

## Breast Department

# Patient Information

The Information Standard 

# Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail [patient.info@dchft.nhs.uk](mailto:patient.info@dchft.nhs.uk)

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## Patient Information for Breast patients on the Green Pathway (Open Access)

On completion of your treatment for Breast Cancer you will be part of open access follow-Up. This is called the Green pathway. This means:

### Health and Wellbeing

Firstly you will be invited to a 2 hour long Health and Wellbeing session. This covers information about healthy eating, physical activity, psychological wellbeing, complementary therapies and financial issues.

You should receive this appointment approximately 2 months post completion of surgery or radiotherapy.

### Follow Up

Following this, you will receive an appointment to see one of the Breast Care Nurse Specialists approximately 6 months following either surgery or radiotherapy. This will be a 30 minute appointment to include a holistic needs assessment with the aim to highlight any concerns you may have at this stage.

At the end of this appointment your Nurse will generate a treatment summary which will be shared with you and your GP.

Your Nurse Specialist can also create an individualised care plan if it is felt beneficial to you.

You will also be given written information and referred to any health care services as required.

While you are waiting for your appointments, if you have any concerns please contact your Breast Nurse Specialists on 01305 255160.

If you receive any other routine follow-up appointments, please ring the Breast Nurse Specialists to discuss.

## **Mammograms**

You can expect to have an annual mammogram for 5 years at Dorset County Hospital. You will not receive this appointment until approximately a month before it is due.

You will receive a results letter approximately 2-3 weeks after your mammogram.

## **Open Access**

The open access pathway means that you will be self-managing with the support of the Breast Care Team. Please do not hesitate to contact us if you have any concerns in the next five years and we can arrange a clinic appointment for you if this is necessary.

## **You can contact us**

Monday – Thursday 09.00-17.00

Friday - 09.00-14.30

If we are not in the office, please leave a message on our 24 hour answerphone and we will return your call as soon as possible.