



**Colorectal Department**

**Colorectal Cancer Diagnosis**

**Introducing your Nursing Team**



**Looking after you and helping you through the next steps in your cancer journey**

## The Colorectal Nurse Specialist Team (CNS)

The Colorectal Cancer Nurse Specialist Team consists of three Macmillan Clinical Nurse Specialists, three Associate Clinical Nurse Specialists and a Cancer Support Worker (CSW).

### MacMillan Colorectal Nurse Specialists

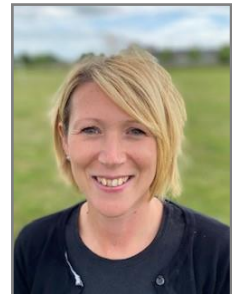
#### Nicola Calcutt

I have worked as a CNS since 2006 and been here at Dorset County Hospital since 2014. I began my cancer nursing career at The Royal Marsden Hospital in London, having previously worked in Bristol where I undertook my nurse training. I have a broad interest within all aspects of colorectal cancer, empowering patients to take control during treatment where possible and to live well. Outside of work I am involved in various groups within my local village. I am a keen gardener and love a good upcycling project!



#### Natasha Orbell

I have worked as a CNS since 2016. My background has been mostly surgical nursing, working for many years on a surgical ward. I have worked in Bowel Cancer Screening and, prior to this role, worked as a Surgical Enhanced Recovery Nurse Facilitator at a Hospital in West Sussex. I have a particular interest in helping patients feel well prepared for their treatment journey and have started to take an interest in genetics and how this affects our patients. Outside of work, I love taking my two young girls on adventures and am a keen, but novice, gardener! I have also started running and cycling to keep mentally and physically healthy.



#### Lynn Billett

I have a long and varied career in nursing, the majority of which has been involved with cancer patients. I have worked in research supporting cancer trials working within the hospice environment in Somerset. I am passionate about supporting patients and their loved ones through their care. In my spare time I enjoy nothing better than walking and hiking with family and friends and sea swimming. I am also proud to have helped set up a darning/knitting club where we meet in the local pub!



## Associate Colorectal Nurse Specialists

### Vicky Perry

I joined the team in February 2021, having previously worked on a surgical ward at Dorset County Hospital. I am passionate about working with and supporting people in their post-op recovery and, where possible, implementing the Enhanced Recovery Programme. I work in partnership with patients and their families, supporting them to return to good health as quickly as possible after their operation. Outside work I enjoy long walks with my husband in the beautiful Dorset countryside and I love to get out in our garden!



### Eloise Lane

I joined the team in June 2022 having previously worked on the acute oncology and haematology ward at Dorset County Hospital. I am extremely passionate about supporting patients throughout their cancer journey and strive to make the experience a little easier by building good relationships and being someone that they can rely on. Outside of work I enjoy walking and camping in the countryside with my Jack Russell Terrier, drawing and listening to live music.



### Emily Fell

I joined the team in January 2023 and previously worked on a medical ward in Poole Hospital before coming over to Dorset County Hospital to work on one of the surgical wards. I thoroughly enjoy being part of the team and am passionate about supporting patients and their loved ones through their journey. I work alongside patients to ensure their pathway is as smooth as possible. Outside of work, I am lucky enough to live by the beach and enjoy walking my two dogs who also like to come paddle boarding with me!



## What Do We Do?

Our role is to support you and your family from the point of diagnosis and throughout your treatment. We are here for your emotional support, to help you and your family cope with your diagnosis, before, during and after treatment. We coordinate your care and your appointments and aim to ensure these are within a timely manner. We will provide regular verbal and written information about all aspects of your care, as well as clarifying any information treatment plans you have been given. We communicate with other healthcare professionals who may be involved in your care and act as your advocate.

If you have any queries or concerns, please contact us on **01305 253144**. If your call is not answered, please leave a message and include your name, hospital number, date of birth and a contact number. Our working hours are Mon-Fri, 9am-5pm. We aim to check the messages at least once a day and will return your call.

You can also email us on: [colorectalcancernurses@dchft.nhs.uk](mailto:colorectalcancernurses@dchft.nhs.uk)

**Please be aware that we do not provide any out of hours emergency service. For any urgent medical issues please contact your GP or out of hours service.**

## Macmillan Colorectal Cancer Support Worker

### Maggie Armour

I joined the team in March 2021. I have a background in mental health and my role is to support you with non-medical aspects of your care during what can be a very stressful time. I am especially interested in simple lifestyle changes which can help reduce stress and improve well-being. Outside of work I enjoy gardening at my allotment and soap making!



### My Role as a Cancer Support Worker

I aim to help patients to access information and education resources to support people in making decisions about aspects of their own care, enabling independence and supporting self-management.

I work alongside the CNS team, acting as a point of contact for patients and their families. I can provide general information and support about cancer and cancer services, make referrals or signpost to other sources of support.

Another key part of my role is to encourage and support active and healthy lifestyle choices. You will be offered a Macmillan Holistic Needs Assessment (HNA), also called a 'concerns checklist' which can help us to identify and address any concerns you may have following your cancer diagnosis, and can include:

- financial and practical support
- information about healthy living and wellbeing
- support with emotional needs and access to counselling services
- signposting to the many cancer support groups and organisations.

I can be contacted on 07787223151 (voicemail) and will return your call as soon as I can.

## The Colorectal Surgeons

There are six colorectal surgeons in the team, all experts in bowel surgery and keyhole surgery. They also carry out bowel investigations so you may meet them in the endoscopy department as well as outpatients. The consultant colorectal surgeons are:

- Mr Anjay Talwar
- Mr Ben Stubbs
- Mr Chaitanya Mehta
- Mr James Orbell
- Mr Nathan Curtis
- Mr Paul Ng

## **The Oncologists**

Oncologists are doctors who specialise in treating patients with cancer. These treatments can include chemotherapy and radiotherapy. The oncologists have clinics at Dorset County Hospital and Poole Hospital. Chemotherapy and radiotherapy are given in Dorchester, but you may be required to attend an appointment at Poole Hospital for the planning of radiotherapy treatment. The consultant oncologists are:

- Dr Amelie Harle
- Dr Ben Masters
- Dr Stephanie Prince

## **The Radiologists**

Radiologists are experts in reviewing and interpreting medical images such as CT and MRI scans. They provide advice to the medical team to help in choosing the appropriate examinations, and based on the test results, will plan your care and treatment.

## **The Histopathologist**

Pathologists are specialist physicians who carry out the testing of medical specimens to help diagnose disease and estimate how severe it is. This information is then used to officially diagnose and plan individualised treatment.

## **The Stoma Care Nurses**

Stoma care nurses provide practical guidance and care for patients who have a stoma. A stoma is an opening from the bowel on the wall of the stomach allowing the bowels to empty into a bag. This is necessary for some, but not all, patients having bowel surgery and can be temporary.

## **Counselling Service**

Online therapeutic support workshops and one-to-one counselling is available to patients or close family members who are affected by cancer. To access this service, please request a referral via your CNS or CSW and a member of the counselling team will make contact with you directly.

## **What Happens Next?**

Following your initial cancer diagnosis, the next stage of your pathway will be to have one or more of the following investigations:

### **CEA (Blood Test)**

Carcinoembryonic antigen (CEA) is a tumour marker in the blood that can be used to monitor certain cancers such as colorectal cancer.

This blood test will be used as a baseline at the beginning of your pathway and will be repeated regularly as part of your ongoing care. When levels are decreasing, it may indicate that cancer is responding to treatment. When levels increase, it may suggest a recurrence, progression or spread (metastasis) of the disease.

### **CT Scan**

These scans look at the size and location of the cancer and whether there is any evidence it has spread. This helps to give an estimated stage of the cancer prior to any planned treatment.

### **MRI Scan**

These are often required if you have a rectal cancer and are helpful in assessing and planning future treatment options.

### **The MDT Meeting (Multidisciplinary Team)**

This is a weekly meeting where clinicians - surgeons, oncologists, radiologists and histopathologists who specialise in colorectal cancer meet to discuss patients on an individual basis. They will look closely at biopsy and scan results in order to establish the best plan of care. Treatment for colorectal cancer may include:

- Surgery
- Chemotherapy: neo-adjuvant (before surgery), adjuvant (after surgery)
- Radiotherapy

Treatment options can vary for each individual, as many factors are taken into consideration when planning your care.

Following your case being discussed at MDT, you will receive an outpatient appointment with the relevant consultant who will discuss all your results and treatment options. Our colorectal MDT co-ordinator plays a vital role in tracking each patient's journey from the point of referral through to their diagnosis and treatment. They are responsible for helping to ensure tests are done in a timely manner and all information collated ready to be presented and discussed at the MDT meeting.

### **Outpatient Appointments**

Once your test results have been discussed at MDT, you should expect a face-to-face appointment with a consultant who will explain your results and treatment options.

### **Genetic Testing**

Genetic tests can help show if members of certain families have inherited a high risk of colorectal cancer due to inherited cancer syndromes such as Lynch syndrome, also known as Hereditary Non-Polyposis Colorectal Cancer (HNPCC) or Familial Adenomatous Polyposis (FAP).

Previously, only people who had a strong family history, or those who were diagnosed with bowel cancer under the age of 50 were tested for Lynch syndrome. However, more recently NICE (National Institute of Clinical Excellence) recommends that everyone diagnosed with bowel cancer is tested for this hereditary condition. NICE estimates that over 300 bowel cancers could be prevented each year from testing everyone for Lynch syndrome.

Please do not hesitate to contact your CNS team if you would like more information or would like to discuss this further.

If you would like further information or support, here are some recommended websites to visit:

- [www.macmillan.org.uk](http://www.macmillan.org.uk)
- [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)
- [www.cancerresearchuk.org](http://www.cancerresearchuk.org)
- [www.nice.org.uk](http://www.nice.org.uk) (for national guidance and advice)
- [www.cancermatterswessex.nhs.uk](http://www.cancermatterswessex.nhs.uk) (a local resource for people in Dorset, Hampshire and the Isle of Wight)



**MACMILLAN**  
CANCER SUPPORT



**Bowel Cancer UK**  
Beating bowel cancer together



**Cancer Matters Wessex**



**CANCER RESEARCH UK**



**NICE** National Institute for Health and Care Excellence

As a team we highly recommend and encourage you to watch the video link below. This can also be accessed via the Cancer Matters Wessex website and is specifically aimed for those who have recently been newly diagnosed with cancer.

<https://www.youtube.com/watch?v=N335aw9-MD8&t=28s>

## Further Information and Advice

You can contact NHS emergency and urgent care services 24 hours a day by dialling 111. Calls are free. You can also access NHS Direct online at [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

To contact our Patient Advice and Liaison Service (PALS) call freephone 0800 783 8058 or email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)

Dorset County Hospital, Williams Avenue, Dorchester, Dorset DT1 2JY

Switchboard: 01305 251150

Email: [headquarters@dchft.nhs.uk](mailto:headquarters@dchft.nhs.uk)

Website: [www.dchft.nhs.uk](http://www.dchft.nhs.uk)

If you need this information in large print, easy read, on audiotape or in another language please call 0800 783 8058 or email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



## We're here for you!

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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](mailto:pals@dchft.nhs.uk)



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