



Respiratory Department

Your First Contact with the Lung Clinical Nurse Specialist

This leaflet explains the role of the Lung Clinical Nurse Specialist (CNS) and gives a list of possible tests you might undergo during your treatment. It will help you to understand these investigations and the care that you will receive. If you would like any additional information, please speak to one of the doctors or nurses. They will be more than happy to help.

CNS Role

The role of the CNS within the Respiratory or Lung team is to provide support. There are three of us in our team and we work Monday-Friday (8am-4pm):

- **Alex Hillcox-Smith:** alex.hillcox-smith@dchft.nhs.uk
- **Anita Burnham:** anita.burnham@dchft.nhs.uk
- **Erica Mason:** erica.mason@dchft.nhs.uk

Our Telephone number is: 01305 255289. If we do not answer the phone, please leave a message and we will aim to return your call within 24hrs.

We work closely with other team members as part of the Multidisciplinary Team (MDT) and meet weekly to discuss results and plan the treatment options which will then be discussed with you.

We can offer support to you and your family at this time, including by:

- Providing information and advice about any investigations and treatment required.
- Coordinating investigations, results, treatment and appointments. Ensuring you get the care you need in an organised and efficient manner.
- Talking to you about any concerns that you or your family may have in a confidential way.
- Providing information about support groups.
- Acting as a resource for further support or referral to other health care professionals for help with finances, diet, exercise, smoking, breathlessness, work etc.

During the investigation process we may need to do some different types of tests and investigations. We try to do as many as possible locally at Dorset County Hospital, Poole and Bournemouth, but sometimes we ask patients to go to Southampton if you need a particular investigation we don't offer locally. If your CT scan has shown an area that looks abnormal, we may need to obtain a biopsy (small sample of tissue for examination under microscope) to assist with a diagnosis.

Investigations

Below is a list of our most common tests, investigations and types of biopsies. We have ticked the relevant box of the test we think you are most likely to have.

Name and Description	Tick if applicable
PET Scan – Poole General Hospital This is similar to a CT Scan but uses PET (Positron Emission Tomography), where small amounts of a radiolabelled glucose (a sugar solution taken up by the body that can be detected by the scan) are injected in to a vein. This enables very clear images of cell activity within the body to be seen.	
Bronchoscopy – Dorset County Hospital. This is done by a Respiratory Consultant in the Endoscopy department. Local anaesthetic is used to numb the throat and sedation given. A tiny flexible telescope is passed via the mouth or nose. This enables the Consultant to have a clear view of the airways and take a biopsy, if possible.	
CT Guided Lung Biopsy – Dorset County Hospital. This procedure is done in the Radiology Department by a Consultant Radiologist. Local anesthetic is used to numb the area; the CT is used to guide them to the area of abnormality to take a tissue sample.	
EBUS (Endobronchial Ultrasound and Biopsy) – Dorset County Hospital Similar to a bronchoscopy, except the telescope device has an ultrasound attached, so that the Consultant can visualise the lymph nodes within the chest. Tissue biopsy can then be taken from the lymph node.	
Ultrasound Lymph Node Biopsy – Dorset County Hospital This procedure is done by a Consultant Radiologist, using an ultrasound machine to view the area. Local anaesthetic is used to numb the area and then a specific needle is used to take a biopsy.	
Thoracoscopy – Dorset County Hospital This is done by a Respiratory Consultant in the Endoscopy department. A thin device called a thoroscope is inserted through the chest wall and is used to look at the lining (pleura) of the lungs, drain fluid and attempt to take a biopsy. An overnight stay is required after this procedure.	
Mediastinoscopy – Southampton University Hospital This procedure is done under general anesthetic by a Consultant Thoracic Surgeon. It is a type of 'keyhole' surgery that allows doctors to look inside the chest. It can be used to take samples from enlarged lymph nodes.	

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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