telephone number of people you have come into contact with, in the table below.

| Position / Name | Telephone Number |
|-------------------------|------------------|
| Consultant Neurosurgeon | |
| Consultant Radiosurgeon | |
| Nurse Practitioner | |
| Other | |

Research / 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. 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 are better than what is currently used.

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 identify more effective treatments.

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

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

- Telephone: **0114 226 5666**
- Website: **www.cancersupportcentre.co.uk**

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.



To help support your local hospitals visit
sheffieldhospitalscharity.org.uk

Registered Charity No. 1165762



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

© Sheffield Teaching Hospitals NHS Foundation Trust 2021

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005" SI 2005 No. 1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals. Email sth.infogov@nhs.net