



Introduction to supported self-management for thyroid cancer patients

Information for patients from the Head and Neck / Thyroid Cancer Nursing Team

Now you have completed your thyroid cancer treatment, your clinical nurse specialist or consultant will talk to you about supported self-management. This is not suitable for everyone. If it is agreed that you are suitable, we will give you some time to consider this choice. One of your cancer team will then call you for a telephone review appointment, to discuss this and answer any questions.

What is supported self-management?

Supported self-management puts you in control of your care. It allows you to take an active leading role in your recovery, with help from your specialist cancer team.

Supported self-management means that:

- You do not have to come to the hospital for routine appointments when you are feeling well. You can call us if you have any worries or concerns.
- We will send you blood test forms when they are needed. You can have the blood test completed at your GP surgery or at the hospital. We will review your results once they have been done.
- We will write and let you know if your results are normal. If there is something we would like to talk to you about, we will phone you.
- You will remain under the care of the hospital for five years after your treatment has stopped.

What will happen at my telephone review appointment?

During your review appointment, we will:

- explain how it will work for you
- ask if you would like to go ahead with supported self-management

- ask if you have any questions; and
- arrange for your blood forms to be sent to you.

We will also give you information about:

- your health and wellbeing
- places to find support; and
- how to look out for signs and symptoms of your cancer returning.

Will I still be able to contact the Head and Neck / Thyroid Cancer Nursing Team if I have any concerns?

Yes. Please call us on the Cancer Care Line 01227 868666 if you have any questions or concerns.

Please also call us if you have any of the following

- **A new neck lump.**
- **A persistent (it does not go away) change in your voice.**
- **Increased difficulty swallowing.**

What happens now?

If you have any questions or need any further information, please contact our Cancer Care Line on 01227 868666.

Further help and support

- **Butterfly Thyroid Cancer Trust** (<https://www.butterfly.org.uk/>)

Butterfly Thyroid Cancer Trust provides advice and support about Thyroid cancer. Including aspects of wellness after treatment and life beyond thyroid cancer, as well as thyroid cancer treatment and side effects.

- **Macmillan Cancer Support** (<https://www.macmillan.org.uk>)
Helpline: 0808 80 80 000 (7 days a week; 8am to 8pm)

Macmillan Cancer Support offer emotional, physical, and financial support from the moment you are diagnosed, through your treatment, and beyond. Visit the Macmillan web site for the following information and support.

- Online chat (7 days a week; 8am to 8pm).
- Email for advice and support (they aim to respond within two working days).
- Online community forums.
- Information booklets to order or download.

- Information available in video, audio, and other languages.
- Where to find information and support groups in your area.
- Details on fundraising events and campaigns.

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (ekh-tr.pals@nhs.net)

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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