

## Patient information

# Breast Care: personalised care follow up explained

## What is personalised care follow up?

The personalised care follow up (PCFU) is a programme, specially designed by the breast unit to support you after treatment. It is a programme where you, the patient, are in control of your follow up. PCFU is a system where you can contact the breast care nurses (BCN) for assessment if you have a problem and don't have to attend hospital if you feel well and symptom free.

PCFU has been introduced to improve our service to you. Evidence shows there are no advantages to regular, fixed time follow up in hospitals for well women after treatment for breast cancer (NICE, 2009).

## What happens next?

Approximately three months after you complete your breast cancer treatment you will have an end of treatment appointment with one of the breast care nurses.

## End of treatment appointment

The end of treatment appointment is an opportunity for you to talk about your physical, psychological, spiritual and social needs. The focus is on you as a whole, not just the illness.

This discussion may include:

- Diagnosis and medications
- Menopausal symptoms: you may feel anxious about your illness or about the changes in your body

- Feelings and emotions
- Difficulty with relationships
- Money worries: you may want to know more about the financial help available to you
- Body and breast awareness, including signs and symptoms to report to the BCN's
- Mammographic follow up
- Explanation of how to contact PCFU

You will then be part of the PCFU programme

### **The PCFU telephone service**

Once you have entered the PCFU programme, you can call the BCN's about any new symptoms in the same breast or other concerns relating to your breast cancer.

The telephone service will be available Monday to Friday 8.30am to 4.00pm and you will be called back by your breast care nurse by the end of the next working day.

You may be offered:

- Verbal advice
- A clinic appointment
- Signposted to another service
- Further investigations

The aim of the telephone service is to provide helpful advice and allow you to have rapid access back to the breast team if required.

### **Mammograms**

People who have had breast cancer have a small increased risk of developing a further breast cancer in the same breast (recurrence) or a new cancer in the other breast. Mammograms are the recommended way of screening for breast cancer.

Unless otherwise specified at the end of your treatment, you will continue to be called for yearly mammograms for five years after your treatment, or until you are eligible to join the National Breast Screening Programme.

## Discharge

At the end of five years you will be discharged from PCFU. You will receive a letter clarifying how/when to stop any medications you have been taking and advised that you will be required to see your GP for any future concerns.

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nhs.uk](mailto:info.gov@wsh.nhs.uk). This will in no way affect the care or treatment you receive.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk>



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