

Contact information

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Macmillan cancer support

Telephone; 0808 808 0000

<https://www.macmillan.org.uk/>

Cancer research UK

Telephone; 0808 800 4040

<https://www.cancerresearchuk.org/>

CLL Support

Telephone; 0800 977 4396

www.cllsupport.org.uk

Myeloma UK

Telephone; 0131 557 3332

www.myeloma.org.uk

Lilac centre counselling and holistic therapies

Telephone; 01744 646173 / 01744 646174

Haematology clinical nurse specialist & Support worker

Telephone; 01744 646796

Macmillan Information & Support Centre

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St Helens and Knowsley
Teaching Hospitals
NHS Trust

Welcome to Haematology Supported Self-management follow-up Information for Patients

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.



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Why have you given me this leaflet?

You have been given this leaflet to explain supported self management follow-up.

Introducing supported self-management follow-up?

- Supported self-management is a new type of follow-up at St Helens and Knowsley Teaching Hospitals NHS Trust.
- It is a system where patients can access blood test results via 'my medical records'
- It avoids unnecessary hospital appointments. at times when you are feeling perfectly well.
- If there are any concerns, then a face to face hospital appointment will be arranged.
- Your GP will also be made aware that you have entered into distance monitoring.

Why has “supported self-management” been introduced?

Supported self management puts you in control of your care and allows you to take an active and leading role in your blood monitoring with help from your specialist Haematology Team.

- Make positive choices about your health care
- Make positive long term changes to health behaviours
- Patients often find traditional appointments are a source of anxiety

Online health records

As part of your follow up care you will be provided with secure and confidential access to an online resource called My Medical Record. This resource can be accessed via the internet and you can use it to;

- View your blood test results
- Message your specialist Haematology Team
- Create a personalised care plan

Continued

We understand that not everyone feels comfortable with technology or has access to a computer on a daily basis. To help support you the team will offer you information on how to obtain free-of-charge guidance on access to internet skills training if needed. If you choose not to register for My Medical Record you can continue to take assessments and receive information in paper format or via telephone.

Supported self-management workshop

You will be invited to attend a one-off workshop. The workshop is run by your Haematology Team and aims to provide you with the skills and confidence to self-monitor for symptoms and signs of progression. You can access advice on lifestyle changes and seek support from local and national support networks. At the workshop you will learn about how we will keep track of your blood tests and how to seek help and advice when needed.

Topics covered include:

- Introduction to supported self-management
- My medical record online demonstration
- Coping strategies
- Healthy lifestyles e.g. healthy eating, physical activity/exercise

Assessment and Care Panning

You will be asked to complete regular assessments in the form of a “Health MOT checklist”. You can access this via my medical record online, or in paper format. This checklist is a way of identifying any concerns or problems you may have living with a blood disorder. These might include practical issues such as work, or dealing with the physical and emotional effects of your blood disorder, As well as highlighting any concerns relating to your relationships or family life. The checklist will reflect your individual needs with a clear care plan or action plan. This can help you to self-manage your care or identify when other help or resources could be useful.