

The ROYAL MARSDEN

NHS Foundation Trust

The people involved in your care: The Multidisciplinary Team

Patient Information



NHS

This leaflet is about the Multidisciplinary Team – the people involved in your care.

Who are the members of the Multidisciplinary Team (MDT)?

The members of the MDT are experts at treating and managing cancer. They are involved with your investigations, diagnosis and treatment options.

The MDT members are experts from The Royal Marsden and other hospitals within the South West London Cancer Network. They include specialist surgeons, oncologists (cancer specialists), radiologists (x-ray specialists) and pathologists, as well as nurse specialists, other doctors and health professionals.

Clinical oncologist: a doctor who specialises in the treatment of cancer with radiotherapy treatments (high energy x-rays). Most clinical oncologists will also prescribe chemotherapy (anti-cancer drugs).

Medical oncologist: a doctor who specialises in the treatment of cancer with drugs. These include chemotherapy (anti-cancer drugs).

Radiologist: a doctor who specialises in using x-ray and other imaging scans in the diagnosis and management of disease.

Histopathologist: a specialist doctor who examines body tissues and organs under the microscope.

Haematologist: a doctor who specialises in treating patients with blood cancers. Haematologists are also involved in the treatment of clotting disorders, cellular therapy and stem cell transplants.

Palliative medicine doctor: a doctor who specialises in symptom control, for example pain and other symptoms.

Clinical Nurse Specialist (CNS): a specialist nurse who will provide you with information about your cancer and its treatment. They will also provide support for you and your family throughout your treatment.

Research nurse: a nurse who helps run clinical trials and provides specific information and support to patients involved in those trials.

Dietitian: a dietitian can give you advice on eating well when you have cancer, whether it is before, during or after treatment.

Therapy radiographer: an allied health professional (AHP) who is specially trained to take images which help to plan and deliver your radiotherapy treatment.

Support worker: the support worker is an integral team member who can support you with any questions and concerns you may have. They work closely with the CNS.

Physiotherapist: an allied health professional (AHP) who is specially trained to help restore movement and function through exercise, advice and manual therapy. They focus on the body as a whole, aiming to maximise movement and prevent injury.

Occupational therapist: an allied health professional (AHP) who helps you to regain or improve skills to function effectively in your day-to-day routine. They promote independence, physical activity and wellbeing.

Speech and language therapist: an allied health professional (AHP) who assesses, diagnoses and treats communication, voice and swallowing disorders which arise as a result of a patient's cancer diagnosis or their cancer treatment.

Lymphoedema specialist: a nurse, physiotherapist or occupational therapist with specialist knowledge and skills to help you manage your lymphoedema.

Pharmacist: a health care professional who prepares and distributes medicines and provides information about them.

Key worker: your key worker acts as a point of contact for you and your family throughout your treatment. Usually this will be a CNS, or a research nurse if you are taking part in a clinical trial.

Why does the MDT meet?

The purpose of the MDT is to plan treatment for patients. The team meets weekly to review and discuss patient case history, scans and laboratory results. An individual treatment plan is then recommended for each patient. The benefit of the MDT is that all the specialists are together to discuss the different treatment options and they make a final joint decision as a whole.

When will I be told of the outcome of the MDT?

You may have been told the outcome of the meeting before coming to The Royal Marsden. If not, we will tell you at your next outpatient appointment or by telephone. Your GP will also be informed of the outcome of the meeting.

Will I have the opportunity to discuss the recommendation with my specialist?

You will certainly be able to discuss this with your specialist. You will also be given plenty of time for further information or to discuss any concerns which you may have with either your doctor or the nurse specialist.

Do I have to accept the treatment plan?

No, this is your decision and your consent is required before any treatment starts. It is, however, the treatment which the specialists think would be most appropriate for you. Other options will be discussed with you and you will be given time to consider these further and make a final decision.

Where will I have my treatment?

You will probably have the majority of your treatment at The Royal Marsden; however, you may have some tests or treatment at another hospital.

What if I have more questions?

You are welcome to ask any questions you have about your treatment or care at any time. You may find it useful to keep a notebook handy to jot down questions as you think of them. The team will be happy to try to answer any questions you have.

Is there someone from the MDT who I can contact for more information and support?

Yes. You will have a key worker, which is usually the nurse specialist. You will be given their contact details and can contact them for further information and advice.

The Royal Marsden Help Centre for PALS and Patient Information (see the leaflet *Help Centre* for further information).

The Centre is for patients, relatives and carers needing further information about **access to psychological support and spiritual care, benefits advice, self-help and patient involvement groups**. You can also talk to someone in confidence about any other support or information needs you may have.

Contact details

While you are being treated at The Royal Marsden, you will be under the care of one of the following consultants. Each consultant works as a member of the Multidisciplinary Team.

Throughout your care, we will agree treatment options with you on an individual basis. This will decide which team members will be involved in your care. Their contact details are provided on the next page.

Name of your consultant:

.....

Name of secretary:

.....

Tel:.....

Name of your key worker:

.....

Job title:

Tel:.....

Contact details for other team members involved in your care:

Name of team member:

.....

Job title:

Tel:.....

Name of team member:

.....

Job title:

Tel:.....

Alternatively, please call:

The Royal Marsden Macmillan Hotline: 020 8915 6899

(available 24 hours a day, 7 days a week)

References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre

Freephone: 0800 783 7176

Email: patientcentre@rmh.nhs.uk

No conflicts of interest were declared in the production of this booklet.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

The patient information service is generously supported by The Royal Marsden Charity.

royalmarsden.org

Registered Charity No.1095197



Revised September 2020. Planned review September 2023
© The Royal Marsden NHS Foundation Trust PI-0245-04



Radiotherapy and
Chemotherapy Services
F538021 & F538022

