

During your illness you may meet many different types of nurses, one of whom may become your Key Worker.

For example

District Nurse - Part of your local community nursing service providing general nursing care in your home.

Disease Specific Macmillan Nurses - These nurses have specific expertise in a particular illness, for example, lung cancer or breast cancer. They are all based in hospital.

Community Matron - These are a team of highly skilled nurses who coordinate care and services for people with complex needs due to long term conditions such as respiratory disease, heart disease and diabetes.

You may also meet some of the following teams:

Marie Curie Nurses - are funded by the cancer charity and can be called upon by your district nurse if they feel this is appropriate. They can stay in your home for several hours, including overnight if needed.

Out of Hours Palliative Care Team - an evening and overnight service operating from 5pm-8.30am. The team aim to provide advice, support, care and treatment to enable you to stay at home.

Improving services

We are always looking at ways to improve our services. If you have any suggestions, we would be happy to hear them.

At some point during your care you may receive a questionnaire about the service. We would really appreciate it if you would take the time to complete this.

Further information please contact:
St Benedict's Hospice and Centre for Specialist Palliative Care
St Benedict's Hospice and
Centre for Specialist Palliative Care
St Benedict's Way, Sunderland. SR2 0NY

Phone number:
Main Reception 0191 512 8400

Website: www.hospice.co.uk

*Supported by St Benedicts Hospice charity
Registered charity number 1019410*

We are committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. For further copies of this leaflet please contact on telephone number above.

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**St. Benedict's Hospice
& Centre for Specialist
Palliative Care**

Macmillan Specialist Palliative Care Nurses



choose

South Tyneside **NHS**
NHS Foundation Trust

Providing a range of NHS services in
Gateshead, South Tyneside and Sunderland.

Introduction

We are a team of specialist nurses who are part of the St Benedict's Hospice and Centre for Specialist Palliative Care with expert knowledge and experience in providing palliative care to patients and their families.

Palliative care nurses are just one of the groups of nurses supported by the Macmillan organisation.

We also work closely with your own doctor, district nurse and any other health professional involved in your care.

We will ensure you are well informed of services available to allow you to make choices that are meaningful to you and your family/carers.



What is 'Palliative Care'?

'Palliative Care' describes the physical, psychological and social care and support given to people who have an illness or disease that cannot be cured.

The main aim is to provide relief of pain and other symptoms, and improve the quality of life for those suffering from an incurable illness, their family and, in some cases, friends caring for them.

This type of care and support is provided by your own doctor, consultant and their medical and nursing teams, such as district nurses.

However sometimes patients may need more 'specialist' help during their illness.

What is 'Specialist Palliative Care'?

'Specialist Palliative Care' is the advice and support provided by a team specifically trained to care for people whose illness cannot be cured and may need more specialist help. Reasons for this may include:-

- the assessment and management of difficult symptoms
- help and support with emotional/psychological and spiritual distress
- advice on social and practical issues
- information about your treatment and care

The Macmillan Specialist Palliative Care Nursing Team provides a service in Sunderland Royal hospital and to patients in their own home (including care homes).

How to contact us

We are all available Monday - Friday between 9.00am - 5.00pm
Anyone can contact the team on your behalf or you can contact us yourself.

This list of telephone numbers should help you contact the correct person.

If you are in Sunderland Royal hospital

Specialist nurses based at Sunderland Royal Hospital can be contacted on (0191) 565 6256 Ext 47337

Name.....

If you are at home

Specialist nurses are linked to your own doctor's surgery.

Initial contact:

St Benedict's Hospice and Centre for Specialist Palliative Care
St Benedicts Way, Sunderland. SR2 0NY

Direct Line to Specialist Nurse single point of contact: 0191 512 8420

Name.....

Contact No.....