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
Monkwearmouth Hospital
Newcastle Road, Sunderland SR5 1NB
Telephone: (0191) 569 9192
Fax: (0191) 569 9253
www.hospice.co.uk

NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is 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.

If you require further copies of this leaflet please contact St Benedict's Hospice
Tel: (0191) 569 9192
Introduction
This leaflet is intended to help you understand more about the Macmillan Specialist Palliative Care Nursing Service.
There is a range of services available, each offering support specific to your needs.
Palliative care nurses are just one of the groups of nurses supported by the Macmillan organisation.
If there is anything you are unclear about, please ask your nurse.

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
We work closely with your own doctor and nurse and support them in caring for you.

The Macmillan Specialist Palliative Care Nursing Team consists of:-
• two nurses based in the hospital
• seven nurses based in the community (including care homes)
We have close links with St Benedict’s Hospice.
Services at the hospice include:-
1. Inpatient unit
2. Day Care facilities
3. Out-patient clinics/lymphoedema clinic
4. Out of Hours Palliative Care Team 5pm-8.30am
5. 24 hour advice line for professionals, patients and carers, Tel:(0191) 569 9195

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 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 can be made through St Benedict’s Hospice on (0191) 569 9192
Name...........................................
Contact No....................................