**Introduction**

This booklet is for people who have been diagnosed with breast cancer. It tells you about the breast multidisciplinary team and other health professionals who may be involved in your care.

**Multidisciplinary Team Meeting**

There is a breast multidisciplinary team (MDT) made up of health professionals with expertise in the diagnosis and treatment of breast cancer.

Every week appointed members of the breast MDT meet at a multidisciplinary meeting (MDM) in Belfast City Hospital. The team discusses the results of your tests. These results help the team to decide on the best treatment plan for you. The team’s decision will be discussed with you at your next appointment and you will be involved in the final decision about your treatment. Your GP will also be informed of this treatment plan.

**Members of the Multidisciplinary Team**

The breast MDT is made up of the following core members. You may not meet all of them but they may be involved in your care.

**Multidisciplinary Team Co-ordinator**

A MDT co-ordinator organises the team meetings and discussions and makes sure your records are available to the team.
**Breast Surgeon**

A breast surgeon is a specialist doctor who carries out operations to remove breast cancer. Your surgeon will discuss the surgical choices for the type of cancer you have and carry out any necessary operations to remove the cancer.

**Oncologist**

An oncologist is a specialist doctor who treats cancer with radiotherapy or chemotherapy or both.

**Pathologist**

A pathologist is a specialist doctor who examines tissue and cell samples to identify the type of cancer you have.

**Radiologist**

A radiologist is a doctor who specialises in the use of x-rays and scans to diagnose and treat cancer.

**Breast Care Nurse Specialist**

A breast care nurse specialist (BCN) is a nurse who specialises in the care of people with breast cancer. Your BCN can offer specialist advice, information and support to you and your family from diagnosis onwards and refer you to other services if you need them.

**Breast Nurse Practitioner**

A breast nurse practitioner is a nurse who specialises in breast disease and the diagnosis of breast cancer. Your breast nurse practitioner will discuss your condition and available treatment options with you.
Clinical Specialist Radiographer
A clinical specialist radiographer co-ordinates your care if you are having radiotherapy for your cancer. Your clinical specialist radiographer offers information and support to you and your family on all aspects of radiotherapy throughout and after treatment.

Therapy Radiographer
A therapy radiographer specialises in the planning and delivery of radiotherapy treatment from initial referral to follow-up care after treatment ends. You will see the therapy radiographer each time you are having radiotherapy treatment.

Key Worker
You will be allocated a key worker who helps to co-ordinate your care and who can discuss your diagnosis and treatment plan with you. Your key worker will be one of the health professionals listed above and may change throughout your treatment. If so, you will be informed of the name and contact details of your new key worker.

Please do not hesitate to contact your key worker if you would like to discuss any aspect of your care.
There are many specialists who provide care and support during and after your cancer diagnosis and treatment. Not everyone we mention in this booklet will be involved in your care but any member of your MDT can refer you to the following specialists if you need their support:

**Social Worker**
A social worker provides social care and support to help you, your family and carers to cope.

**Physiotherapist**
A physiotherapist advises on exercises and techniques to help you manage your symptoms and maintain your independence and quality of life.

**Occupational Therapist**
An occupational therapist helps you to manage daily activities to maintain your independence and quality of life.

**Dietician**
A dietician helps you with any concerns you have about your diet and to manage any dietary problems you are having.

**Research Nurse and Research Radiographer**
A research nurse and research radiographer are specialists involved in your care if you participate in clinical trials.

**Clinical Psychologist**
A clinical psychologist offers psychological and emotional support to you and your family.
**Hospital Specialist Palliative Care Team**

The hospital specialist palliative care team provides expert advice on managing complex symptoms and offers support to you and your family from diagnosis onwards. The team works closely with everyone involved in your care to meet your needs and the needs of your family. Palliative care aims to improve your quality of life through assessing and managing physical symptoms as well as any emotional, spiritual and social issues you may have. Supportive and palliative care is available to everyone affected by cancer and is especially important if your cancer cannot be cured.

**Supportive and palliative care can also be provided in your own home and other community care settings by a range of healthcare professionals including your GP and district nurse.**

**Chaplain**

A chaplain helps you to meet your religious, spiritual and pastoral needs whether you have a faith or not. A chaplain can contact other religious or cultural groups in the community to give you further support if you need it.

**Cancer Support and Information Staff**

Cancer information staff offer information and support to you and those who care for you. Macmillan Information Centres at Belfast City Hospital and the Royal Victoria Hospital offer a relaxing environment. You may talk in confidence to specially trained staff and volunteers who can guide you through a range of free information. The centres offer support services and can put you in touch with other sources of help and support, for example, benefits advice.
Information & Support Radiographer
A radiographer who can discuss any concerns you may have if you are having radiotherapy. The information and support radiographer can support you and your family before, during and after your treatment and refer you to other health professionals or services if you need them.

Where treatment is carried out
If you need:
• Further tests – these will be carried out at Belfast City Hospital
• Surgery - this will be carried out at Belfast City Hospital
• Radiotherapy - this will be carried out at the Northern Ireland Cancer Centre at Belfast City Hospital
• Chemotherapy - this will be carried out at the Bridgewater Suite at Belfast City Hospital, Northern Ireland Cancer Centre at Belfast City Hospital or at your local cancer unit.
Useful Contacts
The names and telephone numbers of the professionals involved in your care are listed below. These may change as you progress through your treatment. You may wish to add additional names to this list.

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For information and support
If you need further information and support you may use the following links:

**Breast Care Nurse Specialist**
028 9504 0900 (Voicemail available)

**Belfast Trust Cancer Services Website**
http://belfasttrust-cancerservices.hscni.net/

**Macmillan Support & Information Centre, Belfast City Hospital**
Tel: 028 9063 8980
Email cancerinfo@belfasttrust.hscni.net

**Macmillan Information Service, Royal Hospitals**
Tel: 028 9063 0022
Email: cancerinfo.royal@belfasttrust.hscni.net

**Northern Ireland Cancer Network**
www.cancerni.net

**Cancer Survivorship website for Northern Ireland**
www.survivorship.cancerni.net

**Northern Ireland Cancer Trials Centre**
Tel: 028 9063 8468
Email: nictc@belfasttrust.hscni.net
www.qub.ac.uk/nictc

**Macmillan Cancer Support**
Macmillan Support Line 0808 808 0000
www.macmillan.org.uk

**Cancer Focus**
Tel: 028 9066 3281
Helpline Number 0800 783 3339
Email: hello@cancerfocusni.org
www.cancerfocusni.org
Action Cancer
Tel: 028 9080 3344
Email: info@actioncancer.org
www.actioncancer.org

Against Breast Cancer
Tel: 01235 534 211
Email: info@againstbreastcancer.org.uk

Breast Cancer Care
Helpline: 0808 800 6000
www.breastcancercare.org.uk

Breakthrough Breast Cancer
Tel: 08080 100 200
www.breakthrough.org.uk

Cancer Research UK Patient Information
Tel: 0808 800 404
www.cancerhelp.org.uk

Pink Ribbon Foundation
Tel: 01689 858 877
Email: enquiries@pinkribbonfoundation.org.uk
www.pinkribbonfoundation.org.uk

Pretty n Pink Breast Cancer
Tel: 028 9051 7043
Email: info@prettynpink.org
www.prettynpink.org