

Follow up appointments: for patients with a diagnosis of malignant melanoma-

Look , See , Touch, Feel , HEAR

Louise Pound ,Louisa Hancox , Andrea cook , Lucy Daffarn
Gloucestershire NHS foundation trust.

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Macmillan Skin cancer specialist nurse team.

- Macmillan
- Nine outcomes that matter most to people with cancer.



Required Skills

- Clinical skills .
- Dermoscopic skills.
- Diagnostic skills.
- Surgical skills.
- Communication skills.
- Specialist skin cancer MDT.
- Nice guidelines for patients with a diagnosis of malignant melanoma.

What we should do clinically

- Discuss health & wellbeing
- Opportunity to answer any queries.
- Address YOUR concerns.
- Ask YOU if there are any changes noted.
- Assess skin- new lesions , changing lesions, sun damage,
- Assess lymph nodes- lumps bumps tenderness”
“palpable lymphadenopathy”

What we should do clinically

- Assess scar- changes to scar-blue/vascular/ ulcer/
- Cosmetic appearance, and impact on body image.
- Inform you of any changes, concerns , change to treatment plan, plans to scan etc.
- Offer written information... ensure you understand it.
- Keep accurate notes.
- Update G.P with your review.

Why we do it

- To keep you safe and healthy.
- To ensure you are kept informed , so you may make decisions which are important to you.
- To check how you are as a whole, how are you coping , any unanswered questions, any unmet needs.
- To ensure you have the information you and your family need to allow you to enjoy life , to know how to help yourself, to feel well supported.

Why we do it

- Check for recurrence of disease
- Check for new skin lesions
- To reiterate the importance of sun safety
- To comply with NICE guidelines
- good practice.

How we do it.

- 20 minute appointment!
- Communication skills.
- physical examination.
- Undressed to underwear- including socks, you, not us!
- Top to toe. Front and back.
- Backs of ears, scalp to in between toes.
- Dermoscopy to every pigmented lesion.
- Measurements.
- Medical photography.

How can you help keep us happy

- Tell us about you , not ask about us!
- Please wear appropriate underwear.
- Please wear underwear.
- Please let us know when we can do better.
- Please understand if we ask you to seek you gps help when we are unable to help you ie , medical issues unrelated to your diagnosis.

How can you help keep us happy

- Understand that whilst we are here to help, we are limited in our magical touch, and sometimes we can't make things faster, less clunky, other people smilier, phone answerers to sound more cheery.
- Be guided by us if we feel you would benefit from other help, ie psychology, support groups.
- Wear sunscreen.
- Don't get sunburnt.
- Ask Tom Hardy to bring us tea... or anyone to bring us tea!

Our frustrations... are your frustrations.

- Waiting times.
- Appointment failure.
- Short appointments.
- Being late for appointments.
- Not being able to give an appointment when you'd like one.

Our frustrations... are your frustrations.

- Organised (disorganised)transport.
- No notes.
- Sunburn.
- “Whilst I'm here can I ask you to look at my neighbours cousins brother in laws leg?”

Our delights..are yours as well

- Happy patients leaving appointments.
- Well informed patients seeking further information.
- Patients who are aware of changes to their health and who discuss this .
- Patients who understand we might run late.

Our delights..are yours as well

- Patients who share their concerns and allow us to help them make choices with regard to their health.
- Patients who share experience with others.
- Families who support each other.
- Proactive changes to your lifestyles to promote improved health.
- A smile, a handshake, a thank you.

Information & Advice

- Sign posting to other services (Maggie's, Charlies, Melanoma focus –patientdecisionaid, SKcin)
- Vitamin D discussion- diet , sun exposure , supplements, blood tests
- Self examination- lymph nodes, , skin markings.
- Sun awareness- how to holiday/garden/farm/do sport and make your specialist nurse happy

Information & Advice

- Information regarding the wider impact of cancer on your life and sources of support ie financial issues, employment rights, free prescriptions, travel insurance, war pension advice
- Giving blood , organ donation(no longer possible)
- Management of treatment side effects
- Reiteration of Specialist nurse contact details

Further input

Referrals to:

Lymphoedema service

District Nursing Team

Health psychology

Changing Faces

Maggies cancer care centres

Penny Brohn centre

Palliative Care

Useful Websites

- Macmillan.org.uk - 0800 808 000
- Changingfaces.org.uk- 0300 012 0275
- Bad.org.uk – 020 7383 0266
- Lymphoedema.org -0207351 4480
- Maggiescentre.org – 03001231801
- pennybrohn.org.uk - Live Well with cancer- 01275 370100
- Louise.pound@glos.nhs.uk

