

## Large print and other languages

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Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔

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## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: [www.bartshealth.nhs.uk/pals](https://www.bartshealth.nhs.uk/pals)

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Patient information

# Welcome to Personalised Stratified Follow-Up

## Prostate Cancer Services

Helpline Number: 07513 703 675

Email Address: [bartshealth.urologyrms@nhs.net](mailto:bartshealth.urologyrms@nhs.net)



## **Why have I been given this leaflet?**

You have been given this leaflet to explain personalised stratified follow-up which Barts Health has put in place for patients who have had treatment for prostate cancer or are being monitored for their existing prostate cancer.

## **What is personalised stratified follow-up?**

Personalised stratified follow up is a new type of follow-up at Barts Health. It is where routine, telephone appointments are replaced by a system where you continue to have regular surveillance tests as required and will be informed of the results by post. You can call us if you have a problem and will be followed up in a clinic if you need further assessment.

## **Why have you introduced personalised stratified follow up?**

We have introduced personalised stratified follow up as it has been shown to be better for patients. It means that you do not have to be available for phone calls when you are feeling perfectly well, and your results are normal. You will be informed about your test results quickly and informed of the next steps.

## **Is Barts Health the only hospital to have personalised stratified follow-up?**

No. More and more hospitals across the country are changing the way patients are followed up after treatment for cancer or being monitored for existing cancer. It may be called different things in different places.

## **How does the service work and what information will I be given?**

In addition to this leaflet, you will have had a consultation at the end of your treatment and will have been taught about specific symptoms you should report without delay to your prostate cancer Clinical Nurse Specialist (CNS). You will also have been given written information on:

- Your diagnosis and medication
- The treatment you have had and the possible side effects
- Signs and symptoms to report
- Being aware of changes in your body
- Arrangements for surveillance tests
- Contact details to give you fast access to the prostate cancer team if you need it.
- The process your prostate cancer Clinical Nurse Specialist will follow, should you need to be booked again back into clinic at any time in the future.
- Your GP will also have a copy of this information.

## **Will I continue to have routine tests?**

Yes. When you move onto this follow-up pathway, you will be given information on the blood tests and scans that you will require for at least five years after your diagnosis. Your Clinical Nurse Specialist (CNS) will make you aware of how results of the tests will be communicated with you. It is recommended that you contact the specialist team if you do not receive a request for the routine test by the end of the month that it is due.

## **Will I still be able to access the prostate cancer service in the event of concerns?**

Yes, you can call the prostate cancer Clinical Nurse Specialists (CNS) on the dedicated Helpline telephone number or email if you have any queries or problems. If you need to leave a short message, please include your name, hospital number and telephone number on the answer phone or email. This is checked regularly from Monday to Friday between 9am and 5pm and your call will be returned back by a member of the prostate cancer team within 24hrs. If they feel that it would be appropriate for you to return to the clinic, you will be offered a clinic appointment, or if necessary, an appropriate diagnostic test within 14 days of your telephone call.