

# ***Holistic Assessment & Care Planning for cancer patients.***

***Having cancer can  
affect many areas  
of your life.***

***Please make sure  
you have  
completed the  
following  
assessment shortly after  
diagnosis and again towards the  
end of treatment.***



***Care Plans are part of your  
treatment pathway.***

## The Assessment

The assessment takes about 5 minutes to complete. It may be helpful to do it with someone who knows you well. It will really help us to understand your issues, concerns and feelings that you have as well as identify any information and support that you may need.

If any of the following issues are causing you concerns please tick the box.

<b>Physical concerns</b>	<b>Family/relationship concerns</b>	
Breathing difficulties	Partner	
Sleep problems/nightmares	Children	
Tired/exhausted or fatigued	Other relatives/friends	
Getting around (walking)		
My appearance	<b>Emotional concerns</b>	
Sexuality	Difficulty making plans	
Hair loss	Loss of interest/activities	
	Unable to express feelings	
<b>Practical concerns</b>	Anger, frustration, Guilt	
Work and education	Fear about cancer coming back	
Money or housing	Hopelessness	
Insurance and travel	Loneliness or isolation	
Transport or parking	Sadness or depression	
Contact/communication with NHS staff		
Housework or shopping	<b>Lifestyle or information needs</b>	
Caring responsibilities	Support groups	
Washing and dressing	Complementary therapies	
Preparing meals/drinks	Diet and nutrition	
	Exercise and activity	
<b>Spiritual or religious concerns</b>	Smoking	
Loss of faith or other spiritual concern	Alcohol or drugs	

Loss of meaning or purpose of life	Sun protection	
Not being at peace	Other	
Regrets about the past e.g. reconciliation		
Acceptance		

**If you have ticked any concerns please call into the West Suffolk Hospital Macmillan Information & Support Centre or phone 01284 713023 to arrange a Care Plan. Messages may be left. Please have this leaflet to hand.**

Care Plans can be done when you are next at the hospital or over the phone by one of the Cancer Information & Support team. For face to face appointments you might like to bring along a family member or friend. The discussion with you can take up to 30 minutes or longer depending on the range of issues raised.



Your Care Plan records your concerns as a consequence of cancer as well as any actions to be taken. It forms part of your medical record and a copy is made for you to keep.

**Important** - if you do not tick any concerns today please keep this leaflet safe for future use. Don't hesitate to contact us for support or Care Planning if needed. If in doubt - please make the call.

You may also ask for another Care Plan at any time, even after your treatment has ended. This is because your needs resulting from cancer may vary from one week to the next.

The Macmillan Cancer Information and Support Centre staff are available to support both you and your family and calls from all are welcome.

**Important – any physical issues such as**

- **High temperature or fever**
- **Constipation**
- **Eating or appetite**
- **Diarrhoea**
- **Incontinence**

**or any new symptoms must be phoned through to your clinical team. Patients who have been given a red card may call the 24 hour helpline.**



Macmillan Information & Support Centre, Macmillan Unit,  
West Suffolk NHS Foundation Trust  
Hardwick Lane  
Bury St Edmunds  
Suffolk IP33 2QZ,

Telephone: 01284 713023

Webpage: **Macmillan Cancer Information and Support  
Service at West Suffolk Hospital**

email: **macmillan.survivorship@wsh.nhs.uk**