



Greater Manchester
Cancer Alliance

Lung Resection Surgical Treatment Summary

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

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

(these are the codes that ensure this letter is scanned into your GP record correctly, although it refers to treatment completed, it only refers to your surgery being completed, you may still have other treatments)

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 treatment and ongoing management plan. 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 feel anxious or would like further advice or to talk through a concern/symptom at any time you are welcome to contact your lung cancer team directly, or your GP. They are here to help and support you with physical, emotional and practical concerns and referral to other services if required.

Key Contact Numbers whilst being followed up by Wythenshawe Hospital after your Surgery

Thoracic Specialist Nurses	Contact Number: 0161 291 2198
Lung Cancer Nurse Specialists	Contact Number: 0161 291 2171
Ward F3	Contact Number: 0161 291 2208

Key Contact Numbers once Wythenshawe Hospital have transferred your care back to your local hospital where you received your diagnosis

Lung Cancer Nurse Specialists at xxxxxxx	Contact Number:
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Diagnosis and Treatment to Date:

Diagnosis:	<i>Lung cancer</i>	Date of Diagnosis:	
Treatment to date:			
Current management plan:	<p>About a week after you get home you will receive a telephone call from the ward and contact from the lung cancer team to check how you are.</p> <p>You will also be sent an appointment to see your surgical team approximately 4-6 weeks after your discharge. They will also check on your recovery and discuss the information available following examination of the tissue from your operation, called histology or pathology. If you require further anti-cancer treatment this will be discussed with you in this appointment. Not all patients require further treatment.</p> <p>You may then receive phone calls to advise you of the need for further appointments with the oncology team if these are not given to you in your surgical appointment.</p> <p>Drain management:</p> <p>District nurse referral for suture removal:</p> <p>Other:</p>		
Histology			
Smoking status			
Summary of Treatment and relevant dates: <i>Please be specific and give full details, avoiding jargon.</i> <i>Left upper lobectomy</i>			

Alert symptoms that will require urgent investigation.

If you begin to experience any of the symptoms listed below, please contact any of the key contacts listed above or your GP **urgently**. **Ward F3 is available 24 hours a day.**

- Sudden onset of shortness of breath
- Air under the skin – known as surgical emphysema – you may notice swelling to your arms, chest and face
- Swelling/redness or increased pain in your calves

Other symptoms that will require investigation.

If you begin to experience any of the symptoms listed below, please contact any of the key contacts or your GP as soon as possible so that these can be investigated and managed appropriately:

- Raised temperatures
- Increase in sputum production
- Problems with peeing/pooing
- Unexplained pain in your back, head or neck that you haven't experienced before.
- Coughing up blood

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

Most side effects can improve quickly, however some, such as tiredness, 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 the thoracic specialist nurse or Ward F3. Contact numbers are on page 1 of the letter.

[DELETE AS APPROPRIATE]

- Pain
- Cough
- Breathlessness
- Tiredness
- Constipation
- Reduced appetite.
- Reflux

Pain

It is normal to have pain post operatively. It is important to remember that pain can almost always be reduced. If you have pain, it's important to tell your doctors and nurses (healthcare team) so they can treat it. If pain is being managed well you will be able to move around more, breathe more easily, eat better, and increase your speed of recovery. We expect that you will need to continue your medicine for pain at a reducing dose in the few weeks following your surgery.

Cough

It is important to clear your chest following surgery. Coughing is normal but can be painful so please ensure you are taking enough painkillers to be able to deep breathe and cough. You may be given tablets to make any mucus or phlegm easier to cough up and we anticipate you may need to continue with these for a few weeks with a prescription from your GP. If you start to cough up any green phlegm, please contact your GP.

Breathlessness

Breathlessness is a common symptom in people after surgery to remove part of your lung. It can be distressing to deal with and may take a while after surgery to improve your breathing. We expect that your breathing will gradually recover and it is important to continue to move around, go for walks and exercise.

Constipation

Some people may find their normal pooing pattern changes following surgery and discharge home, this is normally due to reduced activity whilst in hospital, and painkillers. It is important that your bowels return to their normal routine, eating, drinking lots of fluids and moving around can help. You may need to take laxatives. If you are struggling to poo, please contact your GP, lung nurse specialists or thoracic nurse specialists.

Tiredness/exercise

After surgery activities and exercise may feel more difficult and tiring. It is important to continue gently carrying on with normal activities and resting in between. We anticipate that you will be able to care for yourself when you go home.

Reduced appetite

There are many reasons why you may have a reduced appetite after your surgery. It is important that you are able to eat a balanced diet as this will help your recovery. Eating too little may affect your energy levels and put you at risk of losing weight. If you are struggling, please contact your GP, lung nurse specialists, or thoracic nurse specialists.

Reflux

The main symptoms of acid reflux are a burning sensation in the middle of your chest (heartburn) and/or an unpleasant sour taste in your mouth, caused by stomach acid. You may also have a cough or hiccups that keep coming back, a hoarse voice, 'bad breath' bloating and feeling sick. Symptoms are often worse after eating, when lying down and when bending over. Speak to a pharmacist for advice if you keep getting heartburn.

Medications

You will be discharged with 1 week's supply of medication. You need to contact your GP to continue these medicines before your supply from hospital runs out. Your GP will continue to prescribe any necessary medications, gradually decreasing doses as your symptoms improve.

Personalised Care for Cancer: *(Referral/advice given on services available)*

Access to Health and Wellbeing support is a continuous element of your care and may involve referral to other services to support you with all aspects of your care.

You will receive a call following your surgical follow up appointment from a coordinator who will go through a specific checklist to ensure you have opportunity to discuss all aspects of your care.

**Services you may require support from include :
(If a box has been ticked it means a referral has been made for you)**

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> District Nurse | <input type="checkbox"/> Benefits Advice Service | <input type="checkbox"/> Counselling Service | <input type="checkbox"/> Macmillan Cancer Information & Support Centre |
| <input type="checkbox"/> Occupational Therapist | <input type="checkbox"/> Complementary Therapist | <input type="checkbox"/> Psychologist | |
| <input type="checkbox"/> Physical Activity | <input type="checkbox"/> Social Worker | <input type="checkbox"/> Support Group | <input type="checkbox"/> Physiotherapist |

Other: (please specify)

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, which often feels 'lost' when you are diagnosed with cancer and having treatments..

Managing your wellbeing: Looking after yourself

We can all struggle on a day-to-day basis. Dealing with a diagnosis of cancer and coping with the effects of the illness and 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 you may need a bit of extra support and effort to figure out how to be ok when life is proving challenging. There is support available if you need it so **please contact your lung nurse specialist team for help and advice.**

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. If you have previously been in touch with the Prehab team they will be in contact to support you following your surgery.

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 get advice and support at 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 post operatively your appetite may be reduced. If this period is prolonged and you notice weight loss **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.**

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]

Other useful numbers

Wythenshawe Macmillan Information and Support Centre	0161 291 4876
Macmillan Cancer Support Line	0808 808 0000
Cancer Research UK Support Line	0808 800 4040
Maggie's Manchester	0161 641 4848
Roy Castle Lung Cancer Foundation	0333 323 7200
Other [INSERT DETAILS]	[INSERT CONTACT DETAILS]
Other [INSERT DETAILS]	[INSERT CONTACT 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

Will <i>[INSERT PATIENT NAME]</i> be self-managing?	Yes / No <i>[DELETE AS APPROPRIATE]</i> <i>[IF NO PLEASE STATE REASON]</i>
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

Required GP actions (e.g. ongoing medications)

Cancer Care Review

All treatment summaries are subject to review in light of evidence based changes to clinical protocols and treatment toxicity.

Additional resources and information for primary care staff are available through www.gatewayc.org.uk