

January 2020

15/1/2020

**Special points
of interest:**

- **What happens in CT**
- **Pre-assessment**
- **Getting it right**
- **Machine accuracy**
- **Trials**
- **Julia—domestic goddess**

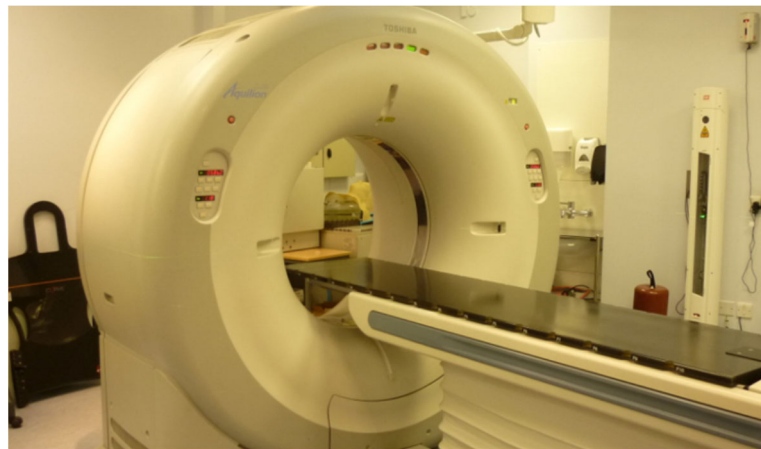
Radiotherapy News

Welcome to our monthly newspaper.

Pre-Treatment special

This month we are going to look at what happens immediately after you have been seen in out-patient clinic and begin your journey through the department.

Once you have consented for Radiotherapy treatment in out-patient clinic the referral is received by staff in CT pre-treatment. All the information we need is on this referral and from this important document we then register you onto our computer system and allocate appropriate appointments for CT and treatment. We also book the chemo if appropriate, and chase up blood results and any other medical reports that might be outstanding. Once we have completed all these tasks we inform you; usually by telephone of the CT appointment and give any other advice as appropriate.



The role in CT is quite varied and busy and involves a lot of organising and liaising with other departments, for example, our Physics Team, Oncology Day Centre, Ward 23, Clinical Trials, Dental, Endoscopy, MRI and Cardio Respiratory to name but a few!

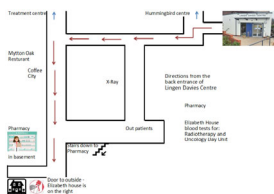
The aim of the CT scan is to create an accurate 3D image of the area that we need to treat. The consultant along with the dosimetrist, and physics will create your personal radiotherapy treatment plan from this information. Please note, this is not a diagnostic scan it is for planning your radiotherapy treatment only.



Blood Tests

If you require a blood test while you are on treatment, whenever possible we will try to arrange for one of our RCAs to do it here in department. However sometimes that is not possible and we have to direct you to the pathology department in Elizabeth House.

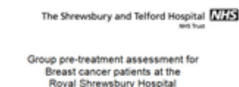
If you are unsure of where this is please ask one of the team for a map



Pre-assessment for some patients

Some patients who are having treatment attend a Pre-assessment. This is usually an hour long meeting as a group, to give extra information and provide a visual image of the treatment machines.

This also gives the opportunity to ask any further questions you may have.



- This appointment is to provide essential information regarding your radiotherapy planning and treatment
- These groups will consist of a small number of patients and their relatives/careers. (Only one relative or carer per patient please)
- You will be asked to attend this clinic before the CT planning appointment for your radiotherapy treatment. This is usually the Tuesday after your clinic appointment
- If your Doctor has asked for IV contrast a blood sample will be taken after the presentation

These are held on Tuesdays and Fridays. This is organised and run by the CT staff. At these pre-assessments we arrange blood tests and/or physiotherapy if these are needed. We also provide any medications that may be necessary for the patients



It is important to get it right in CT

Decisions made in CT will help to ensure you have optimal treatment, so it is important that we get things right.

At CT we have to decide the best position for each patient. This is important as the position you are scanned in will be the position you have your radiotherapy treatment in. This has to be reproducible and also comfortable enough for the patient to maintain on a daily basis. This is important to get right first time as we do not want to have to repeat the scan at a later date. We also decide where the permanent skin marks (tattoos) need to be placed. We may have to take digital photographs to enable the radiographers in setting you up accurately. Everything we do has to be recorded electronically and in the treatment sheet and signed for by at least 2 qualified radiographers.

We also have to ensure patients that need to follow bowel and bladder preparation do so correctly and ensure all the timings are documented to carry on for treatment.

If the consultant has requested an IV Contrast enhanced scan this will involve having a cannula placed into a vein, usually in the back of your hand. Once the cannula is in the correct position the radiographers will stay with you to ensure the contrast is flowing through correctly and then they leave the room and perform the scan.

Making sure the machine is accurate each time

We carry out daily checks every morning on the CT Scanner to ensure that the scans we carry out during the day are as accurate as possible. We also check that the lasers are accurate

We also carry out weekly and monthly QA checks. These involve our team of in-house medical engineers and physicists carrying out specific checks to comply with our strict protocols.

We regularly review the dose and scan length we use too, so that we give a dose as low as possible to our patients but which also ensures we have enough information for the Doctor to outline your organs. This means that the dosimetrists can create plans that deliver a high dose of radiation to the target area but also keep the dose to neighbouring organs to as low as we can achieve

Offering World Class Treatments

We work in evidence based practice so as cancer research evolves so do our techniques.

Any new techniques that we implement start in this department. We work closely with our Clinical Trials and discuss new trials on offer. We are currently involved with or looking into becoming involved with 6 Radiotherapy trials:

Systems
 POSNOC
 PRIMETIME
 COMPARE
 SCOPE – 2
 POPS

If you are eligible for a trial the trials team will have seen you after your out-patient appointment.

By working with the trials team we get support from the big institutions in all aspects of planning and treating patients. There are strict guidelines on how the doctors draw the targets, these have to be submitted for approval before we can be accepted as part of the trials, the quality of the planning is overseen and our imaging and treatment techniques are scrutinised to ensure we are offering a world class service.

Last month we won the Team of the Year award at the Clinical Research Network West Midlands awards ceremony. This covered all trials not just Radiotherapy ones

LIVING WELL WITH AND BEYOND CANCER PROJECT

*At the end of this
 month we are
 launching a brand
 new patient initiative
 aimed at helping
 people to live well
 with cancer.*

*The Living Well
 With Cancer video
 will go live and
 will be accessible via
 the Trust's internet
 page.*

**MACMILLAN
 CANCER SUPPORT
 RIGHT THERE WITH YOU**

Who's who in department

THE RADIO THERAPY
DEPARTMENT

LINGEN DAVIES CENTER

THE SHREWSBURY AND
TELFORD HOSPITAL NHS
TRUST

Mytton Oak Road,
Shrewsbury
SY3 8XQ

Phone: 01743 261179

This is an answer machine please leave your details, and hospital number, if possible, and someone will get back to you as soon as possible

We are on the sath internet page:

<https://www.sath.nhs.uk/wards-services/az-services/oncology/radiotherapy/>

Our Cleanliness Technician has been a valued member of the team for many years – this is why we can't work without her!

My name is Julia and my role here on radiotherapy is Cleanliness Technician responsible for maintaining high standards of cleanliness (or trying to). At 5:30 in the morning you will find me whizzing around the department with my faithful floor washing machine, which I follow up with wet floor mopping all the nooks and crannies where the machine cannot go. I then move onto completing the rest of the cleaning tasks which include: high and low dusting, cleaning sinks and toilets, damp dusting edges, ledges, touch points, wiping inside soap and gel dispensers, toilet roll holders and hand towels holders. Finally stocks of soap, hand towels and the many toilet roll used are replenished.

I need to work quickly, efficiently and prioritise my work as certain areas need to be ready by 8am. My work is also checked every 2 weeks by the Cleanliness Monitoring Team and once a month by my line manager.

The best part though for me is meeting the many patient who come through the doors. I have great respect for them as they face the challenges of their treatment. The least I can do is have a smile on my face and a cheery greeting. That is the reason I do this job.... for the patients.

We value all your feedback but have noticed that recently we have had less comments than usual, so have decided to try a new idea.

We now have an anonymous box in the waiting room ready for your comments and suggestions.

We can only improve our service if you tell us what works for you, we can't always change things and sometimes it can take a while for changes to happen but we are always happy to hear from you, and make changes where we can.

We also love to hear if you feel have had a positive experience in the department.

So please fill in a comment form, if there are none on the table there are more on the wall by the notice board

Thank you

