

Information for patients and carers

Metastatic Breast Cancer Nursing Team

Personal and effective care for patients living with
Metastatic Breast Cancer

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

What is Metastatic Breast Cancer?

Metastatic breast cancer occurs when breast cancer cells spread from the primary (first) cancer in the breast to other parts of the body. Breast cancer cells can spread to another part of the body through the lymphatic system or the bloodstream. Some people may be diagnosed with primary and secondary breast cancer at the same time. You may also hear secondary breast cancer referred to as:

- secondary breast cancer
- metastases
- advanced breast cancer
- secondary tumours
- secondaries
- stage 4 breast cancer

Secondary breast cancer can be treated, but it can't be cured. Treatment aims to control the cancer, relieve any symptoms, and maintain your health, wellbeing and a good quality of life for as long as possible.

Coping with a diagnosis of secondary breast cancer can be overwhelming, but support is available.

In the days or weeks after your diagnosis, you may find it hard to think clearly. You may experience many different emotions.

However difficult it may seem; you can have some control over how you manage the illness and deal with the emotional and practical issues it brings.

Your Metastatic Breast Team

Your metastatic breast cancer nurse is a highly qualified and experienced nurse who specialises in the care and support of people with metastatic breast cancer. Your metastatic breast cancer support worker is there to provide additional support and coordinate your care.

It's their role to provide information to help you, and those close to you, to understand your diagnosis and treatment, and provide support or signpost you to helpful support services.

They work closely with all members of the Breast Care Team involved in your care and other healthcare professionals such as your GP. They can arrange referrals to specialist healthcare and support services, as well as signpost you to the appropriate services to assist you with financial advice and/or benefits claims.

It is an open service which can continue for as long as is needed.

The Metastatic Breast Nursing Team offers:

- Information about your diagnosis
- Counselling and emotional support and advice for patients, family and carers
- Discussion of treatment options
- Practical advice
- Access to other support services (including community support)

Confidentiality

Confidentiality is maintained at all times. We recognise that each patient and their family will have their own personal needs. All contacts with your CNS and support worker will be treated in the strictest confidence.

Holistic Needs Assessment

You may have many different needs and concerns. Identifying them is important as it means we can help you get the appropriate support.

A holistic needs assessment (HNA) checklist helps you to think about your needs and concerns across all areas of your life and find possible solutions. We will offer an assessment around the time of your diagnosis. If your needs change, they can be reassessed using the HNA.

Contact details

Should you require further advice or information please contact

Your Metastatic Breast Care Team:

Nurse

Support Worker

Tel No. 01257 245690- Monday to Friday (8am-4pm)

A voicemail service is available for non-urgent messages and the nurse specialist will aim to return your call as soon as possible. If you would like to leave a message, please telephone the above number and follow the instructions.

Please note that this is not an emergency service and does not operate out of office hours. You should contact your GP if you need advice on the same day.

Other Helpful Contact details

Trust Contacts:

Hospital Switchboard:

Chorley 01257 246122, Preston 01772 716565

Chemotherapy Departments:

Chorley 01257 245102, Preston 01772 522056

Chemotherapy Helpline: 01772 523205

Macmillan Information Centre 01772 523709

St Catherine's Hospice 01772 629171

Additional Support:

Breast Cancer Now Helpline Freephone 0808 800 6000

www.breastcancer.org.uk

Macmillan Cancer Support Freephone 0808 808 00 00

www.macmillan.org.uk

Cancer Research UK Freephone 0800 226 237

www.cancerresearchuk.org

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

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