

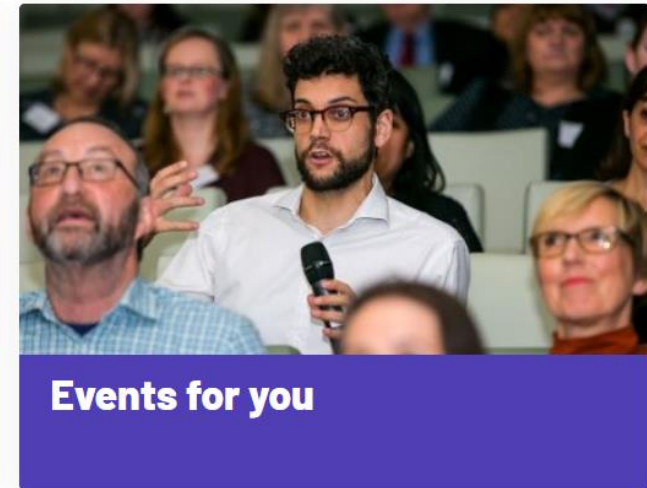
Pancreatic  
Cancer  
UK

Pancreatic Cancer; support for you & your patients

**Pancreatic  
Cancer  
UK**

# **Supporting Health Care Professionals**

## Health Professional Support and Information Bulletin



By joining our bulletin you will:

- Hear about the latest pancreatic cancer updates
- Be the first to hear about our upcoming events
- Find out about and order free copies of new and updated pancreatic cancer publications

<https://www.pancreaticcancer.org.uk/health-professionals/health-professional-support-and-information-bulletin/>

## **PERT training - Online course**

A health professional's guide to pancreatic cancer and PERT, endorsed by the British Dietetic Association and Pancreatic Society of Great Britain and Ireland.

Free | 30 – 45 minutes

[Take our short course](#)



### **New hub on pancreatic enzyme replacement therapy (PERT)**

Visit our new hub for resources on pancreatic cancer and PERT, including our short online course endorsed by the British Dietetic Association and the Pancreatic Society of Great Britain and Ireland, and guides for health professionals and patients.

[Visit our PERT Hub](#)



<https://www.pancreaticcancer.org.uk/health-professionals/pert-hub/>

## Take our Introduction to pancreatic cancer online course

Our three-part introduction to pancreatic cancer course provides an overview of pancreatic cancer, from how it presents and the symptoms associated with the disease, to treatment options and the ongoing supportive care needs of people with pancreatic cancer.

Take the course now

Our **three-part introduction to pancreatic cancer course** provides an overview of pancreatic cancer, from how it presents and the symptoms associated with the disease, to treatment options and the ongoing supportive care needs of people with pancreatic cancer.

- Part one shares the **symptoms, risk factors and diagnosis** of pancreatic cancer. [Sign up to the course now.](#)
- Part two discusses the **surgical and non-surgical treatment options** for pancreatic cancer. [Take the course now.](#)
- Part three explores **symptom management** for pancreatic cancer such as pain, fatigue, diet and the psychological impact. [Start the course now.](#)

This course is designed for **all healthcare professionals with no or limited experience of pancreatic cancer**, or those looking for a refresher.

Each part of the course will take **approximately 30 – 40 minutes to complete** (dependent on existing knowledge) and you will receive a **CPD certified course certificate** upon completion.

To be one of the first to hear about future launches, [sign up to our Health Professional Support & Information Bulletin.](#)

## **Webinars watch again...**

**Supporting your patients with  
pancreatic cancer | 16th & 23rd  
May 2023 | Virtual**

[Show more](#)

**Psychosocial support within  
pancreatic cancer | 27th April  
2023 | Virtual**

[Show more](#)

**Diabetes and pancreatic cancer |  
21st March 2023 | Virtual**

[Show more](#)

**Pancreatic  
Cancer  
UK**

# **Supporting those with Pancreatic cancer**



Providing cancer patients with information helps patients with decision making, prepares them for treatment and helps them cope with adverse effects associated with it, reduces anxiety and depression, increases satisfaction with treatment, improves communication with family and improves quality of life

(Davison BJ, Breckon EN. Impact of health information-seeking behavior and personal factors on preferred role in treatment decision making in men with newly diagnosed prostate cancer. *Cancer Nurs.* 2012;35:411–418)





## Publications

### New patient packs

- A pack for people with **operable pancreatic cancer** (stage 1 or stage 2)
- A pack for people with **inoperable pancreatic cancer** (stage 3 or stage 4)

Diet

Chemotherapy

Surgery

Stents

Fatigue etc

Easy read options

<https://publications.pancreaticcancer.org.uk/>

## SIDE BY SIDE



A support service for people affected by pancreatic cancer who have had, or are likely to have, surgery to remove their cancer. It gives you the chance to speak to a trained volunteer who has been in a similar situation to your own.

<https://www.pancreaticcancer.org.uk/support-for-you/side-by-side-support-for-before-and-after-surgery/>

## Pancreatic cancer that can be removed by surgery

A guide if you have just been diagnosed



## Diet and pancreatic cancer



## How to manage problems with digestion using pancreatic enzyme replacement therapy (PERT)

This fact sheet is for anyone who has been diagnosed with pancreatic cancer. Your family may also find it helpful. It explains how to manage problems with digestion, which are common if you have pancreatic cancer.

The pancreas plays an important role in digestion, as it produces enzymes that help to break down the food we eat. Nutrients from the food are then absorbed into the blood and used by the body. Pancreatic cancer and surgery to remove the cancer can reduce the number of enzymes your pancreas makes. This means that you can't digest your food properly, so the nutrients in the food aren't absorbed. This is called **malabsorption**.

These digestion problems can be managed by capsules that replace the enzymes your pancreas would normally make. This is called **pancreatic enzyme replacement therapy (PERT)**. This fact sheet explains how to take PERT.

Speak to your dietitian, doctor or nurse for support with digestion problems and PERT.



You can also speak to our specialist nurses on our confidential Support Line. Call free on **0808 801 0707** or email [nurse@pancreaticcancer.org.uk](mailto:nurse@pancreaticcancer.org.uk)

The screenshot shows the top navigation bar of the Pancreatic Cancer UK website. It includes social media icons for Facebook, Twitter, LinkedIn, Instagram, and YouTube. A dark grey bar contains links for 'For health professionals', 'Information for researchers', 'COVID-19 information', and 'Talk to a nurse: 0808 801 0707'. Below this is a purple navigation menu with 'Pancreatic Cancer UK' on the left, 'Information about pancreatic cancer', 'Support for you', 'What we do', 'Research', and 'Get involved' in the center, and a search icon and a red 'Donate' button on the right. A breadcrumb trail reads 'Home > Information about pancreatic cancer > Managing symptoms and side effects'. The main content area features a large image of a woman and a man in conversation, with the following text overlaid:

## Managing diabetes if you have pancreatic cancer – information about type 3c diabetes

If you have pancreatic cancer or have had surgery to remove the cancer, you may have a type of diabetes called type 3c diabetes. This information is for people with type 3c diabetes.

## **Diet after a stent or bypass surgery**

This page has information on managing your diet after a stent or bypass surgery.

## **Stents and bypass surgery for pancreatic cancer**

This fact sheet is for people with pancreatic cancer who are having a stent or bypass surgery. These treatments help symptoms caused by the cancer blocking the bile duct or duodenum. Family members may also find it helpful. It describes what the treatments involve, possible side effects, how they can affect your diet, and recovering afterwards.

### **Contents**

What are stents and bypass surgery used for? .....	2
What are stents and when are they used?.....	3
Stent for a blocked bile duct .....	4
Stent for a blocked duodenum .....	6
Are there any problems with stents? .....	7
What is bypass surgery and when is it used? .....	9
After your bypass surgery .....	13
Are there any side effects from bypass surgery?.....	14
Diet after a stent or bypass surgery .....	15
Coping with pancreatic cancer .....	16
Further information and support .....	17

Each hospital will do things slightly differently so use this fact sheet as a general guide. Ask your doctor or nurse for more information about your treatment.



You can also speak to our specialist nurses on our confidential Support Line.  
Call free on **0808 801 0707** or email **nurse@pancreaticcancer.org.uk**

1 in 4



people diagnosed with pancreatic cancer  
will die **within a month**

In contrast, only 1 in 10 people will die on average if  
diagnosed with one of the 20 common cancers

3 in 4



people diagnosed with pancreatic cancer  
will die **within a year**

In contrast, only 3 in 10 people will die on average if  
diagnosed with one of the 20 common cancers

## Pancreatic cancer and end of life care

Information for people in the  
last few months, weeks or  
days of life



**Pancreatic Cancer UK**

**You don't have to face pancreatic cancer alone**

Let us help you and your family today.

**Pancreatic Cancer UK**

**We're here to guide you through every stage**  
In addition to our nurse Support Line, our range of services are here when you need them most.

**Expert information**

Our free information covers everything about pancreatic cancer to help you understand your diagnosis, ask questions, make decisions and live as well as you can.



**Living with Pancreatic Cancer Online Support Sessions**

Our online support sessions are hosted by our specialist pancreatic cancer nurses and will give you the chance to connect with others who have also been diagnosed.



**Side by Side service for people having surgery**

This phone service connects you to trained volunteers who have already had pancreatic cancer surgery. They understand what you might be going through and share their own experiences of both before and after surgery.



**Online forum**

The forum is a supportive online space where everyone affected by pancreatic cancer can be there for one another at any time.



**Pancreatic cancer Support Groups**

Run by people affected by pancreatic cancer, these groups are an opportunity for people to meet others and support each other.



**Real life stories**

Read other people's experiences of pancreatic cancer on our website to find out how they coped with their diagnosis and treatment and their tips on looking after themselves.



Whether it's support for you, or a friend or family member, our services are available now. Find out more at

[pancreaticcancer.org.uk/getsupport](https://pancreaticcancer.org.uk/getsupport)

Or you can call one of our nurses on

**0808 801 0707**

**Pancreatic Cancer UK**

**Our specialist nurses are here to talk now**  
If your world has been turned upside down by a pancreatic cancer diagnosis, we are here to talk now. We can answer your questions, recommend practical steps and provide the emotional support you and your loved ones need, when you need it most.

**You don't have to face pancreatic cancer alone**  
Let us help you and your family today.

**Waiting for your call**

Specialists in pancreatic cancer, we are only a call or email away. You can contact us about anything - managing symptoms, questions about your diagnosis, treatment options or just to talk about how you're really feeling.

**A specialist nurse, dedicated to you**

We can assign a dedicated nurse who stays with you through everything and gets to know you and your situation. Supporting over 2,000 people affected by pancreatic cancer each year, we are specialists in pancreatic cancer.

**Unlimited time and bespoke follow-up**

From 4 minutes to 40 minutes, we can talk and listen for as long as you need. After your call, we can provide personalised information by email or post, explaining the next steps and giving you confidence to move forward.



Call our free and confidential Support Line today

**0808 801 0707**

You can email our nurses at

[nurse@pancreaticcancer.org.uk](mailto:nurse@pancreaticcancer.org.uk)

**Nurse Support Line**

Specialists in pancreatic cancer, our friendly nurses are only a phone call away and are here to answer questions and talk for as long as you need.

**0808 801 0707**  
Mon to Fri 10am - 4pm

[nurse@pancreaticcancer.org.uk](mailto:nurse@pancreaticcancer.org.uk)





## **Support line**

We are here to support and listen. Our free and confidential Pancreatic Cancer UK Support Line is a lifeline for thousands of patients, families and friends.

Our Support Line Nurse have lots of PC experience and expertise  
A fantastic resource that compliments all the support people get within the NHS

**0808 801 0707**

**Weekdays Mon, Tues, Thurs & Fri 9-4**

**Wed 10-4**

**nurse@pancreaticcancer.org.uk**



# Webinars

## Emotional Wellbeing and pancreatic cancer 12th December 2023, 6pm to 7.30pm

Join us for this free evening webinar where we will talk through some of the different emotional responses you can expect and how to get the right support – from talking to friends and family, to reaching out to us and other organisations, and thinking about when you might need more specialist help.

There will be a Q&A to allow you to ask any questions you might have.

### Recordings of previous webinars

- [Webinars about diet and pancreatic cancer](#)
- [Webinars about diabetes and pancreatic cancer](#)
- [Webinars about living well to the end of life](#)
- [Webinars about having treatment for pancreatic cancer if you can't have surgery](#)

## Virtual Support Sessions

100% of people who have given us feedback said they would recommend attending one of our online support sessions to someone else who is diagnosed, or supporting someone, with pancreatic cancer.

- Managing Symptoms
- Managing Nutrition and Pancreatic Enzymes
- Managing Chemotherapy
- Family, Friends and Carers' Cuppa
- Cuppa

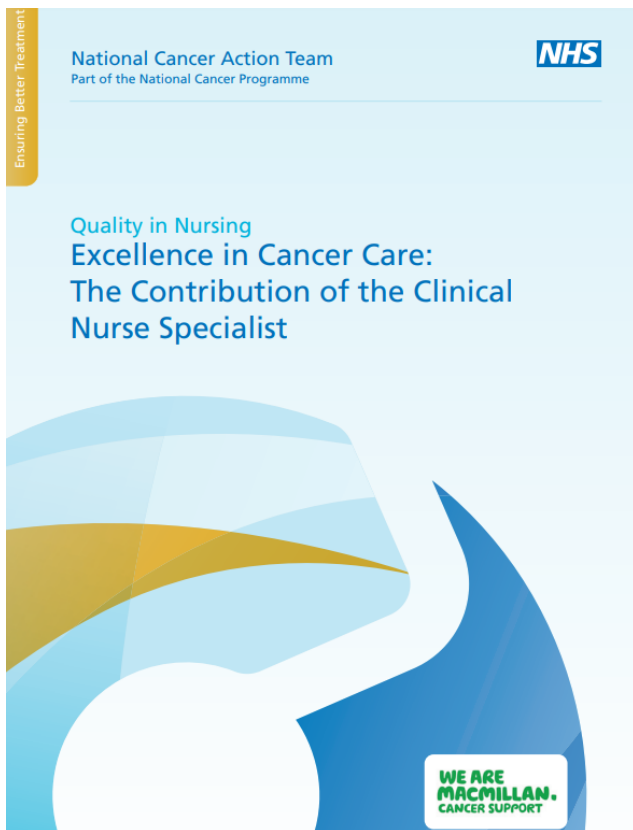
<https://www.pancreaticcancer.org.uk/support-for-you/living-with-pancreatic-cancer-support-sessions/>



Pancreatic  
Cancer  
UK

The Role of the Clinical Nurse Specialist: My Experience





## Improving quality and experience of care

- Managing complex, individual and changing information and support needs of patients and carers
- Supporting patients in choices around treatment and care
- Enhancing recovery and delivering care flexibly and closer to home
- Facilitating set up of support groups

## Reinforcing safety

- Delivering safe, nurse-led services
- Using vigilance of symptoms and drug toxicity to trigger rescue work
- Identifying and taking action to reduce risks
- Facilitating rapid re-entry into acute services, if appropriate

### Impact of key CNS-led activities

## Increasing productivity and efficiency

- Intervening to manage treatment side effects and/or symptom control, preventing unplanned admissions
- Providing nurse-led services that free up consultant resource
- Empowering patients to self-manage their condition

## Demonstrating leadership

- Educating the wider healthcare team and acting as a mentor
- Identifying and implementing service improvement and efficiencies
- Determining measurable outcomes, auditing practice, and sharing good practice and innovation

- There are many different types of 'CNS' in many settings
- There are no specific guidelines to what the CNS role is
- Those with PC will likely come across several different CNS's along the way, such as
  - At presentation – CNSs leading rapid diagnostics and vague symptom services
  - Diagnostics – CNS working in interventional radiology
  - At their referring hospital – CNS who will be classed as their key worker
  - Surgical CNS
  - Oncology CNS
  - Palliative Care CNS



2000 – 2003 Nurse Training at University of Nottingham



2003 – 2007 Staff Nurse Oncology and Haematology

**2007 – 2008 Off Travelling**



2008 – 2009 Chemotherapy Nurse The Christie

2009 – 2011 Chemotherapy Sister

2011 – 2017 HPB & NET CNS The Christie



2017– present Pancreatic Nurse Specialist PCUK

# Pancreatic Cancer

UK

Empathy  
for patients  
and their  
families

Excellent  
decision-  
making  
abilities

Ability to  
assess  
patients'  
holistic needs

Advanced  
clinical /  
diagnostic  
skills

Advanced  
communication  
and advocacy  
skills

- Lone worker; one CNS in a large regional tertiary center
- Available and visible in all HPB/NET clinics sessions each week
- Having initial discussions with new patients – particularly challenging for new NET
- Communication skills are essential to have development in – complete advance comms course.
- A robust induction – nurturing team
- Assessment skills – facilitating hospital admissions or preventing unnecessary hospital admission.
- Questions, answers and listening
- Liaison with wider regional MDT
- Across boundary relationships – GP, Pall Care.



Innovation,  
project  
management  
and change  
management

Acting as a  
key worker  
across the  
whole care  
pathway

In-depth  
knowledge  
of a tumour  
area

Leadership  
within  
the MDT and  
wider cancer  
team

- I worked alone, one CNS in a large regional tertiary center
- Sit on MDT's
- Key worker for all new and existing NET and HPB patients at the Christie
  - 500 new patients a year – probs >1500 ongoing NET patients in FU
- Support the role of the CNS across the region & nationally
- **8 years oncology experience going in the role**
- Liaised with all referring center CNSs/MDT co'ord
- Service reviews and innovations
- **Working in collaboration with UGI and HPB Dietitian closely**

‘I think that collaboration is **better for the patient experience** but also **better for the individual professionals**. I have always really liked working collaboratively with CNS's as whilst we all have different roles, they all interlink’

- CNS role is varied, often misunderstood
- Supportive inductions and working environments are key to success
- Advocacy is the cornerstone of the CNS role, for the patient and their family
- Working collaboratively with other members of the MDT **particularly** the dietitian can enhance the patient experience
- This collaboration is also rewarding for the HCP and benefits the overall service
- Wider CNS collaboration, peer to peer support, sharing practice is essential to role satisfaction
- Being a CNS can be an isolating role, so collaboration with other CNS is key
- Being a CNS is a fantastic, rewarding, challenging job

## We need your help!

**What we need help with** we're running a project all about our support services and want to speak to people diagnosed with pancreatic cancer in the last 3 years, and those supporting them.

**What is the project** we want to be able to support as many people as possible living with and affected by pancreatic cancer so that we can make the biggest difference to people's lives. In order to do this, we're particularly keen to hear from those who have never been in contact with the charity before to understand where we can help and provide support.

**What's our ask of you?** to join a 1hr Zoom (or telephone) call with one of the project team to better understand the types of support and services you needed, used and how effective they were.

**When** we'd like to speak to people as soon as possible.

**Incentive** we will offer a gift voucher to anyone who takes part as a thank you and in recognition of you giving your time to this.

**Where can you sign up** either by <https://bit.ly/pcuk> or scan the QR code below to fill in a form.

**If you have any questions** please email us at [servicesreach@pancreaticcancer.org.uk](mailto:servicesreach@pancreaticcancer.org.uk)



<https://bit.ly/pcuk>

Pancreatic  
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Thank you for listening  
[Lynne.mccallum@pancreaticcancer.org.uk](mailto:Lynne.mccallum@pancreaticcancer.org.uk)