The melanoma adjuvant therapy clinic

You have been referred by a clinic or your local hospital for melanoma adjuvant therapy at Guy’s Hospital for treatment of melanoma (a type of skin cancer). This leaflet gives information about the clinic and how to contact the people who may be caring for you.

What is the melanoma adjuvant therapy clinic?
Within the melanoma clinic at the Cancer Centre at Guy’s, we now have an adjuvant immunotherapy melanoma clinic. Adjuvant therapy is cancer treatment given after the first treatment (usually surgery) to lower the risk that the cancer will come back.

You will be treated by the multidisciplinary team (MDT) of healthcare professionals specialising in melanoma, including oncologists (cancer specialists), dermatologists, skin cancer clinical nurse specialists, a research nurse and a clinical trials coordinator. A clinical psychologist is available for consultations. There is also a team of outpatient clinic nurses available to help you and to coordinate your clinic visit.

The clinic is held on Tuesday afternoons from 2pm. To be seen at the clinic, patients must be referred by their consultant.

Guy’s and St Thomas’ Hospitals and Kings College London has a great international reputation for the investigation and treatment of all forms of skin cancers. Research into melanoma prevention and treatment is a key part of what we do. We may ask you if you would like to participate in research studies to help us understand melanoma and treat the disease more effectively. A nurse will talk to you about this if it is relevant.

Members of the Melanoma Clinic team
Clinical nurse specialists (CNS)
All patients are allocated a skin cancer CNS who has skills, knowledge and experience to support you with your diagnosis. They will provide you with specific information relevant to your treatment. They can provide information and emotional support to you and your family from your first clinic appointment and throughout your treatments. They can also help by liaising between patients, relatives, GPs and hospital doctors.

You can contact the CNS team on t: 020 7188 4901, Monday to Friday, 8am-4.30pm. You will need to leave a message with a small team of call centre operators, but your call will be returned as soon as possible. If your CNS is not available, you will be contacted by another member of the team.
Acute Oncology Service (AOS)
The AOS allows cancer patients to access advice, assessment and treatment in an appropriate time-frame. This is a 24/7 helpline for patients with severe symptoms needing urgent care. It is advisable that you contact the AOS, t: 020 7188 3754, if you experience significant symptoms as outlined in the drug information sheet while on treatment. They will discuss symptoms and the management of this with you in your first consultation. They will be notified that you contacted the AOS and will contact you within working hours to discuss your care.

Clinical psychologists
There are two part-time clinical psychologists available for all patients with skin cancer. A diagnosis of melanoma can have a big impact on patients and those close to them. Sometimes it is hard to talk with family and friends about your diagnosis and so it can be helpful to talk with a professional. The psychologists will help you to talk through your thoughts and feelings about your situation, with the aim of helping you to live with your diagnosis and address any concerns or anxiety. They can share helpful ideas and skills where needed to help you cope. The psychologists are also available to provide support for family members during and after your care. t: 020 7188 7188 (ext 51874), Monday and Tuesday, 9am-5pm.

Dimbleby Cancer Care
This information and support service offers information and support for patients with cancer, their relatives and friends.

Dimbleby Cancer Care is based in the Welcome Village (W) in the Cancer Centre at Guy’s Hospital. It is a walk-in service and you can refer yourself by contacting us, e: DimblebyCancerCare@gstt.nhs.uk, t: 020 7188 5918 or by visiting Dimbleby Cancer Care. You can also talk to your CNS about being referred to this service.

The services are open from Monday to Friday, 9am-4.30pm. They offer:

- emotional and psychological support
- one-to-one therapeutic support
- family support
- support groups
- therapy groups.

Complementary therapies such as aromatherapy, reflexology, reiki, relaxation and stress management courses are also available. Many patients find these therapies help them to manage symptoms and side effects, and to relax and sleep better. One-to-one and group sessions are offered, as well as nutritional advice sessions, support groups and 'Look good, feel better' workshops.

Welfare benefits advice service is provided by Dimbleby Cancer Care, Macmillan Cancer Support, and Southwark Citizens’ Advice Bureau.

The information drop-in centre is staffed by cancer information nurse specialists. The team are able to provide time for patients and carers to talk through their concerns as well as providing a range of information materials about all aspects of living with and beyond cancer.
Pharmacy Medicines Helpline
If you have any questions or concerns about your medicines, please speak to the clinical nurse specialist or other member of staff caring for you or call our helpline.
\[t: 020 7188 8748, \text{Monday to Friday, 9am-5pm}\]

Your comments and concerns
For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.
\[t: 020 7188 8801 (PALS) \quad e: \text{pals@gstt.nhs.uk} \]
\[t: 020 7188 3514 (complaints) \quad e: \text{complaints2@gstt.nhs.uk} \]

Language and accessible support services
If you need an interpreter or information about your care in a different language or format, please get in touch. \[t: 020 7188 8815 \quad e: \text{languagesupport@gstt.nhs.uk} \]

NHS 111
Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. \[t: 111 \quad w: \text{www.111.nhs.uk} \]