

What is a Supported Self-Management Pathway?

The Supported Self-Management Pathway is an approach to follow-up after treatment for cancer that is now being used at many hospitals across the UK.

Once your cancer treatment has finished and you have had appropriate end of treatment assessment, you will no longer receive regular scheduled appointments. Instead, you will be able to contact your specialist team and arrange to see a member of the team as and when you need to.

How will the supported Self-Management Pathway work for me?

Once you have finished your treatment, you will attend an end of treatment clinic appointment with one of the Lymphoma Clinical Nurse Specialists (CNSs). You will be given information on any long-term risks and side effects to look out for. You will also be invited to attend our “after treatment event”.

You will be seen in the clinic at regular intervals for one to two years after this you will progress on to the Supported Self-Management Pathway, unless there is a specific reason for you not to. This means

that you will not have pre-arranged clinic appointments at set times. Instead, you will be able to access the Lymphoma service and arrange appointments to see your doctor and/or clinical nurse specialist whenever you have issues relating to your disease or treatment that you would like to discuss.

Your GP will be informed that you are on a Supported Self-Management Pathway.

What are the benefits?

The benefits of the Supported Self-Management Pathway are that you will no longer need to attend regular follow-up appointments in the clinic.

Many people have reported that they find these appointments unnecessary and a source of anxiety. Instead, you can see members of your specialist team as and when you need to.

What are the risks?

Some people worry that not having regular follow-up appointments at the hospital means that it might go unnoticed if their cancer comes back. However, there is no evidence that regular follow-up appointments increase the chance of picking up recurrence of cancer. You can

access our service whenever you have concerns that you would like to discuss.

Who do I contact if I need advice or support?

Please do not hesitate to phone the Lymphoma Clinical Nurse Specialists if you have any of the following symptoms:

- New lumps
- Persistent chest symptoms such as a cough or breathlessness
- Abdominal symptoms such as unexplained persistent pain
- Generalized itching
- Unintentional weight loss
- Unexplained fevers over 38°C
- Recurrent drenching night sweats
- Nerve or brain symptoms such as numbness, tingling, weakness in a limb, visual problems, memory problems and/or balance problems.
- Extreme tiredness
- Or any other new symptoms that is worrying to you.

We will ensure that you are seen in clinic within two weeks of your call. It is important that you contact us if you have any concerns.



Contact details

Monday to Friday 09:00 to 17:00

Address:

Department of Haematology
Level 5
Torbay Hospital
Lawes Bridge
Torquay
TQ2 7AA

**Direct Line 01803 655264 (answer
machine-please leave a message)**

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 @TorbaySDevonNHS
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Torbay and South Devon
NHS Foundation Trust

PATIENT INFORMATION

Torbay Hospital

The Torbay Lymphoma Service

**Supported Self-Management Pathway
for People with Lymphoma**

Working with you, for you