

The ROYAL MARSDEN

NHS Foundation Trust

Nurse led teenage and young adult follow up clinic

Lymphoma Team

Patient Information



NHS

Introduction

Now you have finished treatment and are under follow up with the lymphoma team you will be reviewed in the Teenage and Young Adult Nurse led clinic.

In this clinic you will be assessed by a lymphoma clinical nurse specialist (CNS).

The following issues will be covered:

- Any new physical symptoms and/or concerns since last visit
- Any emotional and/or well-being concerns
- Discuss previous diagnosis and treatment and answer any related questions
- Discuss how you can best monitor and protect your future health
- Work or study related concerns
- Healthy life-style advice
- Signpost to organisations, charities and websites that may offer support and information.

What to expect at your appointment

Whilst you are now being seen in the nurse led clinic, you remain under the care of the lymphoma consultant and wider team, and we will be meeting regularly to discuss all our patients. If at any point you would rather be seen by a doctor, please let us know and we can arrange this for you.

Whilst the focus of this clinic is to support you as you move forward with your life after cancer, we recognise that certain symptoms can be a source of distress so if you experience any of the following that persist beyond a few weeks please do contact us; drenching night sweats, weight loss, worsening fatigue, itchy skin, new lumps/bumps.

The aim of these appointments is for them to be a supportive space where you can address any concerns/needs you have, so we encourage you to bring any topics/questions that you have to the appointment.

You are welcome to bring to this appointment any family member, partner or friend that you want to be there to support you, and we will always offer you space in the appointment to have time alone with the CNS to discuss anything further that you may wish to in private.

Contact details

Tel 020 8661 3987

Email rmh-tr.lymphomacns@nhs.net

After 5pm and over the weekend and bank holidays,
please call:

The Royal Marsden Macmillan Hotline 020 8915 6899

You can ring the hotline 24 hours a day, 7 days a week.

Call us straight away if you are feeling unwell or are worried about the side effects of cancer treatments.

This service provides specialist advice and support to all Royal Marsden patients, as well as to their carers, and both hospital and community-based doctors and nurses caring for Royal Marsden patients.

References

This leaflet 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 leaflet are available on request from:

The Royal Marsden Help Centre

Telephone: Chelsea 020 7811 8438 / 020 7808 2083

Sutton 020 8661 3759 / 3951

Email: patientcentre@rmh.nhs.uk

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

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

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royalmarsden.org

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