

Accessing Support: Managing Treatment and Medication

It can be overwhelming to keep track of treatment and medication on top of everything else that may be going on in your life. You might have various treatments including surgery, radiotherapy, and drug treatments (such as chemotherapy, hormone therapy, or targeted cancer drugs). You may also be taking medicine for pain, nausea, or other symptoms. It can be helpful to understand your treatment and to take an active role in your cancer care, which can help provide a sense of control in a time of uncertainty. This could mean asking more questions during appointments and building your knowledge of what is involved in a particular treatment and its potential side effects.



Below is a list of organisations who may be able to offer you some support, as well as some resources that you may find helpful to read/listen to. The range and quality of services/support available from such organisations may vary. This list has been gathered as signposting only, and The Royal Marsden cannot guarantee the accuracy of the information provided by an organisation listed or the quality of their services.

If you have any questions or would like further advice/guidance about where to seek specialist help in your local area, you can speak with a member of your Royal Marsden treatment team or the Adult Psychological Support Service.

Cancer Research UK Cancer Medication A-Z List

A list of common cancer medications, including how they work, what side effects they are associated with, and when you might wish to contact your medical team (i.e., if experiencing any unexpected problems that are not associated with that drug's normal side effects). The list includes chemotherapy, hormone therapies, targeted cancer drugs and bisphosphonates.

Website link: <https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/cancer-drugs/drugs>

Careology

The Careology app has been designed especially for people to use during cancer treatment. Careology helps you to monitor how you feel and gives you personalised information on how to look after yourself during cancer treatment.

It can help to: track your symptoms, manage your side effects, get medicine reminders and understand when to contact your doctor. You can also keep friends and family updated on your health to better support you, and better understand your condition with personalised well-being articles.



If you are treated in the Teenagers and Young Adult department, you can link your Careology account with your healthcare team to access bespoke content co-designed with The Royal Marsden.

Website link: <https://www.careology.health/for-you>

"Coping with Scanxiety and Fear of Relapse" from Trekstock's Talks Anxiety Playlist

Led by a clinical psychologist and someone with cancer, this video explores anxiety related to attending scans and awaiting scan results in addition to providing advice on how to change our thinking surrounding the scans.

Website link:

https://www.youtube.com/watch?v=GXgid1V5_Pc&list=PLIMZ3Ynf93cMP8ouKAMTmp-EyEGrvv61R&index=4

Macmillan "Understanding Radiotherapy" Information Booklet

This booklet explains the different types of radiotherapy, what to expect before, during and after treatment, how/why the treatment is planned and delivered, key professional roles in one's radiotherapy team, and how to cope with any potential resulting side-effects.

Website link: <https://be.macmillan.org.uk/be/p-24823-understanding-radiotherapy.aspx>

Macmillan "Understanding Chemotherapy" Information Booklet

This booklet details what chemotherapy is, when it is used and how it is delivered, how chemotherapy drugs work to impact cancer, and information on potential side effects.

Website link:

https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC11619_E16_R_Chemotherapy_MS_20220613_lowres.pdf

National Cancer Institute Information Booklet for Radiotherapy

This booklet explains the two main types of radiotherapy, questions to ask one's medical team, and nutritional and practical advice for managing side-effects.

Website link: <https://www.cancer.gov/publications/patient-education/radiation-and-you-2021-508.pdf>

Psych Central Blog Post on 8 Tips for Remembering to Take Medication

Explores why it can be easy to forget or confuse whether or not medication has been taken and provides 8 practical ways a patient can increase the chance they will remember to take their medication.



Website link: <https://psychcentral.com/blog/8-simple-ideas-for-remembering-to-take-your-medication/>

Sciensus

A self-management tool that helps people understand their symptoms, manage their health and stay on top of their care plan. Sciensus Cancer Companion helps patients to log and track symptoms, set medication and appointment reminders, and access advice and guidance. The personal information used in the app can also be shared with family, friends, or a medical team.

Website link: https://www.sciensus.com/patients/cancer-companion-app-for-patients/?utm_source=VHsite&utm_medium=VH&utm_campaign=Direct

Other APSS Information and Resources

The Adult Psychological Support Service has a range of signposting information sheets on topics such as: coping at different stages of the cancer pathway, supporting your physical and emotional wellbeing, relationships, and information specific to certain types of cancer.

You can view the signposting information sheets on The Royal Marsden's [Patient Information Library](#) and the [Adult Psychological Support Service Website](#) (under 'Further information and resources'). You can also request a copy of these by emailing Psychological.SupportAdmin@rmh.nhs.uk or telephoning **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton).

Additional support services

Cancer Care Map

An online database of cancer support services. You can search by postcode or by particular themes e.g. cancer type.

Website link: <https://www.cancercaremap.org/>

Maggie's Cancer Centres

Cancer care centres with multiple locations, including The Royal Marsden Hospital, Sutton and Charing Cross Hospital, West London. Workshops, groups, information and one-to-one counselling available.

Website link: <https://www.maggies.org/>

Phone number: **0300 123 1801**

NHS Talking Therapies

NHS website to help you find your local psychological talking therapies service based on your GP address. Your local NHS talking therapies service can be helpful if you would like psychological support for cancer when you are no longer regularly coming in for appointments at The Royal Marsden, as well as for concerns unrelated to cancer or that predated your cancer and have become worse due to it.



Website link: <https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service/find-your-gp>

If you need any specialist and personalised advice about your cancer treatment, symptoms or side effects, please contact The Royal Marsden Macmillan Hotline. This hotline is available 24 hours a day, seven days a week on **020 8915 6899**.

The Royal Marsden's Adult Psychological Support Service offers short-term, cancer-specific psychological and psychiatric support. You can either self-refer or ask somebody in your Royal Marsden healthcare team to refer you. For more information, visit [Adult Psychological Support Service | The Royal Marsden](#). Alternatively, contact us directly on **020 7808 2777** (Chelsea), **020 8661 3006** (Sutton), or email Psychological.SupportAdmin@rmh.nhs.uk.



If you have ideas for other signposting or information sheets, or if you would like to be involved in working with APSS to improve the service we offer, please scan the QR code to see more about our patient and public involvement, or email Psychological.SupportAdmin@rmh.nhs.uk or telephone **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton) with your ideas.

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