

# Cancer Rehabilitation Team

## Information for patients

This leaflet contains information for patients about the King's Cancer Rehabilitation Team. If you have any other questions or concerns, please do not hesitate to speak to the team.

### **What does the King's Cancer Rehabilitation Team do?**

The King's Cancer Rehabilitation Team offers nutritional, physiotherapy and occupational assessment and support before and after your surgery, chemotherapy or radiotherapy. We also offer support with your overall wellbeing. The team includes a dietitian, physiotherapist, occupational therapist and rehabilitation assistant.

### **How can a dietitian help you?**

Following a cancer diagnosis, you may have many questions about food and nutrition.

A dietitian can help you to:

- eat and drink well throughout treatment for cancer, including chemotherapy, radiotherapy and bone marrow transplant
- manage nutritional problems related to weight loss, poor appetite, nausea, vomiting, taste changes, constipation and diarrhoea
- improve nutritional status before treatment or surgery, by reducing weight loss and helping the promotion of muscle mass and strength
- empower you to be confident in making appropriate food choices before and after treatment, surgery, and during any hospital admission
- encourage recovery and wound healing post-surgery
- adopt a healthy eating pattern and lifestyle during and after your treatment

### **How can a physiotherapist help you?**

When you receive a cancer diagnosis, being more physically active can help you with the challenges and side effects of cancer treatment.

An assessment with a physiotherapist can:

- improve physical fitness, strength and confidence before treatment or surgery for cancer
- provide an individualised assessment of breathing difficulties related to cancer diagnosis and treatment
- deliver exercise and physical activity education for all cancer patients for all levels of fitness, including people with long term complex health conditions
- provide a specialist assessment of cancer-related tiredness and deconditioning (when a period of inactivity or bedrest affects the way your body functions) to help support you to get through chemotherapy, radiotherapy or hormone treatment
- restore strength, flexibility, cardiovascular fitness and confidence after surgery or long inpatient admission
- empower you to live well with cancer, including how to exercise when living with bone metastases
- help you to manage symptoms and recover function if you have been affected by chemotherapy-induced peripheral neuropathy (damage to nerves from chemotherapy that control the sensations and movements of our arms, legs, hands, and feet).

## **How can an occupational therapist help you?**

Following a cancer diagnosis, you may experience symptoms of tiredness, or changes in your routine and ability to function.

An occupational therapist can help you:

- understand the impact of your diagnosis, treatment, pain, and tiredness on daily living
- put in place practical strategies to manage the symptoms you experience (for example pain and tiredness) and maintain a routine to support your independence
- recommend adaptive techniques or assistive equipment to allow you to take part in activities you would like to throughout your cancer treatment
- manage your sleep with techniques to save energy and relax in order to support health and activity
- get a cognitive assessment if needed and support with strategies to address memory, planning and cognitive issues
- manage periods of low mood by taking part in activity

## **How am I referred to the King's Cancer Rehabilitation Team?**

If you feel you would benefit from the service, please speak to your clinical nurse specialist who can refer you to either the dietitian, physiotherapist and/or the occupational therapist. Please specify which service or services you would like support from.

Alternatively, call or visit the Macmillan Information and Support Centre at King's College Hospital, Denmark Hill (see details below under 'Other support at King's').

## What happens after referral?

Once your referral is accepted by the King's Cancer Rehabilitation Team, you could be offered any of the following based on the information provided in the referral:

- 1 to 1 consultation (either in person or virtual)
- invitation to attend a group information or exercise session
- phone call to discuss your rehab needs
- signposting to online information
- written information by post

In person sessions may take place in the following locations:

- King's College Hospital, Denmark Hill – King's Macmillan Information and Support Centre and Willowfield Building
- Beckenham Beacon – Physiotherapy department
- Orpington Hospital – Prehabilitation Unit and Neuro Rehabilitation Gym

## How do I contact the team?

We welcome all feedback around our service.

If you wish to reschedule your appointment, please contact us on 07813 407551 or by email at [kch-tr.cancerrehab@nhs.net](mailto:kch-tr.cancerrehab@nhs.net).

When you have been referred to the service:

- to contact the specialist physiotherapist and rehabilitation assistant, please call **07813 407551**
- to contact the specialist occupational therapist, please call **07815 468488**
- for appointments and queries for the specialist dietitian please call **020 3299 1812**
- email the team on [kch-tr.cancerrehab@nhs.net](mailto:kch-tr.cancerrehab@nhs.net)

## Other support at King's

### Macmillan Information and Support Centre

Ground floor, Cicely Saunders Institute, King's College Hospital

Tel: 020 3299 5228

Email: [kch-tr.macmillan1@nhs.net](mailto:kch-tr.macmillan1@nhs.net)

## Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit [www.kch.nhs.uk](http://www.kch.nhs.uk).

## **Care provided by students**

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your imaging will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 3601

Email: [kch-tr.palsdh@nhs.net](mailto:kch-tr.palsdh@nhs.net)

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: 01689 863252

Email: [kch-tr.palspruh@nhs.net](mailto:kch-tr.palspruh@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email [kch-tr.accessibility@nhs.net](mailto:kch-tr.accessibility@nhs.net)**