



Please delete before use	Letter Name	Gynae_TS_OvarianPreMenopausal_102023
	Created	
	Reviewed	November 2023
	Review date	November 2025

## GM Cancer standard template for ovarian (pre-menopausal) cancer treatment summary

Please delete this title and box after reading these instructions.

Remove all wording that does not apply to a particular patient in order to personalise it to the individual.

If you need to localise this treatment summary, e.g. job titles do not match those used in your Trust or adding your Trust logo, please do so, but please retain all other information.

Remember to ensure sections don't overrun onto the next page or titles separate from the body of the text

**For GP use only: please code this letter as cancer treatment completed:**

Snomed code 413737006	Cancer hospital treatment completed (situation)	
8BCF.00	Read	Cancer hospital treatment completed

**Patient Name**

**Hospital Name**

**Patient Address**

**Hospital Address**

**Date of Birth:**

**Hospital No:**

**NHS No:**

Dear **[INSERT PATIENT NAME]**

Thank you for attending your **[INSERT CLINIC NAME]** appointment on **[INSERT DATE]**.

Please find below the summary of your diagnosis and ongoing management plan for ovarian cancer. A copy of this has also been sent to your GP. This plan is specific to your needs and has been designed to increase your knowledge and wellbeing as you move forward in your cancer care.

Please remember that if you do feel anxious or would like further advice or to talk through a concern or symptom at any time you are welcome to contact your Gynaecology Clinical Nurse Specialist. They are there to support you and know about a wide range of resources and services that have been designed to help you.

### Your Key Contact Numbers:

Gynaecology Clinical Nurse Specialist	Name: Contact Number:
Gynaecology Cancer Care Coordinator/ Cancer Support Worker	Name: Contact Number:

Please note that there is no CNS service at the weekend/bank holidays. If you require immediate support, please call NHS 111, or the district nurses (if you have a designated district nurse) for advice. If you feel you need more immediate attention, please attend your local Accident and Emergency Department.

### Diagnosis and Treatment to Date:

Diagnosis:	Ovarian Cancer	Date of Diagnosis:	
Stage:			
Treatment aim:	Curative		
Summary of Treatment and relevant dates:			
<i>Please be specific and give full information on detail, dates and intent, avoiding jargon.</i>			

### Secondary Care Ongoing Management Plan (tests, appointments etc) [Delete AS APPROPRIATE]

Will be seen in gynaecology oncology clinic as follows <ul style="list-style-type: none"><li>• 3 - 4 monthly for 2 years</li><li>• 6 monthly for 3 years</li></ul>
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### Possible short and long term side effects from the treatment(s) you have had [Delete AS APPROPRIATE]

Some side effects can improve quickly; however some may take longer to improve. **If you are struggling to cope with side effects, or if the side effects are getting worse rather than better, please contact your Gynaecology Clinical Nurse Specialist for advice.**

<ul style="list-style-type: none"><li>• Lymphoedema</li><li>• Lymphocyst</li><li>• Osteoporosis</li><li>• Menopausal symptoms</li><li>• Sexual concerns/dysfunction</li><li>• Emotional concerns and worries</li></ul>
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### Symptoms of possible recurrence that will require investigation

<ul style="list-style-type: none"><li>• Abdominal pain that does not respond to regular analgesics and last more than 2 weeks</li></ul>
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- Vaginal bleeding or unusual discharge
- Persistent abdominal bloating with a fullness feeling
- Altered bowel habit
- Unexplained loss of appetite and weight

After you have had treatment for cancer it can be a worrying time. Please remember that you will have the same aches and pains you may have always had. If you develop a new health problem, it may not be related to your recent cancer and its treatment.

## Summary of the consultation about your cancer and future progress

*Please avoid medical jargon.*

Life After Cancer Treatment

Your feelings after Cancer treatment

Reducing the risk of lower leg lymphoedema top 10 tips

## Personalised Care for Cancer:

Access to Health and Wellbeing Information and Support is a continuous element of your care. Your Support Plan can be reviewed at any point if you feel your needs have changed. Please contact your Clinical Nurse Specialist for information on support available or if you have any questions or concerns.

### Referral/advice given on services available

- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> Allied Healthcare Professional | <input type="checkbox"/> Benefits Advice Service   | <input type="checkbox"/> Bowel / Bladder Continence Service            | <input type="checkbox"/> Complementary Therapist |
| <input type="checkbox"/> Dietitian                      | <input type="checkbox"/> District Nurse  | <input type="checkbox"/> Macmillan Cancer Information & Support Centre | <input type="checkbox"/> Occupational Therapist  |
| <input type="checkbox"/> Physical Activity              | <input type="checkbox"/> Physiotherapist   | <input type="checkbox"/> Sexual Dysfunction                            | <input type="checkbox"/> Therapist               |
| <input type="checkbox"/> Social Worker                  | <input type="checkbox"/> Speech & Language Therapist   | <input type="checkbox"/> Stoma Service                                 | <input type="checkbox"/> Support Group           |
| <input type="checkbox"/> Vocational Rehab               | <input type="checkbox"/> Prehab for cancer and Recovery Programme (please continue engaging in rehabilitation) | <input type="checkbox"/> Lymphoedema service                           |  |

## General Information relating to your lifestyle, wellbeing and support needs:

A number of lifestyle choices can affect your ongoing health and wellbeing. These can help you regain or build physical strength, reduce severity of side effects and reduce the risk of developing secondary cancers or other health issues. This is also an important time for you to regain or feel more in control of your health and wellbeing, often 'lost' when you are diagnosed with cancer.

### **Managing your wellbeing: Looking after yourself in good times and bad**

We can all struggle on a day-to-day basis. Dealing with a diagnosis of cancer and undergoing treatments can be particularly challenging and it may add an additional level of complexity in looking after yourself when you are not feeling your best. You may notice that you are more worried and stressed than usual, or you may feel sluggish and low. Adjusting and adapting to everything you have been through can take time, and sometimes it needs a bit of extra support and effort to figure out how to be okay when life is proving challenging.

### **Exercise and Physical Activity:**

It has been proven that engaging in regular exercise or physical activity (ideally 3 times a week) can address feelings of anxiety, experience of fatigue and low mood. It can also improve heart health, muscle strength and maintaining a healthy weight. Even a small amount of physical activity is helpful if you are able. You may need to change the type of activity you do to your specific needs and limitations, so we advise talking to your GP before you start. Please visit [www.prehab4cancer.co.uk](http://www.prehab4cancer.co.uk) for more information and helpful resources.

### **Eating Well:**

Eating a healthy balanced diet is an important part of maintaining good health and can help you feel better. This means eating a wide variety of foods in the right amounts and maintaining a healthy body weight. Depending on the surgery you have had on your bowel you may need additional advice and support to achieve this.

### **Reducing alcohol to within safe limits:**

The current UK guidelines to keep health risks to a low level for both men and women are to avoid or not to regularly drink more than 14 units a week (6 pints of average-strength beer or 10 small (125ml) glasses of low-strength wine).

### **Stopping smoking:**

If you are a smoker, giving up smoking will improve blood circulation, lower blood pressure, reduce the risk of a stroke, improve your immune system (ability to fight infection), and help to improve your breathing or stop it from getting worse.

**If you would like more help and advice, please speak to your Gynaecology Clinical Nurse Specialist Team.**

<b>Treatment Summary Completed by:</b>	
Copy sent to GP:	<input type="checkbox"/>
Copy sent to consultant:	<input type="checkbox"/>
Copy sent to other Health Care Professional(s):	<b>[INSERT DETAILS]</b>

<b>Personalised Care and Support Plan</b> <input type="checkbox"/> (attached)	
<b>Prescription Charge exemption certificate</b> <input type="checkbox"/>	<b>Free prescription reminder</b> <input type="checkbox"/>
<b>Health and Wellbeing Information and Support given</b>	<b>see referral advice given on services available</b>
<b>Advice given to apply for benefits assessment if required</b>	Yes/No/Not applicable
<b>SR1 application completed?</b>	Yes/No/Not applicable
<b>Required GP actions</b> (e.g. ongoing medications/ osteoporosis screening, Cancer Care Review Date(s) due)	
<p><i>All treatment summaries are subject to review in light of evidence based changes to clinical protocols and treatment toxicity.</i></p> <p><i>Additional resources and information for primary care staff are available through <a href="http://www.gatewayc.org.uk">www.gatewayc.org.uk</a></i></p>	