

Please delete before use		Letter Name	Lung_EoTS_SACT_052025 Version 1.0
Ratified by Pathway Board		Created	
Consulted	Lung CNS teams across GM	Reviewed	May 2025
Contact point for amendments	Pathway Board Manager gmcancer.admin@nhs.net Personalised Care Manager Andrea.webber@nhs.net	Review date	May 2027

GM Cancer Lung 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.

Font should be Ariel 14

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 Logo and Name
Patient Address	Hospital Address
	Date of Birth 00/00/0000
	Hospital Number:
	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)

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:			

	Summary of Treatment and relevant dates:
Treatment type	'Chemotherapy', 'Radiotherapy', 'Immunotherapy', 'Cancer tablet therapy'
Chemotherapy treatment status	
Chemotherapy received	
Number of chemotherapy cycles completed	
Chemotherapy start date	
Date chemotherapy completed	
Radiotherapy treatment status	
Radiotherapy given to	
Number of fractions received	
Radiotherapy start date	
Radiotherapy completion date	
Immunotherapy treatment status	
Immunotherapy received	
Number of immunotherapy cycles completed	
Immunotherapy start date	
Date immunotherapy completed	
Cancer tablet therapy treatment status	

Cancer tablet therapy received	
Number of cancer tablets completed	
Cancer tablet therapy start date	
Date cancer tablet therapy completed	
Treatment aims and goals of care	

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.**

Possible on-going side effect from chemotherapy

Possible on-going side effects from chemotherapy

BONE HEALTH: Chemotherapy can affect your bones leading to osteoporosis (weak bones) and risk of fractures in the future. Following a healthy balanced diet with plenty of calcium from dairy products (or soy based products) and doing regular weight bearing exercise such as walking can help.

BRAIN: People can develop problems with memory and recall during chemotherapy. This usually improves with time but occasionally it can leave people with permanent difficulties.

CARDIOVASCULAR (HEART): Chemotherapy can occasionally affect the heart and blood vessels giving a small risk of stroke, heart disease, kidney problems and blood clots in the future. Following a healthy balanced diet, not smoking, taking regular gentle exercise and ensuring your blood pressure and cholesterol are well controlled can help.

FATIGUE: Patients often feel extremely tired for a long time after chemotherapy. This is normal and usually improves with time. If things do not improve, simple tests to rule out common causes such as anaemia, hormone problems i.e. thyroid/testosterone/oestrogen should be done by your doctor.

IMMUNE SUPPRESSION: Even when you have recovered from chemotherapy you can be at greater risk of getting infections. After 6 weeks you no longer need to call the chemotherapy hotline but please seek medical advice if you have symptoms of an infection that are severe or last more than a few days.

INFERTILITY: Chemotherapy can reduce fertility but this usually returns within 6-12 months, however, it can precipitate an early menopause in women who are still pre-menopausal.

INFLAMMATION OF THE NERVES AND NERVE DAMAGE: This chemotherapy can cause nerve damage which can lead to sensory loss, pain, weakness, constipation, and a low blood pressure that can occasionally persist. If you haven't had any significant problems during chemotherapy then this is unlikely to occur once treatment has stopped.

KIDNEY PROBLEMS: This treatment can occasionally result in damage to the kidneys. The team will monitor how your kidneys are working with regular blood tests.

SECONDARY CANCERS: Some chemotherapies can increase the risk of other cancers, particularly blood cancers in the future, but the risk with this chemotherapy is extremely small.

<p>Possible on-going side effects from immunotherapy</p>	<p>Possible on-going side effects from immunotherapy</p> <p>CARDIOVASCULAR (HEART): Very rarely this drug can cause inflammation of the heart resulting in chest pain, palpitations or breathlessness.</p> <p>INFLAMMATION OF THE BOWEL (COLITIS): Symptoms include diarrhoea (watery, loose or soft stools), or increased number of bowel movements than usual. Blood in stools or darker coloured stools; abdominal pain. Some people will also feel sick (nausea) and be sick (vomiting). Occasionally (<1 in 100) this inflammation can lead to a small hole developing in the wall of the bowel (perforation), in some instances this may require surgical intervention.</p> <p>INFLAMMATION OF THE EYES: Symptoms include redness in the eye, pain in the eye, problems with vision.</p> <p>INFLAMMATION OF THE HORMONE PRODUCING GLANDS (ESPECIALLY THE PITUITARY, ADRENAL AND THYROID GLANDS): Signs and symptoms that hormone glands may not be working properly include headaches, blurred or double vision, profound tiredness, decreased sexual drive, behavioural changes (e.g. being irritable or forgetful).</p> <p>INFLAMMATION OF THE LIVER (HEPATITIS): Symptoms include - yellowing of the eyes or skin (jaundice), dark urine, pain affecting the right side of the abdomen (stomach), bleeding or bruising more easily than normal.</p> <p>INFLAMMATION OF THE LUNGS (PNEUMONITIS): Symptoms include - shortness of breath, chest pain, new or worsening cough.</p> <p>INFLAMMATION OF THE NERVES (NEUROPATHY) AND NERVE DAMAGE: Symptoms include muscle weakness, numbness or tingling in the hands and feet, dizziness, or loss of consciousness.</p> <p>FATIGUE: Patients can feel tired after immunotherapy. This is normal and usually improves with time. If things do not improve, simple tests to rule out common causes such as hormone problems i.e. thyroid/testosterone/oestrogen should be done by your doctor.</p> <p>KIDNEY PROBLEMS: This treatment can occasionally result in damage to the kidneys.</p> <p>MUSCLE AND JOINT PAINS: This is usually mild but can affect mobility and quality of life.</p> <p>SKIN CHANGES: Symptoms include skin rash (with or without itching), blisters and or peeling of the skin, mouth sores, dry skin. You may need steroid cream/tablets or antibiotics depending on severity.</p>
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<p>Possible on-going side effects from cancer tablet therapy</p>	<p>Possible on-going side effects from cancer tablet therapy</p> <p>CARDIOVASCULAR (HEART): This treatment can occasionally affect the heart and may also increase the risk of diabetes. Following a healthy balanced diet, not smoking, taking regular gentle exercise, and ensuring your blood pressure and cholesterol are well controlled may help.</p> <p>DIARRHOEA, NAUSEA OR VOMITING: This treatment can cause problems with the stomach and bowels most commonly indigestion and diarrhoea.</p> <p>IMMUNE SUPPRESSION: Occasionally this treatment can lower the immune system putting you at greater risk of infection. This is rare and usually resolves once the treatment is stopped. If you are currently on this treatment and develop a fever, please contact the hotline as advised.</p> <p>INFLAMMATION OF THE EYES: Symptoms include dry, irritated eyes, redness, pain and occasionally problems with vision.</p> <p>INFLAMMATION OF THE LIVER (HEPATITIS): Symptoms include - yellowing of the eyes or skin (jaundice), dark urine, pain affecting the right side of the abdomen (stomach), bleeding or bruising more easily than normal.</p> <p>INFLAMMATION OF THE LUNGS (PNEUMONITIS): Symptoms include - shortness of breath, chest pain, new or worsening cough.</p> <p>FATIGUE: Patients can feel tired with treatment. This is normal and simple tests to rule out common causes such as hormone problems i.e. thyroid/testosterone /oestrogen can be done by your doctor.</p> <p>KIDNEY PROBLEMS: This treatment can occasionally affect the kidneys. Symptoms include change in the amount or colour of urine.</p> <p>SKIN CHANGES: Symptoms include - skin rash (usually acne-like with or without itching), pustules, blisters and/or peeling of the skin, mouth sores, dry skin. You may require moisturisers, steroid cream or antibiotics depending on the severity of the symptom.</p>
<p>Possible on-going side effects for radiotherapy</p>	<p>Possible on-going side effects from radiotherapy</p> <p>CARDIOVASCULAR (HEART): Radiotherapy can occasionally affect the heart and blood vessels giving a small risk of heart disease in the future. Following a healthy balanced diet, not smoking, taking regular gentle exercise and ensuring your blood pressure and cholesterol are well controlled can help.</p>

	<p>INFLAMMATION OF THE EYES: Symptoms include dry, irritated eyes, redness, pain and occasionally problems with vision.</p> <p>COUGH: Usually starts to settle two weeks following completion of treatment</p> <p>FATIGUE: Usually starts to settle two weeks following completion of treatment but lethargy may last several weeks more.</p> <p>BONE HEALTH: Patients may be more prone to bone fractures or bone pain in the area of radiotherapy treatment (fewer than 10%)</p> <p>RIB ACHE (INCLUDING FRACTURE): In a small number of patients, radiotherapy may affect the ribs and pain relief may be required. Please contact your Clinical Nurse Specialist at The Christie if you develop this symptom.</p> <p>SHORTNESS OF BREATH (DYSPNOEA): Usually starts to settle two weeks following completion of treatment. Rarely some patients develop inflammation of the lungs (pneumonitis) 2-12 weeks after completion of treatment. In a small number of patients, radiotherapy may cause long term problems with breathlessness (pulmonary fibrosis). On occasion, if breathing is much worse, we may need to bring you into hospital to manage your symptoms. If you notice a new breathlessness or breathlessness that is not getting better, please contact your Clinical Nurse Specialist at The Christie or The Christie Hotline outside of working hours.</p> <p>SKIN CHANGES: Redness of the skin usually starts to settle two weeks following completion of treatment.</p> <p>SORENESS ON SWALLOWING (OESOPHAGITIS): Usually starts to settle two weeks following completion of treatment. Paracetamol suspension has been prescribed for painful swallowing. In a small number of patients, radiotherapy may cause long term problems with swallowing. If you have difficulty in eating or swallowing, please contact your Clinical Nurse Specialist at The Christie or The Christie Hotline outside working hours.</p>
<p>Treatment effects to watch out for</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 so please seek medical advice if you become unwell and inform the doctor that you have been on this treatment. More information about the late effects and recovering from treatment is available at www.macmillan.org.uk</p>
<p>New symptoms to watch out for</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 urgent medical attention.</p>
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	Follow up Information
Approximate number of weeks until follow up	
Location	
Follow up plan	

Access to Health and Wellbeing Information and Support is part of your care.

You have been referred to the following services for support:

(Please populate with services referred to)

Below is a list of services that you may be able to access for support in your area. **Please contact your GP/District Nursing Team/Clinical Nurse Specialist at any time if you feel your needs have changed and you would like referring to a service for further support.**

- Benefits Advice Service
- Bowel / Bladder Continence Service
- Counselling
- Community Palliative Care Team
- Complementary Therapist
- Day Hospice
- Dietitian
- District Nurse
- Hospice
- Hospice at Home
- Macmillan Cancer Information & Support Centre
- Occupational Therapist
- Physical Activity
- Psychologist
- Physiotherapist
- Changes in sexual function
- Social Worker
- Stoma Nurse
- Support Group

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.

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.

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.**

Smoking Advice:

We know that people living with cancer who do not smoke do better and live healthier lives. If you haven't stopped smoking, we encourage you to do so, and help is available. Please talk to your GP or specialist nurse for more help and advice.

Holidays and travel insurance:

Once your treatment has finished you may wish to have a holiday in the UK or abroad. Please carry with you this information about the treatment you have had. It is also advisable to have travel insurance for trips abroad. Macmillan information centres can provide you with a list of travel insurers. Please note the information centre cannot make recommendations for specific insurance companies. You can also find useful information about traveling after treatment on the Macmillan website **www.macmillan.org.uk**.

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

Roy Castle Lung Cancer Foundation 0333 323 7200 www.roycastle.org

Christie Cancer Information Centre 0161 446 8107

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	<u>0161 641 4848</u> 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:	
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	See referral advice given on services available
Prescription Charge exemption certificate	Free prescription reminder

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><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>	

Ongoing medication required	
PJP prophylaxis	
Prophylaxis information	