

<b>Please delete before use</b>		Letter Name	Lung_TS_BestSupportiveCare_012025 Version 1.0
Ratified by Pathway Board		Created	
Consulted	Lung CNS teams across GM	Reviewed	May 2025
Contact point for amendments	Pathway Board Manager <a href="mailto:gmcancer.admin@nhs.net">gmcancer.admin@nhs.net</a>  Personalised Care Manager <a href="mailto:Andrea.webber@nhs.net">Andrea.webber@nhs.net</a>	Review date	May 2027

## GM Cancer Lung Best Supportive Care Treatment Summary Template

**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.**

**Font should be Arial size 12**

**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]**

Here is a 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 takes into account your needs and has been designed to increase your knowledge and wellbeing as you move on with your cancer care. **Please take this with you to any planned or emergency visits to hospital. It could help the doctors and nurses with your 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 do 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 what is important to you. 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.

**Key Contact Numbers (Monday – Friday)**

<b>Key Contact/s</b>	<b>Name:</b>
	<b>Contact Number:</b>
	<b>Name:</b>
	<b>Contact Number:</b>

**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:**

<b>Diagnosis:</b>	<i>Please give full details</i>	<b>Date of Diagnosis:</b>	
<b>Histology:</b>			

<b>Current management plan:</b>	Best supportive care/symptom control/Quality of Life Measure.
<b>Summary of Treatment and relevant dates:</b> <i>Please be specific and give full details, avoiding jargon.</i> (Chemotherapy, Radiotherapy, Oral Anticancer Tablets, or Immunotherapy)	

### Symptoms that will require urgent investigation

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

- New breathlessness that started suddenly, or breathlessness that is difficult to control
- Unexplained pain in your back, head or neck that you haven't experienced before.
- Numbness or pins and needles, especially in your legs
- Feeling unsteady on your feet
- Problems with going to the toilet (weeing or pooing).  
This includes being unable to go, having a poo less than 3 times during the last week or your poo is small and is dry, hard or lumpy (constipation)
- Coughing up blood

### Symptoms that will also 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:

#### **Pain**

It is important to remember that cancer 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. The earlier you have treatment for pain, the more effective it is.

#### **Cough**

If you have a cough, there are different treatments that can help; You may be given painkiller tablets even if you have no pain. You can have other drugs as a vapour that you inhale. Sometimes a short course of radiotherapy may help. **If you cough up blood, then seek medical help immediately.**

#### **Breathlessness**

- Breathlessness is a common symptom in people with lung cancer. It can be distressing to deal with and may take a while for treatments to improve your breathing. There are a few different treatments which may be suitable for you. (If you are suffering from new breathlessness that started suddenly, or breathlessness that is difficult to control please contact your **[GP/ District Nursing Team/ Clinical Nurse Specialist Team]** **urgently.**

You may be given: (Your doctor or nurse will talk to you about which of these are most suitable for you).

- bronchodilator drugs to widen the airways in your lungs – you take these through an inhaler, or a mask called a nebuliser.
- steroid drugs to reduce inflammation in your lungs.
- drugs called diuretics to help you wee more.
- drugs such as morphine (small doses), or drugs that help to relieve anxiety can help to ease breathlessness,
- oxygen therapy
- treatments to help treat blocked airways.

**Low appetite and struggling to eat**

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 or signpost you to other organisations who will be able to offer specialist help in this area.**

**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.**

<p><b>Treatment effects to watch out for</b></p>	<p>The risk of side effects is lower once treatment is stopped but occasionally people are left with or develop long term problems as a result of their treatment. Please seek medical advice if you become unwell and inform the doctor that you have been on anti-cancer treatment. More information about the late effects and recovering from treatment is available at <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a></p>
<p><b>New symptoms to watch out for</b></p>	<p>If you start to lose weight, cough up blood or have recurrence of your original symptoms such as increased cough or breathlessness in the future then please see your GP or contact your specialist nurse and we will arrange for you to be seen as soon as we can.</p> <p>If you have new back pain, leg weakness, pins and needles or bladder/bowel problems please seek <b>urgent medical attention.</b></p>

## What is important to me?

**Planning ahead** and recording your wishes gives you control over your future treatment and care and reassurance that the right decisions will be made.

Planning ahead can:

- be a good way to start conversations with the people close to you about what you would want in the future
- help you to make informed decisions in your own time by considering your options
- give you peace of mind that you've taken steps to make sure your wishes are known about, recorded and respected

(If this discussion has already been had you can add in here the patients/family's wishes)

**If you are thinking about planning ahead and would like to speak to someone, please contact your GP/District Nursing Team/Clinical Nurse Specialist for more information.**

## 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 and 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 in good times and bad**

Dealing with a diagnosis of cancer and the side effects 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. There is a lot of support available if you need it so **please contact your [GP/District Nursing Service/Clinical 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, so we advise **talking to your GP before you start.**

### **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**

**Treatment Summary Completed by:**

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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>

**Other useful numbers – delete as appropriate**

<b>Macmillan Cancer Information and Support Service</b>	
<b>Macmillan Cancer Support Line</b>	0808 808 0000
<b>Cancer Research UK Support Line</b>	0808 800 4040
<b>Maggie's Manchester</b>	0161 641 4848
<b>Maggie's Oldham</b>	0161 989 0550
<b>Roy Castle Lung Cancer</b>	<a href="#">Home - Roy Castle Lung Cancer Foundation</a>

**ADDITIONAL NOTES FOR GP**

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

Snomed code 413737006	Cancer hospital treatment completed (situation)
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<b>Health and Wellbeing Information and Support given</b>	<b>See referral advice given on services available</b>
<b>Prescription Charge exemption certificate</b> <input type="checkbox"/>	<b>Free prescription reminder</b> <input type="checkbox"/>
<b>Advice given to apply for Personal Independence Payment (PIP)</b>	Yes/No/Not applicable

<b>Will [INSERT PATIENT NAME] be self-managing?</b>	<b>Yes / No [DELETE AS APPROPRIATE] [IF NO PLEASE STATE REASON]</b>
<b>Advise entry onto primary care palliative or supportive care register?</b>	Yes
<b>SR1 application completed?</b>	Yes/No/Not applicable
<b>Prescription Charge exemption certificate</b>	Yes/No/Not applicable
<b>Social Prescribing Service</b>	Yes/No/Not applicable
<b>Advanced Care Plan</b>	Yes/No/Not applicable

<b>Apply Gold Standard Framework</b>	Yes/No/Not applicable
<b>Required GP actions (e.g. ongoing medications)</b>  Cancer Care Review  <b><i>All treatment summaries are subject to review in light of evidence based changes to clinical protocols and treatment toxicity.</i></b>  <b><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></b>	