



Greater Manchester
Cancer Alliance

Please delete before use		Letter Name	Urology_Bladder_EoTS_NMIBCIntermediateRisk_1024
Ratified by Pathway Board	2024	Created	Circa 2020
Consulted	Urology CNS teams across GM	Reviewed	October 2024
Contact point for amendments	gmcancer.admin@nhs.net Andrea.webber@nhs.net	Review date	October 2026

GM Cancer standard treatment summary template for
Non muscle invasive TCC bladder cancer – Intermediate risk

Please delete this title and box after reading these instructions.

Remove all wording that does not apply to a particular patient 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)	
8BCF.00	Read	Cancer hospital treatment completed

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]**

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

Please find below the summary of your diagnosis, treatment and the ongoing management plan that we discussed. 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 Urology 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. Ongoing support and advice are also available from your Cancer Care Co-ordinator who works within the Urology Nurse Specialist team. Your Cancer Care Co-ordinator is also there to give support and they have a wealth of knowledge about resources available to you. They are often a good first point of contact.

Key Contact Numbers:

Urology Clinical Nurse Specialist	Contact Number:
Urology Cancer Care Coordinator	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

Diagnosis and Treatment to Date:

Diagnosis:	Transitional cell carcinoma of bladder	Date of pathological diagnosis:	
Organ/Staging		Local/Distant:	
Summary of Treatment and relevant dates:			
• Trans urethral resection of bladder tumour +/- Intravesical • Mitomycin Treatment			
Treatment aim:	Curative		
Summary of information given to the patient about their cancer and future progress:			

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

- Cystoscopy at 3 months
- Cystoscopy at 9 months
- Cystoscopy at 18 months
- Cystoscopy annually from year 2 onwards
- Discharge if disease free for 5 years
- Mitomycin bladder instillations

Symptoms of possible recurrence that will require investigation. Please contact your CNS

- Persistent blood in your pee
- Unable to pee

Possible Side Effects and/or late 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 Urology Clinical Nurse Specialist for advice.**

Some symptoms can persist for a few months following surgery but should slowly improve. If they are new or getting worse then they may need to be assessed. These include:

- Blood in your pee
- Urinary tract infections
- Bladder pain
- Unable to pee

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 Cancer Care Coordinator for information on support available or if you have any questions or concerns.

Referral/advice given on services available

☐ Allied Healthcare Professional	☐ Benefits Advice Service	☐ Bowel / Bladder Continence Service	☐ Complementary Therapist
☐ Dietitian	☐ District Nurse	☐ Macmillan Cancer Information & Support Centre	☐ Occupational Therapist
☐ Physical Activity	☐ Physiotherapist	☐ Sexual Dysfunction	☐ Therapist
☐ Social Worker	☐ Speech & Language Therapist	☐ Stoma Service	☐ Support Group
☐ Vocational Rehab	☐ Prehab for cancer and Recovery Programme (please continue engaging in rehabilitation)	☐ 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.

There is a lot of support available if you need it, please contact your Cancer Care Co-ordinator or Urology Clinical Nurse Specialist Team for help and advice.

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 ok 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 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. Please speak to your Cancer Care Co-ordinator or Urology Clinical Nurse Specialist Team

Reducing alcohol to within safe limits:

The current UK guidelines to keep health risks to a low level 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). If you would like more advice, please speak to your Cancer Care Co-ordinator or Urology Clinical Nurse Specialist Team.

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 Cancer Care Co-ordinator or Urology Clinical Nurse Specialist Team

Ongoing support and advice:

Macmillan Cancer Support Line	0808 808 0000 www.macmillan.org.uk
Macmillan Information and Support Centre – Royal Oldham Hospital	0161 656 1026
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>	[INSERT CONTACT DETAILS]
Other [INSERT DETAILS]	[INSERT CONTACT DETAILS]

Other Useful Contact Numbers: **[DELETE AS APPROPRIATE]**

Other	
Other	
Other	
Other	
Other	
Other	

Treatment Summary Completed by:	
Copy sent to GP:	☐
Copy sent to Consultant:	☐
Copy sent to other Health Care Professional(s):	[INSERT DETAILS]

ADDITIONAL NOTES FOR GP

Personalised Care and Support Plan ☐ (attached)	
Health and Wellbeing Information and Support given	[INSERT DETAILS]

Prescription Charge exemption certificate ☐	Free prescription reminder ☐
Advice given on services available on prescription	[INSERT DETAILS]
Advice given to apply for Personal Independence Payment (PIP)	Yes/No/Not applicable

Will <i>[INSERT PATIENT NAME]</i> be self-managing?	Yes / No [DELETE AS APPROPRIATE] <i>[IF NO PLEASE STATE REASON]</i>
Advise entry onto primary care palliative or supportive care register?	Yes/No/Not applicable
SR1 application completed?	Yes/No/Not applicable
Prescription Charge exemption certificate	Yes/No/Not applicable
Required GP actions (e.g. ongoing medications/ annual blood pressure check) • Smoking cessation <i>All treatment summaries are subject to review in light of evidence-based changes to clinical protocols and treatment toxicity.</i> <i>Additional resources and information for primary care staff are available through www.gatewayc.org.uk</i>	