

TO PROVIDE **THE VERY BEST CARE** FOR EACH PATIENT ON EVERY OCCASION

# Macmillan Oldham Community Specialist Palliative Care Team

An information guide



Health & care  
information  
you can trust

The Information Standard



Certified  
Member

# Macmillan Oldham Community Specialist Palliative Care Team

This leaflet aims to help you and provide details of how you can contact us.

## What is specialist palliative care?

Specialist palliative care helps patients and families to live as well as possible by providing high quality pain and symptom control, as well as practical and psychological support. We support patients with cancer as well as those with other long term conditions (eg heart failure, chronic chest disease and neurological conditions).

## Who is the specialist palliative care team?

The team consists of:

- Macmillan palliative care nurses and palliative care nurses
- Macmillan physiotherapists, dietitian and occupational therapist
- Macmillan secretaries
- Consultant in palliative medicine
- Palliative social workers

We form the Oldham multi-disciplinary team (MDT) for palliative care, together with other health care professionals. We meet every Thursday, where we discuss and plan the care of those referred to the service. If you have any questions about this please ask a member of the team.

We work with you and your carers. We also work with your GP, alongside district nurses, hospital doctors and nurses. Our aim is to support you and those closest to you.

We could meet you either at home or a suitable place of your choice.

Our consultant in palliative medicine also holds a weekly clinic at Dr Kershaw's hospice for symptom control.

The Oldham Cancer Support Centre is situated at Failsworth Health Centre and is contactable for advice Monday to Friday on 0161 906 2940.

### **How can the Macmillan palliative care nurses help me?**

We work alongside GPs, doctors and nurses involved in your care, to provide advice and support around difficult symptoms and complex problems. These symptoms may include pain, nausea, psychological or spiritual distress. The Macmillan service is also keen to:

- provide important information on facing cancer and any other progressive life threatening illness
- link closely with all other services e.g. social work, benefit advisors and any other professionals involved in your care.

### **How to contact us**

We are happy for you to contact us at anytime and talk about any worries or concerns you may have. Alternatively, a health care professional may contact us on your behalf with your permission.

We are available Monday – Friday 8.00 am - 5.00 pm (excluding bank holidays). We may not always be in the office when you telephone, but please leave a message on the answer machine, and we will contact you as soon as we are able.

Telephone Number: 0161 621 7177

Patients are usually discharged from our service when their issues and problems are resolved. Patients or carers can be re-referred at anytime, either by themselves or a health care professional.

## **Key Worker**

A member of the palliative care team will be your named contact and will help co-ordinate care for you and your family, whilst you are under our care. They will be known as your key worker. Depending on your needs other members of the team may be involved in your care.

**Your palliative care key worker is \_\_\_\_\_**

## **How can the Macmillan occupational therapist (OT) help me?**

I will work with you to help you continue the important everyday activities. I am not involved in your medical treatment, but may be able to help you cope with your symptoms in some of the following ways:

- daily living activities - e.g. getting washed, cooking, working and hobbies. Sometimes, there are physical or psychological problems that prevent you from doing these activities
- lifestyle and fatigue management - I will work with you to help you use your limited energy to do what is most important to you
- stress and anxiety management - I will identify the sources of stress and anxiety, and develop coping strategies with you. This may involve learning relaxation skills or looking at dealing with negative thoughts
- breathlessness management - I can help you with relaxation techniques, planning and pacing activities and how best to save your energy
- coping with body image issues - if this stops you from doing important activities, I will work with you to try to overcome these barriers

- pain management – by learning about your activities and relaxation may help me to help you manage your pain better.

### **How can the Macmillan dietitian help me?**

I aim to help with any nutritional problems you are experiencing. This includes advice on:

- reduced appetite, weight loss and fullness on eating
- mouth problems – dryness, sore or ulcers and taste changes
- food consistency issues
- supplements and ways to take them
- tube feeding
- alternative diets – advice on the safety of nutritional products, vitamins and minerals
- coping with the side effects of treatment affecting your dietary intake.

### **How can the Macmillan physiotherapist help me?**

I aim to help you with any physical or respiratory symptoms you are experiencing.

This includes advice on:

- mobility problems
- moving & handling issues
- breathlessness
- chest infection
- fatigue
- general weakness
- pain control
- managing anxiety.

### **How to contact us**

The Macmillan occupational therapist, dietitian and physiotherapist can be contacted weekdays on 0161 621 7190 (there is an answer machine).

## **How do I get referred to the Macmillan dietitian, physiotherapist or occupational therapist?**

If you want advice from any of these professionals then please ask your consultant, GP, specialist nurse, district nurse or other health professional, to refer you.

## **How can a social worker help me?**

- a palliative care social worker will visit you to carry out an assessment of your personal and social care needs
- help you to devise a support plan to meet those needs
- offer you a listening ear and help you resolve any problems you may have
- offer practical and emotional support to your family following a carers assessment.

To refer to a social worker, contact the duty and initial assessment team on 0161 627 8650. Someone else can ring on your behalf, with your permission.

## **Other useful contact numbers**

Christie Hospital	0161 446 3000
Royal Oldham Hospital	0161 624 0420
Dr Kershaw's Hospice	0161 624 2727
Go to Doc	0161 336 3252
Oldham Bereavement	0161 627 8207
Out-of-hours district nurses	0161 621 3524/3526
Macmillan citizens advice bureau welfare benefits	0161 620 9317



**If English is not your first language and you need help, please contact the Ethnic Health Team on 0161 627 8770**

اگر انگریز آپ کی مادری زبان نہیں ہے اور آپ بات چیت کرنے میں دقت محسوس کرتے ہیں، تو وعدہ کیلئے آپ اسٹیمک ہیلتھ ٹیم سے نیچے دیئے ہوئے نمبر پر رابطہ کریں۔

0161 627 8770

**若英語並非閣下的第一語言和需要幫忙的話，請致電 0161 627 8770 聯絡少數民族健康組。**

ইংরেজী যদি আপনার মাতৃভাষা না হয় অথবা ইংরেজী বলতে ও বুঝতে আপনার অসুবিধা হয় তাহলে এথনিক হেলথ টিমের সাথে নীচের টেলিফোন নাম্বারে যোগাযোগ করুন।

0161 627 8770

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If English is not your first language and you need help, please contact us at the Ethnic Health team on telephone number 0161 627 8770

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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