

# What is best supportive care?

Lung Cancer Nurse Specialist Team  
Information for lung cancer patients

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## Contact details

Your key worker is .....

Contact number .....

## What is best supportive care?

Best supportive care is a plan of the care you need now or in the future because treatment for your lung cancer is not possible. The aim is to help you and your family or carers manage the symptoms of lung cancer as they happen, so that you can have a good quality of life for as long as possible.

## Who will provide this care?

**Lung cancer nurse specialist (LCNS):** you will have met a LCNS who will be your key worker. You can contact them if you have any questions or concerns about your lung cancer. Your key worker can refer you to community services as needed.

**GP:** we will let your GP know that you have been diagnosed with lung cancer and that you are receiving best supportive care. You should contact your GP if you get any symptoms whilst you are at home. They can refer you to other services as needed.

**Community teams:** these teams help you to keep independent at home. There are community nurses, district nurses, palliative care nurses and therapists in these teams. Your GP or LCNS will refer you to these teams as you need them.

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**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Who will provide this care? (continued)

**Social Services:** the team can assess you if you are struggling to manage at home, for example with washing and dressing. They can assess for specialist care and equipment that may be needed to help you maintain your independence at home. You can contact them yourself or you can be referred by your LCNS or GP.

Leicester City Social Care Services: 0116 454 1004

Leicestershire Social Care Services: 0116 305 0004

Rutland Social Care Services: 01572 722 577

**LOROS:** This is the local hospice. They provide specialist care and support for patients and their families/carers including patients who have lung cancer. Some of the services are listed below,

- Inpatient care for the management of symptoms
- End of life care
- Complementary therapy service
- Outpatient clinics, including breathlessness and pain clinics
- Day therapy service

You can be referred to LOROS by your LCNS, GP or community nurse. For more information, go to the LOROS website: [www.loros.co.uk](http://www.loros.co.uk)

## Other ways we can help

**Getting a wheelchair:** if you are having difficulty getting about outside your home, your nurse or GP can refer you for a manual wheelchair. It is a free service. We will ask for some measurements to make sure the correct wheelchair for you is provided.

**Money worries:** the Macmillan Welfare Benefits Team offer help with benefit checks, filling in application forms and managing claims.

Telephone: 0300 456 8400

You may be able to claim for benefits under “special rules”. Your GP or LCNS will assess whether you are eligible and, if so, complete a DS1500 form, describing your lung cancer and how it is being managed. This will mean that your claim is fast-tracked and paid at the highest rate.

**Free prescriptions:** you can get free prescriptions because of your lung cancer. Your LCNS or GP can provide you with a prescription exemption form (FP92A).

**Counselling:** lung cancer can have an emotional impact on you and those around you. Sometimes it is not easy to talk about how you are feeling with those closest to you. You can talk to your LCNS or GP and they can refer you to a counselling service.

## Other useful contacts

**Macmillan Information and Support Centre:** based in the Osborne Building at Leicester Royal Infirmary. Information and practical help and advice to anyone affected by cancer.

Telephone: 0116 258 6189  
Email: [cancerinfo@uhl-tr.nhs.uk](mailto:cancerinfo@uhl-tr.nhs.uk)  
Website: [www.leicestershospitals.nhs.uk/cancerinfo](http://www.leicestershospitals.nhs.uk/cancerinfo)

### **Citizens Advice LeicesterShire**

Offers advice if you have problems with issues such as debt, housing and employment.

Leicester residents: 0808 278 7970  
Leicestershire residents: 0808 278 7854

### **MyChoice**

A directory of care and support services for people living within the Leicester City area.

Website: <https://mychoice.leicester.gov.uk>

### **First Contact Plus**

An online tool which helps adults in Leicestershire find information about a range of services all in one place.

Website: [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk)

## Support for carers

### **CLASP The Carers Centre**

A charity offering carers support, advice, information, advocacy and counselling.

Telephone: 0116 251 0999  
Website: [www.claspthecarerscentre.org.uk](http://www.claspthecarerscentre.org.uk)

### **Support for Carers Leicestershire**

A service run by Voluntary Action South Leicestershire (VASL), providing a free service to support carers.

Telephone: 01858 468 543  
Website: [www.supportforcarers.org](http://www.supportforcarers.org)

## Explaining some of the terms you might hear

### Multidisciplinary team (MDT)

The team of health professionals looking after you is called the MDT. The MDT meets weekly to ensure that each patient is given the same high standard of care, and has the most appropriate investigations and treatment, no matter who their doctor is or which hospital they attend.

### Holistic Needs Assessment (HNA)

This is an assessment you can complete online or on paper in your own time. It helps identify any needs or concerns you have about any area of your life, not just the symptoms of lung cancer. Your LCNS will discuss your top concerns with you and together you can agree a care plan to help manage them which can also be shared with your GP.

### Gold Standards Framework

This is a way of working used by some GP practices and community nursing teams, alongside other health care professionals. It helps identify people who are in need of special care, assesses and records your needs and then develops a plan to provide that care.

### Lasting Power Of Attorney

This is a way of you choosing someone you trust to help you make decisions or to make the decisions on your behalf. This person is your attorney. It gives you control over what happens to you. There are two types of power of attorney: one for health and welfare and the other for property and finances. You can do one or both.

### Anticipatory medications

Sometimes medications are prescribed in advance to manage symptoms when normal medications cannot be taken. They are kept at home and are given by the community nurses when needed.

### Advanced care planning

A record of your care and treatment wishes. It can be amended as things change. The plan lets people looking after you and who will be providing your care know what matters and is important to you.

### Respect Form

This is a 'Recommended Summary Plan for Emergency Care and Treatment'. Part of this is your decision regarding attempting cardiopulmonary resuscitation. It is important as it shows all healthcare professionals what your wishes are. It can be discussed and completed with your GP.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)