**Specialist Nursing Support for People with Secondary Breast Cancer**

***Trust Logo***

**IMAGE OF CHOICE**

Key Worker………………………………….

Consultant…………………………………...

Secretary……………………………………..

**What is secondary breast cancer?**

**Finding Information and support**

Secondary 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:

• metastatic 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.

**Breast Cancer Care’s Secondary Breast Cancer Information Pack** contains information on treating the disease and coping with its impact, as well as signposting to sources of support. You can ask us/me for a copy or call Breast Cancer Care’s Helpline on 0808 800 6000. Both your call and copy of the pack will be free of charge.

**How can I/we help you?** (\*edit to suit your individual service)

It’s my/our role as your key workers/specialist nurses to use my/our knowledge 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.

I work closely/liaise with other healthcare professionals such as your GP, and 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.

**Keeping in contact** (\*edit to suit your individual service)

\*You can contact me/us when you need to.

\* You can telephone me/us on…………………………… and leave a voicemail if necessary.

\* You can email me/us at ……………………………………….

While I/we are often busy I’ll/ we’ll respond to your message as soon as we can, although this may not be the same working day.

\*I’ll arrange to contact you ………….

\*We’ll always do our best to be available for you when you come to the oncology clinic but if we are busy and you don’t have the time to wait, contact us using the above details on the front page.

If your call is urgent contact………………………….

**Tell me/us your concerns** (\*edit to suit your individual service)

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

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

**Meeting others** (\*edit to suit your individual service)

It can be hard to find anyone who understands what it’s like to be diagnosed with Secondary Breast Cancer.

\*Breast Cancer Care’s Living with Secondary Breast Cancer sessions provide the chance to meet others who understand what you’re going through because they’re going through it too. Your nearest sessions are in…………………………………………………………………………

For more information call us or you can contact Breast Cancer Care directly on 0345 077 1893 or email [secondaryservices@breastcancercare.org.uk](mailto:secondaryservices@breastcancercare.org.uk)

\*We provide a support group……………………………..

**Other Support** (edit to include local support)

Cancer Information Centre………..

Breast Cancer Care Helpline 0808 800 6000 (logo?)

Macmillan Cancer Support 0808 808 0000 (logo?)

For urgent help or advice contact the oncology triage service/chemotherapy team/GP.

**Contacts** (\*edit to suit your individual service)

Hospital Switchboard……………………………………..

Oncology Triage…………………………………………..

Oncology Day Unit………………………………………..

Breast Cancer Care Helpline…………………………….

Macmillan Cancer Support………………………………

Maggies Centres…………………………………………..

Hospice…………………………………………………….

Palliative Care Team………………………………………