



Rapid Access Lung Clinic

Information for patients referred to the Rapid Access Lung Clinic at East Kent Hospitals

You have been referred to see a respiratory doctor at our Rapid Access Lung Clinic. This is because your doctor has concerns about your symptoms and/or an unusual finding on your chest x-ray. There are many common conditions that these symptoms can be linked to, including the possibility of cancer. The clinic aims to promptly investigate symptoms related to your chest and to find out if there is a problem as quickly as possible for you.

This leaflet provides information to help answer the following questions; from your first referral to your first appointment, the investigations you may need to have and what happens when we have your results.

- What happens when I am referred to the Rapid Access Lung Clinic?
- Where is the clinic held?
- What should I do to prepare for my appointment?
- What will happen at my appointment?
- Which tests and investigations might I have?
- How and when will I get my test results?
- Who can I contact if I have any questions before and after my appointments?

What happens when I am referred to the Rapid Access Lung Clinic?

The Outpatient Department will contact you by phone to organise an appointment in the Lung Clinic within two weeks of your referral. It is important that your contact details are up to date at the time of your referral. Please let your GP know of any dates that you may be unavailable, so that we can arrange an appointment that you are able to attend.

We strongly advise you not to cancel your appointment.

Where is the clinic held?

We hold Rapid Access Lung Clinics at the following hospitals.

- **Buckland Hospital**, Coombe Valley Road, Dover, Kent CT17 0HD
Telephone: 01304 222510 (switchboard)
- **Kent and Canterbury Hospital**, Ethelbert Road, Canterbury, Kent CT1 3NG
Telephone: 01227 766877 (switchboard)
- **Queen Elizabeth the Queen Mother (QEQM) Hospital**, St Peter's Road, Margate, Kent CT9 4AN
(Please use CT9 4BG for the Ramsgate Road entrance)
Telephone: 01843 225544 (switchboard)
- **Royal Victoria Hospital**, Radnor Park Avenue, Folkestone, Kent CT19 5BN
Telephone: 01303 850202 (switchboard)
- **William Harvey Hospital**, Kennington Road, Willesborough, Ashford, Kent TN24 0LZ
Telephone: 01233 633331 (switchboard)

The outpatient team will try and arrange your appointment at the most convenient hospital to you, however this is not always possible.

What should I do to prepare for my appointment?

- **How can I organise transport?**

You can find out if you are eligible for patient transport by calling the Freephone G4S bookings line on 08000 96 02 11, 24 hours a day. They will need to know the date, time, and location of your appointment. Please try to give them as much notice as possible, at least 48 hours.

More information on transport and detailed access to each of our hospitals including disabled facilities, is available via our website. (<https://www.ekhuft.nhs.uk/hospitals/>)

- **Can someone come with me?**

If possible, we advise you to bring a relative or a friend with you to your appointments. If you are booking hospital transport, please let them know if someone is coming with you.

- **What do I bring with me?**

Please bring your medication in the original boxes or a list of your medication.

What will happen at my appointment?

- **What happens when I arrive at the hospital?**

The outpatient receptionist will ask for your name and possibly your address, telephone number, date of birth, next of kin, and the name of your GP. You will then be directed to the waiting area.

- **Who will I see at the clinic?**

You will be seen by a consultant chest physician or a member of the specialist team (registrar or clinical nurse specialist).

- **What happens during my appointment?**

You will meet with a specialist who will discuss your symptoms with you, examine you and discuss any investigations that you may have recently had done (chest x-ray or CT scan). The consultant will discuss with you any tests that might help diagnose or rule out certain medical conditions.

You will have an opportunity to ask any questions. If at any time you have any further concerns or need more information, please let us know (contact details are listed at the end of this leaflet). At the end of your appointment you will be offered a written copy of the clinic letter, which will also be sent directly to your GP.

- **How long will I be at the hospital?**

We estimate your appointment will take around 30 minutes, however the actual time of your appointment may differ. We will try not to keep you waiting on the day of your appointment.

Which tests and investigations might I have?

Your specialist may decide you need some tests which are listed below. These tests will help to diagnose or rule out certain lung conditions. The results may help to determine your best treatment options that might be appropriate.

You may not need all of these tests. Some of these tests may be done on the day of your visit. Other tests might be done another day and may involve other departments.

- **Chest x-ray**

A chest x-ray takes a picture of your lungs. Although you may have had a recent x-ray via your GP, it may be necessary to have an up-to-date chest x-ray on this visit. If your chest x-ray does not look normal, the specialist may arrange more tests.

- **Spirometry (Pulmonary / Lung Function Test)**

A spirometry is a breathing test that checks how well your lungs work. This test involves blowing hard in to a machine and is performed in clinic. These tests are not painful and help determine your lung function and volume.

- **CT scan**

You may have a CT (computerised tomography) scan before you come to the clinic. You will be asked to lie on a table, which will then pass through the CT scanner. The scanner takes x-rays which build up a highly detailed and accurate image of the inside of your body. Your specialist, doctor, nurse, or the Radiology Department will be able to tell you more about having a CT scan.

Patients sometimes worry that this scan will be claustrophobic and “like going in a tunnel”, but actually it is not. We describe the machine as “a big polo mint” so your head is never enclosed. The radiologist will advise if an injection is needed to show the vessels more clearly. More information can be found on our website. (<https://www.ekhuft.nhs.uk/services/radiology/>)

- **PET-CT scan**

A PET (positron emission tomography) CT needs a low grade radioactive tracer via an injection before the scan, so that abnormal activity can be detected in your body. It is similar to a CT scan but can give

additional information when a CT scan is abnormal.

- **Bronchoscopy**

During this test your doctor can look inside your lungs using a thin flexible telescope called a bronchoscope, with a tiny camera and light attached which is inserted through your nose or mouth. The bronchoscope allows the specialist to see in to your air tubes and take small specimen samples, if appropriate. The procedure is usually done under sedation for comfort, but you will not be unconscious. You can usually go home on the same day as long as someone can stay with you.

If you have a bronchoscopy you will be given written information on how to prepare for your procedure.

- **Endobronchial Ultrasound (EBUS)**

EBUS is similar to bronchoscopy; but the investigation needs two respiratory specialists. The telescope has an ultrasound scanner in the tip which allows your glands around the air tubes to be viewed. Tissue samples are also taken with a small needle and sent to the laboratory for testing.

If you need an EBUS you will be given written information explaining the procedure in more detail.

- **Radiologically guided lung biopsy**

A radiologically guided lung biopsy allows tiny samples of tissue to be taken from your lung, by passing a small needle through your chest wall under CT or ultrasound guidance. This is done under local anaesthetic given by injection (you will be awake but the area is numbed). The tissue sample is then sent to the laboratory for testing.

- **Pleural Aspiration**

This is a procedure to remove abnormal fluid from around the outside of your lung with a needle, under ultrasound guidance. The fluid may also be sent to the laboratory for testing.

Further information is available in the **Pleural Aspiration (Therapeutic and Diagnostic)** leaflet. Please ask a member of staff for a copy.

- **Blood tests may also be performed at or after this appointment.**

Although the above tests are very useful in gaining information your lung conditions can be difficult to diagnose, so it may be necessary for further tests to be organised. If this is necessary the need for these tests will be discussed with you beforehand.

Are there any alternatives to the tests listed above?

This depends on your symptoms and condition. The respiratory specialist will discuss alternative tests with you, if appropriate.

How and when will I get my test results?

Depending on which investigation you had, test results are usually available within seven working days to one month after your appointment. Test results are often discussed in a multidisciplinary meeting (MDM) to discuss possible options for management.

More information on MDM's is available in the **Your Multidisciplinary Cancer Team (MDT)** leaflet. (/your-multidisciplinary-cancer-team)

Your specialist will discuss your test results with you and whether you need any treatment, or advise if further tests are recommended. Further tests are commonly needed to allow the respiratory specialist to make a clear diagnosis; this will be fully discussed with you.

You will be contacted by phone or letter to be told your results, or invited back to the clinic where necessary. Please feel free to bring a relative or friend with you to this appointment.

You can record the date and time of your appointments / investigations below. Please ask a member of staff to help you fill this in if you are not sure of all the details, for example the correct name for a test or the spelling of a consultant's name.

Date	Time	Location	Name of consultant / investigation

Who can I contact if I have any questions before and after my appointments?

Key contacts

- Early Diagnosis Lung Cancer Pathway Navigator
Telephone: 01227 868628
- Lung Cancer Clinical Nurse Specialist
Telephone: 01227 868666
- Hospital switchboard - please 'Where is the clinic held section?' for a list of hospital switchboard phone numbers.
- Your GP surgery
- Hospital website (<https://www.ekhuft.nhs.uk/>)

What if I need to check or change my appointment?

Please contact the Rapid Access Outpatient Appointment Team on 01227 864240.

What if I do not speak English?

If English is not your first language, we can arrange an interpreter to be present at your appointment.

If you need an interpreter to translate for you, please ask your family doctor (GP) to let us know when sending your referral to the Lung Clinic or speak to your consultant's secretary for any follow-up appointments.

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (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 information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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