



# The Unit

An introduction to the Teenage Cancer Trust Unit

The Teenage Cancer Trust Unit (TCTU) provides care for teenagers 13 years – 18 years of age with cancer and related illnesses. It is one of several such Units in the UK, providing specialist care and facilities for this age group.

The unit has been sponsored by Teenage Cancer Trust, and has been designed with the help of patients, their parents and carers. Its' aim is to provide patient care in a friendly uplifting environment, with other patients of the same age as you, making your hospital stay as enjoyable as possible.

The booklet gives you information about the Ward, however, if there is anything you wish to ask please do so, we are here to help.

#### Contact us:

Teenage Cancer Trust Unit, Clarendon Wing, Leeds General Infirmary,  
Great George Street, Leeds, West Yorkshire, LS1 3EX | 0113 392 7433

The unit in this ward has been  
developed with support from  
**Teenage Cancer Trust**



HELPING YOUNG PEOPLE  
FIGHT CANCER



# The Ward

The Teenage Cancer Trust Unit is an 8 bedded unit. There is one bay with 4 beds in it and 4 single rooms with en-suite bathrooms. Each bed has a chair/sofa bed for a parent/relative or friend (over 16 years) to stay with you over night.

Each room/bed has access to a TV with Freeview and a DVD player. If you have a bed in the bay we will give you headphones to use, or you can bring in your own, so you can listen to the DVD or TV. This is so that the noise doesn't disturb the other young people in your bay, which is especially important after lights out.

The ward has dedicated internet access available to patients and visitors which can be accessed on laptops provided by the ward, or on equipment brought in from home. The wireless internet is provided by Teenage Cancer Trust which means that you will get filtered internet access appropriate to your age.

# Day Room

This room is mainly for the use of patients (13 years plus). This room cannot be used just for parents or any other visitors unless they are invited in by the young people. This room is your space, your rules, and is open 24 hours a day. This is the only place on the ward where we will not do anything 'medical' in or have any 'medical chats'. This is a space for you to have fun, chill out and be 'normal.'

## The day Room has:

- Sky+ HD
- TV plasma screen
- DVD player
- Internet access
- Musical instruments
- Juke box (iPod docking station)
- Games corner with the latest consoles and games
- Cupboard space to store your food (please label food)
- Fridge/freezer to store your food (please label food)
- Table for group activities and meal times

The day room activities are organised by the Youth Support Coordinator. There are varied projects, and workshops to suit all interests and to enjoy, relax and distract you away from having your treatment. We hope that they make your day go quicker!



- Alton Towers
- Knowsley Safari Park
- Indoor Golf
- Away weekends
- Bowling
- Cinema
- Theatre
- Find Your Sense of Tumour Conference
- Safe anchor trust - day trip on narrow boat
- York dungeons
- Xscape - sledging
- Flamingo Land
- Ellen McArthur Trust - sailing trip
- Party in the Park
- Christmas Party
- Royal Albert Hall - TCT concerts
- Being in the audience of TV shows, i.e. Justin Lee Collins, Jeremy Kyle
- Celebration Balls
- Chester Zoo
- Trip to the Deep in Hull
- Croft Circuit – Touring Cars
- Beach Day
- to name but a few....

# Social Time

We are very sociable on and off the ward and we aim to give young people an opportunity to spend time with others who are going through a similar experience.

The activities are varied to suit different needs and age ranges. Most importantly we have activities so that you can support each other, gain confidence, relax and have fun.

If you are aged between 13 - 25 years who would like to get involved with the social events please contact your Youth Support Coordinator, ward 78 - 0113 3927433

## Parents Room

# Parents Room

There is a room on the ward, which is for parents and visitors to use. This is equipped with kitchen facilities, including a microwave, fridge/freezer, a wide screen TV and sofa to relax.

It also has internet access with laptop to help keep contact with families and work. There is also a toilet and a shower.



# Quiet Room

We have a quiet room which is also used as a therapy room and a place for you to relax and chill with your friends and family.

The room is open 24 hours a day.

## Therapies

We have therapists who come onto the ward and provide a number of therapies including reflexology, rekki, hand and foot massages, acupuncture, and deep relaxation. These are available upon request.



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All members of staff can be identified by their official name badges. You will quickly find that there are many professionals on the unit who will be looking after you. Each member of staff has a specific role and many skills. This is called a multidisciplinary team. Some of those people are described on the next few pages;

You will be able to recognise the staff by their uniforms:-

# Who's Who



Consultant Nurse  
navy + purple piping



Matron  
navy + red piping



Nurse Specialist  
purple



Senior Sister/  
Charge Nurse  
navy blue



Junior Sister/  
Charge Nurse  
royal blue



Staff Nurse  
light blue



Ward Clerk  
turquoise



House Keepers  
grey



Doctors  
non uniform



Youth Support  
Coordinator  
non uniform

# Who does what?



## Doctors

You will have your own Consultant. This person is the expert in treating your disease and will lead your care. There are other grades of Doctors that you will see. They are Specialist Registrars and Junior Doctors, who you will see on a day-to-day basis. They do not wear uniform.



## Nurses

The majority of the nurses on the Unit are very experienced in looking after young people just like you! They are also expert in caring for people with cancer. You will soon get to know the nurses, and you can tell who's who by the colour of their uniform and their name badges. We all call each other by our first names - (so, not too much formality.)



## The Ward Clerk

Is very important! She answers the phone, organises your appointments, transport, parking, accommodation and makes endless cups of tea for anyone who wants one!



## The Housekeepers

Keep us in check, and stop us from being too messy. They also help with giving out the meals.



## The Dietitian

Is the person who gives us advice about nutrition. You all need the right nutrients to help you to get better. They do not wear uniform.



## Physiotherapist

Is someone who specialises in joints, bones and mobility. They are also experts in problems with 'breathing', and can be of huge help in the event of a chest infection or after surgery.



## Pharmacist

Expert in the drugs that you may be given. They are a valuable source of advice and help, and will help to ensure that you are given the correct drugs at the right time. They do not wear uniform.



## Youth Support Coordinator

Provides you with entertainment, projects and activities to help your stay be a little more pleasant while you are on the unit. They also provide social support away from the unit. They do not wear uniform.



## Learning Mentor

Helps you to maintain your education while you are having treatment, this is whether you are in school, College, University or vocational study.



# Who does what?

## **Psychologist**

There may be times when you, or a member of your family, feel a bit 'down.' This is to be expected. The psychologist is an important member of our team who is able to speak with you and help you to discuss your feelings and help you to cope. Lots of our patients and families speak to the psychologists and you will see them on the ward working as a part of our team.

## **Nurse Specialists**

When you start your treatment with us, you will be allocated a TYA (Teenage & Young Adult) Nurse Specialist. This nurse will come and meet you and will keep in contact with you throughout your treatment, and beyond. They will visit you at home, and will be able to help and advise about any aspect of your illness and its treatment. They will also work with your GP, district nurse, social worker in order to help make your experience as problem-free as possible. Some of them are called 'Macmillan Nurses' after the charity that funds them.

## **Social worker**

Every young person who comes to our unit will be allocated a Social Worker. They will be able to offer advice and support throughout your treatment on the unit, and even when you have completed it. They will also be able to help with finances if needed.



# Eating in Hospital

Mealtimes and menus are quite flexible, but as a rule of thumb meal times are as follows:

Breakfast - When you wake up  
Lunch - 12pm  
Dinner - 5pm

## Food hygiene

The hospital has a strict code of practice on food hygiene which must be adhered to. We are not allowed to let you bring home-cooked food for re-heating. Pre-packed/processed food/drinks/yogurts can be brought in and stored in the ward refrigerator. All food must be labelled and dated.

You will be given more information and advice about your food at the beginning of treatment.



# Nutrition & Diet

During your treatment you will often have phases where your appetite is not so good. This will most likely be due to the side effects of your treatment but it may also be due to anxiety about your treatment.

You may well have experienced a poor appetite and weight loss prior to your diagnosis in which case we aim to help prevent further weight loss and re-gain some of the weight you have lost.

## Why is nutrition important?

The better nourished you are, the better you will be able to fight infections, the better you will tolerate your treatment and your body will be more able to build and repair healthy tissues that have been damaged by the chemotherapy or radiotherapy.

There is a leaflet available and the dietitian can give you advice on:

- \* Eating problems related to the side effects of your treatment
- \* Food safety guidelines
- \* Nutritional support, supplement and tube feeding



# Day to Day

## Visiting hours

The ward has flexible visiting, this means that visitors can come throughout most of the day, but we do ask that no visitors come after 9pm. In fairness to all patients we also ask that no more than four visitors per patient visit at any one time unless by prior arrangement and ask visitors to keep noise to a minimum.

## Lights Out

Although we have no rules regarding 'lights out', we do ask that you are considerate of other patients and do not have the television on in the bay if others are sleeping; the dayroom can be used for this purpose. Mobile phones are allowed, but please keep them on 'silent' and be considerate when using them. Please use your headphones when watching TV after lights out.

## Smoking

The hospital has NO SMOKING policy, so smoking is not allowed anywhere in the hospital. There are places where people are allowed to smoke outside.

## Drugs

Drugs, of the illegal kind, will NOT be tolerated on the Ward and, if found, will be dealt with in the appropriate way.

We encourage all of our young people to get out of bed and dressed in the morning. It helps to have a routine and structure to your day.

# Good to know..



## Getting to and from hospital

Most people make their own arrangements to travel to and from the hospital. However, if you have difficulties, please talk to the staff on the ward and they may be able to help you.



## Car parking

If your parents are residents then they will be able to have a car parking permit.

Car Parking at the LGI is very difficult but we have a few places allocated to us. We recommend that, wherever possible, you leave your car at home. We hope that this will become better in the near future.



## Cash machine

There are two cash machines available, one in Clarendon Wing main entrance (in the shop) and one in Jubilee Wing entrance.



## Shop

There is a shop based in Clarendon Wing entrance selling newspapers, cards, snacks and a small Costa Coffee shop. Also in Jubilee wing there is a bigger snack shop and Costa Coffee shop



## City centre shops

Being near to the City Centre has its perks! There are a large variety of shops in the centre which is about a 10 minute walk from the LGI. All the main stores can be found there.



## Places to eat

As we are very close to the City Centre there are several places to eat very locally. In the hospital there is a canteen on Level C in Clarendon Wing.

Teenage and Young Adult Facilities on

# Outpatient and Day Case Unit

## Waiting Room

There is separate waiting room for young people and families to wait, though you are welcome to use the main waiting area too.

Toilet and baby changing facilities are situated outside the main waiting room and in the entrance by the lift.

## Food & Drink

There is a kitchen where tea, coffee and soft drinks are available, situated next to the main waiting area. There is a microwave for your use – please help yourselves!

## Teenage Bay

There is a dedicated bay for teenage and young adults receiving day case treatment.

## Recreational Activities

There is freeview TV and Internet connection by each bed, as well as in the waiting area. Also available are DVD's, board games and a games console as well as other activities, please speak to the play leaders for these.

C Floor Clarendon Wing

0113 3927179



# Research

## Information

The team of professionals who are looking after you are happy to answer any questions you may have – feel free to ask.

The unit has a wide range of information booklets. You will find most of these in the leaflet rack on the ward. If there is a specific topic that you wish to know about, please ask.

While you are a patient at the unit, you may be asked if you would like to be some research studies or a Clinical Trial.

Research about cancers in teenagers and young adults is very important and helps us to improve the treatment and the care that we give.

Your doctor or a research nurse will give you all the information you need to help you make a decision. If you want to know more please ask. It is important to remember that you can say 'no' to taking part at any point.

## What is a Clinical Trial?

A clinical trial is a test of new ways of giving treatment to see if it is any better than the treatment we give at the moment. This is the way that medicine advances. Trials always run to strict rules to make sure they are fair to the people taking part. Not everyone will be eligible to take part in a trial. If you are eligible for a trial, your doctor will go through this information very carefully.

# Tests

## Why do we have pre treatment tests?

Chemotherapy can affect the function of various organs in the body. You will have tests before you start treatment, and on a regular basis throughout the course of your treatment. The tests you need to have depend on the particular course of treatment you are having. The nursing and medical staff will tell you in details about the tests you need. Some of the tests are listed here

### Lumbar Puncture

This test involves a needle being inserted into the spine and small amount of fluid taken for sampling. This is mostly done whilst you are under an anaesthetic.

### Echocardiogram (ECHO)

This test assesses your heart function, this will be carried out before you start any treatment and regularly whilst you remain on chemotherapy. This simple test is a scan/ultrasound of the heart and doesn't require any needles.

### Audiometry

This is a simple hearing test, you will sit in a quiet room and will be asked to listen to a series of tones via headphones.

### Scans

You may need a scan to help to work out what is wrong with you. During your treatment, scans are also used as a way to see how you are responding to treatment. There are various different scans and your Consultant will discuss with you which is the most appropriate.

### Lung function Test

This test assesses how your lungs function. It involves breathing into some tubes.

### Bone Marrow Aspirate

This test involves taking a sample of bone marrow, usually from the hipbone. This is usually done whilst you are under anaesthetic.

### Blood Tests

Blood samples are taken before, during and after treatment. These help us to assess how your bone marrow, liver and kidneys are working. The nursing staff will explain your 'blood count' to you in more detail.



# Community

## Helpful websites

[www.jimmyteens.tv](http://www.jimmyteens.tv)

this website has a collection of other patients video diaries, experiences and animations. There are also messages rooms where you can contact other young people with cancer.

[www.teenagecancertrust.org](http://www.teenagecancertrust.org)

teenage cancer trust keeps you up to date with TCT events and also allows you to post messages to other patients from around the world.

[www.nhs.uk/youngcancercare](http://www.nhs.uk/youngcancercare)

has lots of information and links to some cancer information

[www.clicsargent.org](http://www.clicsargent.org)

has lots of information and support for cancer related issues

[www.tctuleeds.com](http://www.tctuleeds.com)

our own website! find out about upcoming trips and events

[www.candlelighters.org.uk](http://www.candlelighters.org.uk)

information about Yorkshire's children's cancer charity

## Day Room

We expect, where possible, the young people to get up, out of bed and dressed. At the centre of the ward is a day room which is a place where the families gather, the Youth Support Coordinator arranges lots of activities, so there is little chance to be bored!



# Going Home

This is an exciting time and you may think you have lots to remember. The nurses will make sure you know and have everything you need, meanwhile, here is your checklist:

- Have I packed all my belongings?
- Have arranged my transport?
- Have I made my next appointment?
- When do I need to come back?
- Make sure you have the appropriate equipment such as bungs
- Have I got my medications to take home?
- What do I do about School, College or Work?
- Have I got all the correct contact numbers?

**Don't forget, we are just  
a phone call away!**

If you need a prescription before you go home please allow plenty of time. There can be a couple of hours wait at pharmacy, so if you know that you need one let a nurse know as soon as possible. Please ensure the staff know which medications you do not need if you already have a supply at home!