DEPARTMENT OF Gynae-Oncology

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Patient information leaflet

**Information on Patient Initiated Review (PIR) For Gynaecology Oncology Patients**

## What is Patient Initiated Review?

Patient Initiated Review (PIR) puts you in control of your condition and allows you to arrange a review if/when you need it.

The majority of patients with long term conditions, or following a hospital treatment, do not require regular follow up by the hospital team.

Research has shown that having a regular follow up does not help to prevent your condition returning or identify new problems. In fact, many people find that follow up appointments cause a lot of unnecessary anxiety.

## I’m concerned about losing regular contact with the hospital.

Everyone has different feelings when they no longer need a regular review by their medical team. Patient Initiated Review will provide you with direct access to services when you most need it. We hope you find this reassuring.

## How do I request a Patient Initiated Review?

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| **Clinical Nurse Specialist** | **Contact Number** |
| Laura Reid  | 01592 729375 |

This leaflet explains what will happen now that you have completed your treatment.

After your treatment, you and your team have agreed that you no longer need to come to hospital for routine appointments. Evidence suggests that having regular follow up appointments does not help prevent your disease returning, instead symptoms and concerns are addressed more quickly if patients report them as they happen. After your treatment it is normal to experience some worry and anxiety. If you feel that you need a little extra support, please speak to your nurse specialist or G.P who can refer you for extra support.

If there is a clinical need to see a doctor or a nurse, an appointment can be arranged very quickly, or the team may advise you to see your G.P.

Symptoms which need investigation

It is important to raise any concerns or any new symptoms you may have with your clinical nurse specialist as soon as possible. The following is a list of symptoms which require further investigations. **Please contact your clinical nurse specialist if you experience any of the following:**

* Vaginal bleeding and/or discharge
* Bleeding after sex
* Persistent abdominal bloating that lasts longer than 4 weeks
* Persistent pelvic or abdominal discomfort that lasts longer than 4 weeks.
* Leg swelling
* Unexplained weight loss

What will happen when I ring my clinical specialist team?

Your clinical specialist team may recommend one of the following:

• That you make an appointment to see your GP

• They may reassure you that no further action is needed

• Or they may recommend a clinic appointment at the hospital – if this is needed, you will be offered a hospital appointment.

If you require immediate support at the weekend or bank holidays, please contact your GP out of hours service or NHS 111 for advice. If you feel you need more immediate attention, please attend your local Accident and Emergency Department.

When should I see my GP?

It is important to remember that you will still get coughs, colds, aches, and pains just like anybody else. If you see your GP for any other issues and if they are concerned, they can contact your clinical nurse specialist team who can arrange for you to be seen in hospital.

Continuing to support you.

If you change your address, please let your clinical nurse specialist team know so that we can continue to contact you for the first five years after your diagnosis. After this point you will be discharged to your GP.

Finally, if you are worried about something to do with your cancer diagnosis, or the treatment that you have had for it, please contact your clinical nurse specialist team. They would rather see you with something that turns out to be nothing, than for you to be at home worrying. They are there to help you, so please call if you have any questions or concerns.

Further information and useful contacts

**Cancer Research** UK Helpline: 08088 004 040 Website: [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

**Macmillan Cancer Support** Tel: 08088 080 000 Website: [www.Macmillan.org.uk](http://www.Macmillan.org.uk)

If you require this information in a community language or alternative format e.g. Braille, audio, large print, BSL, Easy Read please contact the Equality and Human Rights Team at: email: fife.EqualityandHumanRights@nhs.scot or phone 01592 729130. For people with a hearing or verbal impairment you can also contact the team via the NHS Fife SMS text service number on 07805800005.

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