

# Patient Information Leaflet and Care Plan

## Holistic Integrated Care in Ovarian Cancer (HICO)



For more information:

<https://www.ruh.nhs.uk/HICO>



**A partnership project with:**

Royal United Hospitals Bath NHS Foundation Trust  
University Hospitals Bristol and Weston NHS Foundation Trust

With thanks for funding from:



## Introduction

The Ovarian Cancer Action charity has provided funding to support a new service across the Royal United Hospitals Bath NHS Foundation Trust and the University Hospitals Bristol and Weston NHS Foundation Trust. The aim is to improve the way in which we care for patients with newly diagnosed ovarian or primary peritoneal cancer.

We know that facing a new diagnosis of cancer is an extremely challenging time. This can be made worse if you also have other health issues. We want to make sure that you receive the right advice and treatment to improve your overall health and wellbeing during your cancer care. To do this we want to take into account your diet, physical strength, psychological wellbeing, and any other medical issues you may have. This will improve how well you cope with chemotherapy and surgery and improve your recovery after treatment.

We have created a care plan for you to keep track of your health and appointments through treatment.

We will ask you to complete a short questionnaire about your current health, current symptoms and quality of life to help us to identify the support you may need. We will ask you to repeat part of this questionnaire halfway through your treatment and at the end of treatment to see how you are getting on. If you are not sure about any of the questions, please ask your clinical nurse specialist or consultant for help.

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## Helping you through your cancer treatment

### Physical activity and exercises - Physiotherapy

It is important you remain physically active during your treatment. The Physiotherapy team specialise in helping you improve your activity levels. Physical activity can reduce side effects of treatment such as chemotherapy, reduce your risk of complications after surgery, reduce how long you stay in hospital and help you recover quickly after treatment.

The picture below shows you how much activity we should all be doing in a week if we can. Our aim is to support you to maintain or increase your current activity levels to move towards this, whilst being mindful of the effects that treatment can have on you and tailoring your exercise to achievable goals. Your physiotherapist will help you to put together an exercise plan unique to you.



One area that we like to focus on is strengthening your pelvic floor muscles. These muscles keep your pelvic openings (anus, urethra) closed to prevent incontinence, support the bladder, womb, vagina and bowels to help prevent prolapse, assist in stabilising the joints of your pelvis, work with the abdominal muscles to support the spine and help with maintaining good posture.

During surgery these muscles can become stretched and weak. By doing regular pelvic floor exercises before surgery you can lower your risk of developing continence problems after your operation.

This QR code will take you to a video which teaches you the pelvic floor exercises you should be completing. If you don't have access to the internet please ask your physiotherapist for written exercises.



Or you can type this URL in to your browser:

[https://thepogp.co.uk/patients/pelvic\\_health\\_advice/pelvic\\_floor\\_muscles.aspx](https://thepogp.co.uk/patients/pelvic_health_advice/pelvic_floor_muscles.aspx)

During your treatment the physiotherapist will record a number of outcome measures, including a sit-to-stand test, grip strength and short walking test. These will be

repeated during your treatment so we can check on your progress.

Your physiotherapist will work with you to set achievable and individualised goals and review these on a regular basis.

If you have surgery we will work with you through the initial stages of your recovery to get you back to normal as soon as possible.

If you would like to discuss anything further or would like to arrange one-to-one, please contact us via the numbers or email addresses below:

**For University Hospitals Bristol and Weston patients, please contact:-**

Melissa Taylor (Physiotherapist) **BRI Therapies Surgery Team**

**Email:** [prehab@UHBW.nhs.uk](mailto:prehab@UHBW.nhs.uk) **Tel: 0117 342 7349**

Rebecca Hankin (Physiotherapist) **BRI Haematology & Oncology Centre**

**Email:** [prehab@UHBW.nhs.uk](mailto:prehab@UHBW.nhs.uk) **Tel: 0117 342 7347/ 0117 342 4894**

**For Royal United Hospitals Bath patients, please contact: -**

Nina Stuckey (Physiotherapist) **RUH Physiotherapy Surgery Team**

**Email:** [ruh-tr.hicotherapists@nhs.net](mailto:ruh-tr.hicotherapists@nhs.net) **Tel: 01225 821387**



## Your exercise plan

- Explore information on website

## Mood and Mental Wellbeing - Psychological support

We recognise that the psychological strains of cancer diagnosis and treatment can be very demanding and confusing and we want to offer support where we can.

The impact of the diagnosis of cancer can be difficult enough, but some people can also find the hospital setting and all the medical procedures stressful. Not all patients will need or wish to see a psychologist, but if we feel that you might benefit we will refer you for an appointment. You will then have the chance to talk about how your cancer has affected you physically, mentally and emotionally. It is quite normal to have very strong and disorientating reactions to a diagnosis of cancer. Like all hospital appointments, the meeting will be confidential and please feel free to bring someone with you if it would make you more comfortable.

Please see the Psychological Support section on the webpage: <https://www.ruh.nhs.uk/HICO>

We know that feeling anxious and stressed can affect your sleep and your energy levels and make it harder to do the things that you need and want to do. Your Occupational Therapist can work with you to develop strategies and skills to help with this. You can find out more about Occupational Therapy and resources to help you to



manage anxiety, stress, sleep and fatigue in the next section.

**For Royal United Hospitals Bath patients, please contact:**

Gynecology Oncology Clinical Nurse Specialists (CNS)  
Tel: 01225 821553 or 826922 or 826465

Email: [ruh-tr.gynaecologyoncologycns@nhs.net](mailto:ruh-tr.gynaecologyoncologycns@nhs.net)

If you are feeling low, your CNS is here to talk if you wish. Please contact them by email or phone

## Your Mood Plan

- Explore information on website
- Advice and follow up by CNS
- Referral to clinical psychology

## Practical Support with Everyday Activities - Occupational Therapy

Occupational Therapists (OTs) are qualified healthcare professionals who can, if needed, help you manage everyday tasks or activities – we refer to these as ‘occupations’

OTs can provide advice and practical strategies to help you cope with the activities of daily living, for example washing, dressing, food shopping and housework. OTs can also provide support to help you manage any fatigue and anxiety. Not everyone will need to see an OT, but we will offer you an appointment after you have completed the questionnaire if we think that you will benefit from OT support.

OTs can provide advice and practical strategies to support you to manage:

- Your energy levels / fatigue during and after treatment
- Issues related to work (including reasonable adjustments or phased return to work if required)
- Stress, anxiety or low mood
- Sleep
- Communication with friends, family and colleagues

OTs can also provide adaptive equipment and liaise with community services to arrange a home assessment.

You can find all of the links to the further information detailed below in the Occupational Therapy section on the following website page: <https://www.ruh.nhs.uk/HICO>

**Is fatigue limiting your daily activities? Yes/No**

If yes, please see further information:-

[Tiredness \(fatigue\) - Macmillan Cancer Support](#)

[RESTORE - Our fatigue management tool - Macmillan Online Community](#)

**Do you struggle to get to sleep/stay asleep? Yes/No**

If yes, please see further information:-

[Home - The Sleep Charity](#)

[Sleep Hub - The Sleep Charity](#)

[Sleep Diary - The Sleep Charity](#)

[Difficulty sleeping \(insomnia\) - Macmillan Cancer Support](#)

**Do you have worrying thoughts that you cannot control? Yes/No**

If yes, please see further information:-

[Get help with anxiety, fear or panic - NHS \(www.nhs.uk\)](#)

[5 steps to mental wellbeing - NHS \(www.nhs.uk\)](#)

Penny Brohn UK - Live Well With Cancer provides online sessions including mindfulness and relaxation: [Online Group Sessions | Penny Brohn UK](#)

We Hear You Cancer Counselling

Provide counselling, group sessions and have a drop in coffee morning in Frome. You can find out about what they offer by clicking the Get Support tab

**Other websites that may be useful:**

A leading cancer support charity - Look Good Feel Better: [Look Good Feel Better](#) are a charity that provides virtual skin care and beauty workshops.

We Get It are a Bath-based cancer charity who organise meet ups and events.

If you would like to discuss anything further or would like to arrange one-to-one support to draw up an individual plan to manage sleep, fatigue or anxiety, please contact us via the numbers or email addresses below:

**For University Hospitals Bristol and Weston patients, please contact: -**

Vicky Archard (Occupational Therapist) **BRI Therapies Surgery Team**

Email: [prehab@UHBW.nhs.uk](mailto:prehab@UHBW.nhs.uk)

Tel: 0117 342 7348

Lucy Dormer (Occupational Therapist) **BRI Therapies Oncology Team**

Email: [prehab@UHBW.nhs.uk](mailto:prehab@UHBW.nhs.uk) Tel: 0117 342 3272



**For Royal United Hospitals Bath patients, please contact:**

Kirsty Hastie (Occupational Therapist) **RUH Therapies Oncology Team**

**Email:** [ruh-tr.cancerrehab@nhs.net](mailto:ruh-tr.cancerrehab@nhs.net) **Tel:** 01225 821241

David White (Occupational Therapist) **Macmillan Cancer Information & Support Centre**

**Email:** [ruh-tr.cancersupport@nhs.net](mailto:ruh-tr.cancersupport@nhs.net) **Tel:** 01225 824049

## Support with Everyday Activities

- Explore resources above
- Consider group sessions
- Referral to occupational therapist

## Nutrition - Dietetic support

### **Eating well to prepare for cancer treatment and surgery**

Eating well can help ensure your body has all the nourishment it needs to withstand the stress of treatment and aid recovery afterwards.

**If you have a good appetite and have maintained your usual weight a healthy diet is recommended. For a healthy balanced diet try to:**

- Eat a variety of different foods, including fruit and vegetables, aim for five or more portions per day.
- Eat plenty of foods rich in fibre and wholegrain, such as wholegrain cereals, bread, rice and pasta.
- Limit fast foods and other processed foods high in fat or sugar. Limit sugary food and drinks.
- Limit consumption of red and processed meats. Eat no more than 3 portions of red meat a week and little, if any processed meat. Instead, choose lean poultry (e.g. chicken and turkey), fish, eggs, vegetarian/vegan alternatives and beans/pulses.
- Limit your alcohol intake. If you drink alcohol try not to drink more than 14 units per week, spread over three or more days (for more information search 'alcohol' on NHS Choices website).

- Limit sugar sweetened drinks. Instead choose water and unsweetened drinks e.g. herbal tea, tea, coffee, unsweetened fruit juice (but no more than 1 glass/ 150ml fruit juice per day).

**If you would like more detailed advice please visit our website: [www.uhbristol.nhs.uk/dietandcancer](http://www.uhbristol.nhs.uk/dietandcancer)**

### **What if I have lost weight without trying or I don't have a good appetite?**

When your appetite is low or you have lost weight without trying, you may need to make different food choices to what you are used to. When you are eating less, it is important to make sure what you do eat is as high in nutrients, calories (energy), and protein as possible. This can help to avoid weight loss and will help you feel as well as you can. Try to focus on having small meals with planned snacks or nourishing drinks between meals. For example, three small meals and three snacks, desserts or nourishing drinks per day.

If you are continuing to lose weight or eating poorly please speak with your nurses or doctors as they may be able to arrange a prescription of nutritional supplement drinks and refer you to the dietitians.

## **What if I am experiencing any side effects of treatment that affects my diet?**

You can download leaflets and videos on our website ([www.uhbristol.nhs.uk/dietandcancer](http://www.uhbristol.nhs.uk/dietandcancer)) with detailed nutritional advice for the following problems:

- Coping with a small appetite (leaflet & video)
- Easy to eat (leaflet)
- Taste changes (leaflet & video)
- Eating with a dry mouth (leaflet & video)
- Eating with a sore mouth and throat (leaflet & video)
- Eating when you have fatigue (video)

You can also pick up written information at treatment units and at your hospital's cancer information and support centre or ask your clinical nurse specialist.

### **Dietitians**

Some patients will need to see a dietitian. Dietitians are qualified healthcare professionals and experts in food and nutrition; they can help you to maintain a good dietary intake to meet your nutritional needs when you are going through cancer treatment. This may include working with you to help you manage side effects of treatment, recommend dietary changes so that your food and drinks are more nourishing, or advising on nutritional supplements.

If you would like to discuss anything further or would like to arrange one-to-one, please contact us via the numbers or email addresses on the next page:



**For University Hospitals Bristol and Weston patients, please contact:-**

Rachel White (Specialist Oncology Dietitian)

**Email:** [adulddietitiandscancer@uhbw.nhs.uk](mailto:adulddietitiandscancer@uhbw.nhs.uk)

**Tel:** 01934647031

Jo Porter (Specialist Oncology Dietitian) **BRI Adult Therapies Department**

**Email:** [adulddietitiandscancer@uhbw.nhs.uk](mailto:adulddietitiandscancer@uhbw.nhs.uk)

**Tel:** 0117 3427360

**For Royal United Hospitals Bath patients, please contact: -**

Rachel Bowyer (Specialist Gastroenterology Dietitian)  
**RUH**

**Email:** [ruh-tr.hicotherapists@nhs.net](mailto:ruh-tr.hicotherapists@nhs.net)

**Tel:** 01225 824398



## Your Nutrition Goals

- Maintain a healthy balanced diet
- Choose foods which are high in nutrients, calories (energy), and protein.
- Prescribed supplements and consultation with dietitian



## Other medical issues - Geriatric support

A Geriatrician is a medical doctor who specialises in the management of patients with multiple medical conditions and frailty. If you need to see a geriatrician they will assess various aspects of your health taking into account any co-existing medical conditions and how these may affect your cancer treatment. The geriatrician will make a plan to optimise these combined treatments where possible. The geriatrician may also assist the surgical teams in dealing with medical issues around the time of surgery. Not everyone will need to see a geriatrician.

## Your Treatment Plan

This is your **own record** and we hope you find it helpful.

Please complete as much or as little as you wish. Next is a summary of your planned treatment which your Clinical Nurse Specialist will help you complete. The subsequent pages are a treatment plan and diary for you to monitor symptoms you experience or make notes to raise at your next appointment.



**Planned treatment:**

Chemotherapy regimen:

Start date:

**Healthcare professionals you have been referred to or will have contact with during treatment**

Smoking cessation advice	Yes / No
Alcohol consumption advice	Yes / No
Psychology input	Yes / No
Physiotherapy input	Yes / No
Dietetic input	Yes / No
Geriatrician input	Yes / No
Other specialty team input	Yes / No
Details:	

## Surgery

**Surgery planned: probably/ no/ maybe**

Before chemotherapy or Mid-way through chemotherapy

Surgical Consultation date:

Pre-operative Assessment/ Shared Decision-making clinic date:

Provisional surgical date:

There is a leaflet called 'Cytoreductive surgery' with information about surgery. You can either see this on the website page, link and QR code below, or ask your CNS or Consultant for a printed copy.



<https://www.ruh.nhs.uk/HICO>

***Your questions and notes***





## Cycle 1

Date
Chemotherapy drugs

Since your last treatment have you contacted your GP, the Acute Oncology team or any other healthcare professional for advice about your symptoms?

**Yes/No**

Symptoms or questions you would like to discuss at your next appointment

--

Meetings with other healthcare professionals during this cycle

Date	Who	Notes

***Your notes***







## Cycle 2

Date
Chemotherapy drugs

Since your last treatment have you contacted your GP, the Acute Oncology team or any other healthcare professional for advice about your symptoms?

**Yes/No**

Symptoms or questions you would like to discuss at your next appointment

--

Meetings with other healthcare professionals during this cycle

Date	Who	Notes

***Your notes***





## Cycle 3

Date
Chemotherapy drugs

Since your last treatment have you contacted your GP, the Acute Oncology team or any other healthcare professional for advice about your symptoms?

**Yes/No**

Symptoms or questions you would like to discuss at your next appointment

--

Meetings with other healthcare professionals during this cycle

Date	Who	Notes

***Your notes***





## Cycle 4

Date
Chemotherapy drugs

Since your last treatment have you contacted your GP, the Acute Oncology team or any other healthcare professional for advice about your symptoms?

**Yes/No**

Symptoms or questions you would like to discuss at your next appointment

--

Meetings with other healthcare professionals during this cycle

Date	Who	Notes

***Your notes***





## Cycle 5

Date
Chemotherapy drugs

Since your last treatment have you contacted your GP, the Acute Oncology team or any other healthcare professional for advice about your symptoms?

**Yes/No**

Symptoms or questions you would like to discuss at your next appointment

--

Meetings with other healthcare professionals during this cycle

Date	Who	Notes

***Your notes***







## Cycle 6

Date
Chemotherapy drugs

Since your last treatment have you contacted your GP, the Acute Oncology team or any other healthcare professional for advice about your symptoms?

**Yes/No**

Symptoms or questions you would like to discuss at your next appointment

--

Meetings with other healthcare professionals during this cycle

Date	Who	Notes

***Your notes***



## Service Evaluation and Quality Improvement

We want to improve and monitor the quality of the service we provide to patients the Royal United Hospitals Bath NHS Foundation Trust and University Hospitals Bristol and Weston NHS Foundation Trust. To do that we share information about you as well as information about your diagnosis and treatment. This allows us to work together to improve services for the benefit of patients. All patient information is held securely and kept confidential, as are your other medical records. If you have any concerns or questions about this please contact your clinical nurse specialist or the Patient Advice and Liaison Service (PALS).

Please note that you may need to visit the hospital towards the end of your treatment for a final physical assessment.

## Patient Involvement

This is a patient-centred service with patient and public involvement. Feedback is always needed to improve the service we offer. We will contact patients who are undergoing this programme to ask for their views and advice on how to improve the service. This is also to your voice is heard at all stages and at all levels of the service and future treatment.

If you do not wish to be contacted by our patient engagement team please let your clinical nurse specialist or consultant know.

If you would like to be involved or provide feedback on this service please contact the **Lead for Patient Engagement** on 01225 821735.

Email: [ruh-tr.hicoengagement@nhs.net](mailto:ruh-tr.hicoengagement@nhs.net)

## Clinical nurse specialist contact details

Gynaecology Oncology Clinical Nurse Specialists  
**Royal United Hospital Bath NHS Foundation Trust**  
Combe Park, Bath BA1 3NG

Direct line: 01225 821553 826922 or 826465

Email: [ruh-tr.gynaecologyoncologycns@nhs.net](mailto:ruh-tr.gynaecologyoncologycns@nhs.net)

Please contact the RUH Patient Advice and Liaison Service (PALS) if you require this information in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656.