



# WELCOME

Our Breast CNS Team is made up of a team of ten primary and metastatic nurses. Our team is close, friendly and forward-thinking, with a mixture of Band 6 and Band 7 nurses. We work in the Screening Centre and work physically closely to the surgeons. Historically, because of our geography in the hospital, our care has been surgery heavy. This has now balanced out because of nurses that have been recruited. We have initiated a number of new projects in the past year.

## 1 ENDOCRINE WORKSHOPS

New monthly virtual Endocrine Workshops, are being held for any patient struggling on Endocrine Treatments. We have now included those starting on Endocrine treatment too.



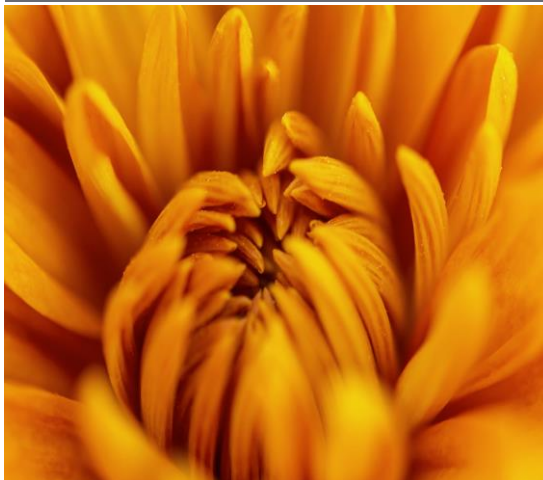
## 2 NURSE LED ENDOCRINE CLINICS

These are weekly nurse-led clinics that are one to one sessions for more complex enquiries or those more personal.



## 3 BREAST SCREENING ROADSHOWS

The team has done several roadshows in local villages alongside other members of the wider breast team.



# THE TEAM

## Profiling

The team have seen The Belbin Team and each member has had their profiling done.

We know we are a strong adhesive team, we all pull our weight and everyone can be relied upon to do their best. We are very lucky! We also have a fair and strong leadership, who value the team and realise that the team is the greatest and most valuable resource.

The Belbin team profiling has highlighted each of our strengths and how we fit together as a team, to achieve our optimum potential. We are looking forward to analysing this information more and making it even more useful.





# Mets Team

## The Team

### **Lou and Hayley**

What started as a team of three has been reduced to a team of two due to illness. With ever-increasing numbers of patients with metastatic disease, more directed treatment and patients living longer with progressed disease this is a growing area, knowledge needs to be updated constantly.

We are adding new Nurse-led clinics to our week, we already run a CDK46 clinic. A new support clinic is starting for those with metastatic breast cancer that need close emotional support. Time set aside for uninterrupted psychological support from one of the metastatic breast CNS.

The team have also been attending face to face community support groups in order to bridge the gap between the community and the hospital.

# Working with the Personalised Care Team

The Primary and Secondary Nurses have had separate days of workshops working closely with the Personalised Care Team. Days that include speakers from the local community and the hospitals. From consultants talking about signs of recurrence to complementary therapies (with the chance to try different therapies) and fashion shop owners coming to talk about ways to dress for menopause or post surgery disguises!

These days also mean we get to work closely with the local leaders of the support groups. We have worked hard to bridge gaps here and now we feel we have a new mutual respect.

## LOOKING FORWARD:

The team are starting to work with the personalised Care Team Physio, looking at pre-habilitation. Exercises that can be done before treatment and how to be fit for surgery.

