



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Breast Care Specialist Nursing Service

Information for patients after treatment for  
Breast Cancer

① For more information, please contact:

Breast Care Specialist Nurses

The York Hospital  
Wigginton Road, York, YO31 8HE

Telephone: 01904 726775

Email: [yhs-tr.yorkbreastcarenurses@nhs.net](mailto:yhs-tr.yorkbreastcarenurses@nhs.net)

Text: 07584 641644

## Introduction

You have been given this leaflet to provide you with information about your follow-up after breast cancer treatment. We hope you find this useful but if you have any further questions please feel free to ask.

## What happens once I have finished my initial treatment?

- **Holistic Needs Assessment (HNA)**

You will be invited to complete an online 'Holistic Needs Assessment' (HNA) shortly after your first treatment, then again around 10 months later.

The HNA is entirely voluntary but it can be a useful way of understanding and addressing your cancer related concerns. After completing the online assessment, you will have the opportunity to discuss any identified concerns with a member of the breast care team over the telephone. You are also welcome to request a HNA at any time during your five year follow up period.

- **End of Treatment Appointment**

You will receive a letter inviting you to an 'End of Treatment' telephone appointment with one of the Breast Care Nurses. During the telephone appointment you will have the opportunity to discuss ongoing treatment, treatment related side-effects and any further concerns. This appointment will be around 13 months following your diagnosis.

- **Moving Forward Course**

You will be invited to attend the Breast Cancer Now 'Moving Forward Course' either face to face or online, whichever you prefer. This is a program of information, support and professional guidance designed to increase your knowledge, confidence and wellbeing. Many patients find this very helpful. We will provide you with more information on this and how to access it during your End of Treatment telephone appointment.

- **Open Door Policy**

For five years following treatment, you will have open access to the breast care team. We encourage you to be breast and body aware and to contact us if you have any worries at all.

## **How am I monitored after my treatment?**

If appropriate, you will have annual mammograms for five years or until the age of 50, whichever is longer. Following this, you have the option to attend mammograms every three years through the Breast Screening Programme.

# How can the Specialist Nurses help me?

The Specialist Nurses can help you in the following ways:

- Provide you with information, support and advice about your diagnosis and treatment
- Give you advice on managing symptoms you may have as a result of your diagnosis and treatment
- Help you identify sources of practical help
- Provide emotional support and guidance on managing your health and wellbeing
- Refer you for counselling when appropriate
- Refer you to the appropriate services for financial advice
- Liaise with other people who may be involved with your care. This may be the hospital doctors, your GP, district nurse, dietician, or community Macmillan nurse

## How do I contact the Specialist Nurses?

Telephone: 01904 726775

Email: [yhs-tr.yorkbreastcarenurses@nhs.net](mailto:yhs-tr.yorkbreastcarenurses@nhs.net)

Text: 07584 641644

You can reach us between the following hours:

8am to 5:30pm, Monday to Thursday and

8am to 5pm, Friday

If we are not available there is a voicemail facility for you to leave a message. We will aim to get back to you as quickly as possible.

## Other sources of support:

Macmillan Cancer Support  
[www.macmillan.org.uk](http://www.macmillan.org.uk)  
Telephone: 0808 808 00 00

Breast Cancer Now  
[www.breastcancernow.org](http://www.breastcancernow.org)  
Telephone: 0808 800 6000

Maggie's Centre (Leeds)  
[www.maggies.org](http://www.maggies.org)  
Telephone: 0113 457 8364  
Email: [leeds@maggies.org](mailto:leeds@maggies.org)

Look Good Feel Better Workshops  
[www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk)  
Telephone: 01372 747 500

York Breast Friends  
[www.yorkbreastfriends.org](http://www.yorkbreastfriends.org)  
Telephone: 07516 066599  
Email: [info@yorkbreastfriends.org](mailto:info@yorkbreastfriends.org)  
Also, on Facebook

Scarborough and Ryedale Breast Cancer Support  
Group Facebook Group

Macmillan Cancer Information Centre

York Hospital: Telephone 01904 721166

Scarborough Hospital: Telephone 01723 342606

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact the Breast Care Specialist Nurses on 01904 726775 or email us at [yhs-tr.yorkbreastcarenurses@nhs.net](mailto:yhs-tr.yorkbreastcarenurses@nhs.net).

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

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