

Who will care for me at the hospital?

Information sheet 09

Introduction

If you have been diagnosed with a brain tumour, many different people will be involved in looking after you.

The National Institute for Health and Clinical Excellence (NICE: a special body that publishes guidelines for the NHS on health issues) has issued guidelines on how people with brain tumours should be cared for and who should look after them.

These guidelines form part of a document called Improving Outcomes for People with Brain and other CNS (central nervous system) tumours.

For more information, look at the NICE website <http://www.nice.org.uk> or call the NHS Response Line.

What is a multi-disciplinary team?

NICE guidelines say that all people with brain tumours should be cared for by a multi-disciplinary team (MDT) -this is a team of health professionals who work together to decide what the best way is to look after you.

- Two multi disciplinary teams will usually be involved in taking care of you. The teams should work closely together and some of the staff may belong to both teams.
- The first team you will see will be a neuro-science multi-disciplinary team, usually based at a specialist neuroscience centre. They need to regularly look at and discuss your clinical history and MRI or CT scans and plan the first stages of your treatment, including surgery.
- After your operation, or if you can not have an operation, you will be looked after by a cancer network multi-disciplinary team. This team will be in charge of further treatment such as radiotherapy and chemotherapy and will offer further support, including what to do if the brain tumour comes back. The specialist multi-disciplinary teams are likely to include the following health professionals:
 - neuropathologist
 - Brain specialists (neurologists)
 - Cancer specialist doctors (oncologists)
 - Radiotherapy doctors (radiotherapists)
 - Clinical nurse specialist
 - Psychologists who work with people with brain disorders (neuropsychologists)
 - Palliative care specialists – to help relieve pain and other symptoms and make sure you have the best quality of life.
 - A neuroradiologist (specialist in neurological scans)

The teams might also include physiotherapists, dieticians, speech therapists and occupational therapists.

What is a key worker?

Every person with a brain tumour will have a key worker. This will be a member of the multi-disciplinary team described above, who is your contact and the contact for your family and carers with the multi-disciplinary team looking after you. He or she needs to make sure that you are being looked after and should be able to answer any questions you may have about your treatment.

Your key worker will change. While you are in hospital for treatment, including chemo and radiotherapy, it may be a clinical nurse specialist.

A clinical nurse specialist is an expert in providing support and care for people affected by cancer

Once you leave the hospital, your key worker may be the GP, a district or community nurse or some other local healthcare person.

You should find out who your key worker is and also who your key worker will be once you leave the hospital, so that you always know who to turn to if you need information about your treatment or any other support.

Neurological services information

"Getting the Best from Neurological Services: A Guide for people affected by conditions of the brain, spine and nervous system".

Brain Tumour UK is a member of the Neurological Alliance and has helped to produce this guide to help you navigate your way through your treatment and care, and get the help you need.

You can download the guide in three parts:

Part One (PDF, 611.19 KB)

<http://www.braintumouruk.org.uk/sites/default/files/GettingTheBestPart12006.pdf>

Part Two (PDF, 375.12 KB)

<http://www.braintumouruk.org.uk/sites/default/files/GettingtheBestPart22006.pdf>

Part Three (PDF, 256.14 KB)

<http://www.braintumouruk.org.uk/sites/default/files/GettingtheBestPart32006.pdf>

0845 4500 386
enquiries@braintumouruk.org.uk
braintumouruk.org.uk
Tower House, Latimer Park
Chesham, Bucks, HP51TU

Brain Tumour UK is the leading, caring charity committed to fighting brain tumours. Our personalised support is available online, on the phone, by email and through our support groups. Our scientific research improves the quality of life for brain tumour patients and identifies better treatments. We raise awareness to change things for the better, for everyone affected by a brain tumour.

Registered charity 1117538

Company limited by guarantee and registered in England no. 5983336

Registered office: Cawley Priory, South Pallant, Chichester, PO19 1SY

© Brain Tumour UK 2010



**BRAIN
TUMOUR
UK**

*Providing support
Funding research
Raising awareness*