



Government of Western Australia  
North Metropolitan Health Service  
Sir Charles Gairdner Osborne Park Health Care Group



# Medical Oncology Patient Handbook

This brochure has been designed to provide you with useful information about your cancer treatment, and related services.

**Here below are contact numbers for the Medical Oncology department at Sir Charles Gairdner Hospital (SCGH).**

**Clinic appointment and General enquires**  
Ph: 6383 3000

**Day-ward appointments**  
Ph: 6383 3423 / 6383 3422

**Treatment side-effects advice**  
**Monday – Friday**  
**07:30 – 15:30**  
Ph: 6383 3425

**Out of hours**  
**urgent advice only**  
Ph: 6457 1673

The Medical Oncology service is located in DD block at the comprehensive Cancer Centre of Sir Charles Gairdner Hospital (SCGH).

For directions please refer to the map on the back page of this brochure.

## **Car park**

- Paid parking is available at the multi-storey car park, which is accessible via Winthrop Avenue.
- Alternatively, an underground car park in DD block is available with limited spaces. Short term parking is also available outside the front of the Cancer Centre, on Gairdner Drive.
- There are several disabled parking bays available outside the Cancer Centre for those eligible.

Subsidised parking is available for those who meet the eligibility criteria.

Please contact the welfare officer at the Social Work department for further information.

## **Hospital funded transport**

Hospital funded transport is available for patients who meet the specified criteria. If you are eligible, this can be arranged through your treatment team.

## **Public transport**

Please visit the TransPerth website <http://www.transperth.wa.gov.au> for more information.

## **Our team and services**

### **Medical Oncologists**

Medical oncologists are doctors specialising in the treatment of cancer. You will be seen by a member of the medical oncology team at the outpatient clinic.

We currently have 12 medical oncology consultants working with four medical registrars.

Consultants run specialised clinics for different types of cancers; and clinics run simultaneously, so clinics can be quite busy most of the time.

Consultants also provide private patient clinics for those who are funded by private health insurance. If you prefer this option, please discuss it with your consultant during your visit.

### **Medical Oncology nurses**

Medical Oncology nurses are dedicated to oncology services, and provide support and advice throughout your cancer treatment.

All nurses are trained in the safe administration of cancer treatment, and can also advise you on managing possible side effects of treatment.

### **Medical Oncology day-ward treatment area – lower ground floor**

The Medical Oncology day-ward runs on a strict appointment schedule. It is important that you arrive on time, so we can provide you and other patients with the best possible, and timely service.

## **Dietetic services**

Good nutrition is important for people with cancer. A dietitian can assess your individual nutrition needs before, during, and after you have completed your treatment. They provide advice on managing side effects, improving, or maintaining energy levels and strength, and can help you in trying to enjoy your food, and quality of life.

If during the treatment you have been eating less than usual, and/or have been losing weight without trying, then it's a good idea to see a dietitian. Seeing a dietitian may also be useful if you plan to follow an alternative diet, or would like advice on healthy eating during your treatment.

If you would like to see a dietitian at the Cancer Centre, you may request a referral from any of your health professionals (doctors, nurses, occupational therapists, social workers etc.)

Dietitian clinics run from Monday to Friday at the Cancer Centre, you may get in touch by calling on 6457 2850.

## **Social work and welfare services**

A cancer diagnosis, and the treatment following this could impact some, or all aspects of your life - short or long term. It's not unusual to experience feelings such as uncertainty about the future, anger, fear or sadness, around the upheaval caused by this situation.

Cancer diagnosis and treatment could affect the following key areas of your life:

- Relationships
- Daily activities and commitments
- Finances
- Employment, or study

The social worker and welfare officer attached to the Cancer Centre are skilled in addressing these areas, and could assist you with these issues. If required, they could also refer you to a range of support services available within the community. They are available on weekdays between 8.30am and 5pm by contacting the social work department on 6457 4666, or by requesting a Cancer Centre staff member to contact them via the paging system.

## Oncology Pharmacists

Oncology pharmacists at SCGH are a specially trained team working in the outpatient setting of the comprehensive Cancer Centre, and in the inpatient oncology ward. They review therapies prescribed for the treatment and management of cancer. The pharmacists work together with medical oncologists and nurses to assess each patient's treatment plan, and ensure that it is safe and optimised for individual patient needs.

All injectable anti-cancer treatments are prepared on-site in the Pharmacy manufacturing unit of the Cancer Centre. Most treatments are made in advance to provide timely delivery of treatment in the oncology day-ward. In some cases this cannot be done, so the nurses and pharmacists work together on the day of the patient's treatment, to ensure that it is manufactured and administered efficiently.

The outpatient oncology pharmacists are based in the Medical Oncology clinic, and are available during clinic hours to answer any medication related queries.



# Important notice for chemotherapy patients

**Please have a blood test the day before (12pm) your next treatment**

**This will prevent delays in your treatment appointment**

## Febrile neutropenia

Having low levels of neutrophils – white blood cells that help fight infection, is called neutropenia. During chemotherapy some people experience low levels of neutrophils, If you have neutropenia, your body can't fight infection as well as before. Infections during chemotherapy can be serious so it is important to know the correct safety precautions to protect yourself. (Eviq 2017)

**Contact your doctor or nurse immediately if you have:**

- a temperature of 38°C or higher
- chills, sweats, shivers or shakes
- a headache or stiff neck
- a sore throat, cough or cold
- shortness of breath
- sores in your mouth
- a rash or redness on your skin
- swelling, redness or tenderness, especially around a wound, a catheter site, or your rectal area
- uncontrolled diarrhoea
- pain or blood when you pass urine

**If you're unable to contact your doctor or nurse, please go to the nearest hospital emergency department for help.**

## Immunotherapy patients

Your doctor will advise you on the frequency of your blood tests.

## Treatment cycle

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Ask the nurse who is giving you your treatment to fill this in.

**Cycle No:**

**Day of cycle:**

**Date:**

**Treatment medication name:**

**Dose:**

## Cycle side effects

Please check the box on the left with an 'X' if you've had the corresponding health issue immediately after, and since your last treatment.

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<input type="checkbox"/>	Neuropathy (numbness in hands and feet)	0	1	2	3	4
<input type="checkbox"/>	Shortness of breath	0	1	2	3	4
<input type="checkbox"/>	Mood alteration ( depression)	0	1	2	3	4



# Parking at the QEI Medical Centre's new Cancer Centre

Parking is available for patients and visitors in Car Park 5, underneath the Cancer Centre.

The underground car park is accessible from Gairdner Drive.

A lift is available to take you from the car park to the Cancer Centre and Watling Walk.

Other areas of the Hospital are easily accessible from this car park.

