

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 team do?

Following a cancer diagnosis, we offer 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 I access the team?

A referral request can be completed by your clinical team. This request will be reviewed by the therapy service you have been referred to (dietetics, physiotherapy and/or occupational therapy). Each therapy team has referral criteria that you will need to meet in order to be contacted by that service.

How can a dietitian help you?

You may have many questions about food and nutrition following your diagnosis.

A dietitian can help you to:

- eat and drink well throughout treatment, 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?

Being more physically active can help you with the challenges and side effects of treatment.

An assessment with a physiotherapist can:

- improve physical fitness, strength and confidence before treatment or surgery
- provide an individualised assessment of breathing difficulties related to diagnosis and treatment
- deliver exercise and physical activity education 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?

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, and symptoms like tiredness and breathlessness on daily living
- put in place practical strategies to manage the symptoms you experience and maintain a routine to support your independence with daily living activities, for example, getting washed and dressed
- recommend adaptive techniques or assistive equipment to allow you to take part in activities you would like to throughout your cancer treatment and manage side effects such as chemotherapy-induced peripheral neuropathy
- manage your sleep with sleep hygiene habits 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 or worry by taking part in daily activity

Who can I speak to about referral?

If you feel you would benefit from a service, please ask your clinical nurse specialist to complete a referral request. Please specify which therapy service or services you would like support from.

What happens after referral?

If 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 by email at 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

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

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.

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.

Tel: 020 3299 4618

Email: kings.pals@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net