

Please delete before use		Letter Name	Colorectal_ Colorectal_EoTS_BestSupportiveCare_062025 Version 1.0
Ratified by Pathway Board	June 2025	Created	2024
Consulted	Colorectal CNS teams across GM	Reviewed	June 2025
Contact point for amendments	Gmcancer.admin@nhs.net Andrea.webber@nhs.net Personalised Care Manager	Next Review date	June 2027

GM Cancer Best Supportive Care Colorectal 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, eg 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 before sending.

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

Snomed code 413737006	Cancer hospital treatment completed (situation)
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Patient Name

Hospital Name

Patient Address

Hospital Address

Date of Birth: 00/00/0000

Hospital No: 01234567

NHS No: 999 999 9999

Dear **[INSERT PATIENT NAME]**

Please find below the summary of your diagnosis and ongoing management plan (along with any treatments you may have had). 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.

You are now under the care of your **[GP/District Nursing Service/Clinical Nurse Specialist Team]**. It is important to remember that your needs will change as your condition changes. If you feel anxious or would like further advice or to talk through a concern or symptom at any time, please contact them directly. They are there to help and support you and can discuss any wishes you may have. They can also refer you to specialist services that can support you to live well, as and when you or your family feel that you may need them.

Your Key Contact Numbers:

Key Contact Numbers (Monday – Friday)

Key Contact/s	Name:
	Contact Number:
	Name:
	Contact Number:

Out of hours contact details for advice:

Your GP out of hours service,
NHS 111
or your district nurses (if you have a designated district nurse) for advice

Out of hours when immediate attention is needed:

Go to your local Accident and Emergency department.
If you are unable to get to A&E yourself ring 999 for an ambulance.

Take this treatment summary with you

[Please Delete if not Appropriate]

If you are currently receiving chemotherapy or radiotherapy and become unwell as a result of treatment you can contact the Christie Hotline on 0161 446 3658 for advice.

Diagnosis and Treatment to Date:

Diagnosis:	<i>Please give full details</i>	Date of Diagnosis:	
Histology:			
Current management plan:	Best supportive care/symptom control/Quality of Life Measure.		
Summary of Treatment and relevant dates: <i>Please be specific and give full details, avoiding jargon.</i>			

Support that may be available to you:

PLEASE DELETE ALL THAT ARE NOT APPROPRIATE AND EXPAND WHERE REFERRALS HAVE/ARE TO BE MADE

- Nurse led support in the enhanced supportive care clinic (Salford only)
- Christies supportive care clinic
- Referral to community palliative care team
- Hospice support- including supportive outpatients
- District Nurse support
- Macmillan information centre
- Dietitian
- Occupational Therapy

Here are some of the things you may wish to discuss:

- Coping with your emotions; fears/anger/sadness
- Coping with day-to-day life- living with uncertainty, loss of independence effects of the cancer on your family
- How you will cope as the cancer develops
- Financial help and benefits.
- Travel Insurance
- Grants
- Practical help: Requiring additional support from other services ie GP, District Nurses, Macmillan Nurses, other Professionals ie therapists working in the community.
- Ways to plan ahead
- Putting your affairs in order
- Advanced decision making
- Symptom management.

Ways in which you can plan ahead are:

- **Your wishes for your care** - talking to people and writing down your wishes and what matters to you. These can include any specific wishes about how and where you would prefer to be cared for if you become unwell.
- **Making advanced decisions about treatment** – you can write down your wishes about treatment you do not wish to have in the future. This is called an advanced decision to refuse treatment.
- **Power of Attorney** - A power of attorney is a legal document that lets you choose someone to make decisions for you. It needs to be registered with the Office of Public Guardian before it can be used.
- **Writing a Will** – this will ensure that your loved ones are provided for in the way that you want. It is easier to write a Will when you are feeling well.

What's important to me? [Delete if not appropriate]

If conversations have taken place around DNR/preferred place of death/care/specific requests, please document in this box.

If this discussion has been addressed through a personalised care plan/HNA please attach to this document and **delete this box**.

If this conversation has not taken place as the patient is not ready to discuss this at present, please **delete this box** and note action in additional notes for GP.

Possible Side Effects from the treatment(s) you have had [DELETE IF NOT APPROPRIATE]

Some side effects can improve quickly, however some, such as fatigue, 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 [GP/District Nursing Service/Clinical Nurse Specialist Team] for advice.**

DELETE AS APPROPRIATE]

Possible side effects from chemotherapy

You may have chemotherapy to control or shrink the cancer, you may have a scan after several weeks. This is to assess the effect the treatment is having. If the scan results show that the treatment is working, you are likely to benefit from the continuing treatment. However, treatment may stop working.. You may start getting side effects of the treatment without any benefits. In the case, you may want to think about whether to continue with the treatment. Making treatment decisions in these circumstances is always difficult.

- Feeling of tiredness or exhaustion (fatigue) (may persist for several months after chemotherapy).

- Insomnia (unable to sleep at night)
- Difficulty with concentration and memory (may persist for 1-2 years after treatment).
- Tingling, numbness or pain in fingers and toes (known as 'peripheral neuropathy').
- Increased risk of early menopause

Possible side-effects from radiotherapy

Potential side effects of pelvic radiotherapy may peak approximately 7-10 days following completion of treatment. Side effects can include:

- Extreme tiredness, you may feel tired following completion of treatment. This is normal and should improve over the subsequent weeks. It is important that you continue with gentle exercise but also rest when required
- Changes in sexual function, body image
- Insomnia (unable to sleep at night)
- Problems Urinating (peeing) Urinary – urgency, frequency, incontinence, poor stream
Drinking 1.5 - 2 litres of water per day and limiting tea, coffee and alcohol may help relieve your symptoms
- Problems with bowel movements (pooing) - urgency, frequency or incontinence
- Discharge from your bottom
- Skin Changes - You may experience skin redness, itching, blistering or discomfort. This can occur after you have completed your radiotherapy. You should continue with any medications, dressings or skin care advice given during treatment until the skin has improved
- Increased risk of fertility problems
- Increased risk of early menopause
- If you have received radiation to the lymph nodes, you are at risk for lymphoedema in the affected area (this is swelling/fluid build-up) that can be treated. There are steps you can take to reduce the risk of developing lymphoedema.
- It may help to follow a low fibre diet - dietary advice is available in the radiotherapy information booklet that was given to you prior to starting treatment. Drinking plenty of water to replace the fluid lost in your stools is important.

Possible side effects from a Defunctioning Stoma

- Leakage or bleeding from the rectum(back passage)
- A build-up of mucus causing a feeling of fullness in the rectum.
- Stoma related symptoms, for example; skin irritation, swelling around colostomy which may indicate a hernia, pain or bleeding at site of colostomy.
- Part of the bowel pushing through the opening in the skin (stoma prolapse)

Possible side effects from Colonic Stent

- Loose frequent stools
- Difficulty controlling the bowels
- Bleeding from the back passage
- It is possible that the stent could become displaced

Symptoms that will require investigation

If you begin to experience any of the symptoms listed below, please contact your **[GP/ District Nursing Team/ Clinical Nurse Specialist Team]** as soon as possible so that these can be investigated and managed appropriately:

- Unexplained weight loss.
- Extreme tiredness, lacking energy, breathlessness, feeling faint, headaches, palpitations.
- Loss of appetite with possible nausea and/or vomiting.
- Pain in your abdomen that isn't settling or pain in your stoma/bottom.
- Bleeding or increased mucus from your stoma/bottom that is new.
- Any new changes to your bowel movements lasting longer than 4 weeks e.g. looser poo that is not improving with medication.
- If you cannot poo (severe constipation) causing bloating and vomiting.
- **If you are bleeding heavily from the bottom or stoma** please go to the Accident and Emergency Department as you may require urgent attention.
- If you have had your lymph nodes removed or have received radiation to the lymph nodes, you are at risk for lymphoedema in the affected area (swelling/fluid build-up) that can be treated. There are steps you can take to reduce the risk of developing lymphoedema. Please ask your Colorectal Clinical Nurse Specialist for advice.
- Low mood or anxiety
- Swollen tummy

Support for managing your symptoms

Below are some common symptoms that you may experience. If you begin to struggle with any of the symptoms listed below, please do not hesitate to contact your **[GP/District Nursing Team/Clinical Nurse Specialist Team]** as they will be able to support you in managing these.

Additional information relating to lifestyle 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. 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

We can all struggle on a day to day basis. Living with cancer and the side effects can be challenging and it may be difficult to look after yourself when you are not feeling your best. You may notice that you are more worried and stressed than usual. Your energy levels may be low and you might not feel like doing much. Coming to terms with everything you have been through can take time and you may need a bit of support if life feels tough. There is help available if you need it.

Managing stress: Feelings of stress are usually triggered by things happening in your life. Being under a lot of pressure, having responsibilities that feel overwhelming, not having a lot of control over a situation, worrying about something or facing a big change are examples that cause

stress. Stress can be caused by one big thing or a combination of small pressures. There is lot of support available to support you to manage stress if required.

Exercise and Physical Activity:

We know that engaging in regular exercise or physical activity can help with feelings of anxiety, experience of fatigue and low mood. 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. Regular exercise can help with anxiety, low mood, fatigue, improved heart health, improved muscle strength, reaching & maintaining a healthy weight. Discuss with a health professional before commencing exercise as you may need to adapt the type of exercise you do to your specific needs & limitations. Even a small amount of physical activity is helpful if you are able to.

Aids and Adaptations

If you start to find it harder to move around your home or do things like have a shower, you may be able to adapt your home to make it easier to do these things. For more information on this please **contact your GP for help and advice and for a referral to an occupational therapist**

Appetite and eating

You may find that you are struggling to cook your meals, that you are too tired to eat or that you have a low appetite. If this is the case **please contact your GP as they will be able to refer you to a dietician who will be able to offer specialist help in this area.**

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 having the right amount of food and drink to maintain a healthy body weight. Depending on the surgery you have had on your bowel you may need additional advice and support to achieve this. Please speak to one of the CNS team if required.

Stopping smoking: Giving up smoking will help to improve your breathing or stop it from getting worse. It will help your general health by improving blood circulation, reduce the risk of a stroke, lowering blood pressure and improving your immune system (ability to fight off infection)

If you would like to speak to anyone please contact your [GP/District Nursing Service/Clinical Nurse Specialist Team] for help and advice.

Other useful numbers

Macmillan Cancer Support Line	0808 808 0000 www.macmillan.org.uk
Macmillan Information and Support Centre –The Hope Building and The Christie at Salford	0161 206 1455
Macmillan Information and Support Centre – Royal Oldham Hospital	0161 656 1026

Macmillan Information and Support Centre – Tameside Hospital	0161 922 5644
Macmillan Information and Support Centre – Royal Bolton Hospital	01204 390625
Macmillan Information and Support Centre – Manchester Royal Infirmary	0161 276 6868
Macmillan Information and Support Centre – North Manchester General	0161 604 5244
Macmillan Information and Support Centre – Wythenshawe Hospital	0161 291 4876
Macmillan Information and Support Centre – Royal Albert Edward Infirmary	0194 282 2760
Cancer Research UK Support Line	0808 800 4040
Maggie's Manchester The Robert Parfett Building The Christie Hospital	0161 641 4848 www.maggies.org/our-centres/maggies-manchester
Maggie's Oldham The Royal Oldham Hospital	0161 989 0550 www.maggies.org/our-centres/maggies-oldham
Other <i>e.g local support groups etc</i>	<i>[INSERT CONTACT DETAILS]</i>
Other <i>[INSERT DETAILS]</i>	<i>[INSERT CONTACT DETAILS]</i>

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

ADDITIONAL NOTES FOR GP

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

Personalised Care and Support Plan <input type="checkbox"/> (attached)	
Health and Wellbeing Information and Support given	See referral advice given on services available
Prescription Charge exemption certificate <input type="checkbox"/>	Free prescription reminder <input type="checkbox"/>
Advice given to apply for Personal Independence Payment (PIP)	Yes/No/Not applicable

Advise entry onto primary care palliative or supportive care register?	Yes
SR1 application completed?	Yes/No/Not applicable
Prescription Charge exemption certificate	Yes/No/Not applicable
Social Prescribing Service	Yes/No/Not applicable
Advanced Care Plan	Yes/No/Not applicable
Apply Gold Standard Framework	Yes/No/Not applicable

<p>Required GP actions (e.g. ongoing medications)</p> <p>[Delete if not appropriate] Advanced care plan not discussed, please pick up with patient as and when appropriate. N/A Please complete a cancer care review. Please add to the GSF Register Please prescribe supportive medication as and when required.</p> <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 www.gatewayc.org.uk</i></p>
