

# Information for patients and carers

## Supportive & Palliative Care in Cancer

(Enhanced Supportive Care)

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 Supportive & Palliative Care?

The Supportive and Palliative Care service was setup to support patients having treatment for cancer that cannot be cured. This service is also known as Enhanced Supportive Care, which was developed by specialists at The Christie NHS Foundation Trust in Manchester.

## Why Supportive & Palliative Care?

The Supportive & Palliative Care team provides a positive and individual approach for patients who are living with cancer. Our focus is to keep you feeling as well as possible through your cancer treatment, and after your treatment has finished.

We aim to manage and minimise pain and other symptoms caused by cancer or cancer treatment. These include sickness, tiredness, or appetite changes. Because of its 'holistic' or 'whole person' approach, Supportive and Palliative Care helps patients live as well as possible and supports families and carers.

## How can the Supportive & Palliative Care team help me?

We will offer you an assessment to talk through how you are doing, from physical symptoms to your emotions, your work or money worries, thoughts on friends or families, or any spiritual needs that you may have. We will then work closely with you to address these needs. This might involve prescribing you a medicine, giving you practical advice, or talking through any worries you may have. We can also talk to you about how you are coping, what is important to you when you are deciding on medical treatments and talk about your goals and plans for the future. We can also help you to get support from other services,

such as physiotherapy, psychological support or other specialist services

## **Who is in the Supportive & Palliative Care team?**

In our hospitals, Supportive & Palliative Care is provided by the palliative care team – a team of experts who have specialist knowledge in managing difficult symptoms and providing support. Our team are all specialists in palliative care, including doctors, advanced specialist practitioners and specialist nurses.

We always work with your oncology doctor, your cancer specialist nurses and other specialist services who are supporting you. We also work closely with community palliative care teams at local hospices, as well as GPs and district nurses.

## **When should Supportive & Palliative Care start?**

Anyone who is receiving a treatment to control cancer that cannot be cured can get help from Supportive and Palliative Care. Many people decide to get this support when they start their cancer treatment, other people prefer to wait till their treatment has started, or when they develop any worries or symptoms. The supportive treatment that you will receive from us will not affect your cancer treatment such as chemotherapy or radiotherapy.

## **How can I be referred?**

We are happy to accept referrals from any healthcare professional who feels our support may be helpful for you. If your oncology doctor or specialist nurse have mentioned this service to you before but you have wanted to think about it first, you can also contact us on the details at the end of this leaflet so we can arrange an appointment.

## Where do I see the Supportive & Palliative Care Team?

We are available to see you in person at our clinic in the Rosemere Cancer Centre. Your first appointment would be in person. For follow-up appointments we may be able to offer a telephone or video review depending on your circumstances. We may also be able to see you when you attend for your treatment or if you are admitted as an inpatient at Royal Preston Hospital.

We may only see you once, or we may support you for many months. This will depend on your individual needs.

## Contact details

Should you require further advice or information please contact:

The Supportive and Palliative Care Service  
Lancashire Teaching Hospitals NHS Foundation Trust  
Royal Preston Hospital  
Sharoe Green Lane  
Preston PR2 9HT

01772 522055

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

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

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.macmillan.org.uk](http://www.macmillan.org.uk)

**Follow us on social media @lancshospitals**

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All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

## **Questions about cancer?**

We are here to help. The Macmillan Cancer Information & Support Service at Lancashire Teaching Hospitals is open to anyone affected by cancer and is situated at both Chorley Hospital & Royal Preston Hospital.

Contact us on 01772 523709 or [cancerinfocentre@lthtr.nhs.uk](mailto:cancerinfocentre@lthtr.nhs.uk)

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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.**

**Department:** Palliative Care  
**Division:** Medicine  
**Production date:** March 2024  
**Review date:** March 2027  
**Document Code and version:** CA182 V1