

Teenagers and Young Adults Cancer Service

This leaflet gives information about the Teenagers and Young Adults Cancer Service. If you have any further questions, please speak to a doctor or nurse caring for you.

What is the Teenagers and Young Adults Cancer Service?

St George's Hospital is a designated hospital for teenagers and young adults (TYA) with cancer. The TYA Cancer Service works alongside your site-specific cancer team to provide specialist, age-appropriate care to young people aged 16-24 who have cancer.

The TYA Multidisciplinary Team (MDT)

The TYA MDT is a group of doctors, nurses, physiotherapists, social workers, chaplains, dietitians, occupational therapists, psychologists and speech and language therapists.

They provide a range of care that covers emotional, psychological, practical, transitional, as well as social support and general advice to teenagers and young adults with cancer. Equally, friends, family and relatives are supported to help ensure a holistic approach to the care you receive.

These specialists work together to support you through your treatment as well as to provide aftercare.

The TYA Lead Clinician

Dr Ruth Pettengell is a consultant oncologist and the lead clinician for the TYA cancer service at St George's Hospital.

Together with the TYA Clinical Nurse Specialist, Dr Pettengell is responsible for developing the TYA Cancer Service. Dr Pettengell also works with paediatric and adult medical teams to ensure that all patients have a named consultant who is an expert in their care.

TYA Clinical Nurse Specialist (CNS)

The TYA CNS ensures the needs of young people with cancer are met and that patients are provided with specialist, age-appropriate care. The TYA CNS works closely with the team at The Royal Marsden Hospital and The Teenage Cancer Trust. Support you can expect from the TYA CNS includes:

- Offering a holistic needs assessment to identify any financial, practical and emotional concerns.
The assessment is performed online through the IAMs Portal. The TYA CNS will help you access this integral part of your care.
- Visiting young people in clinics or on wards / day units whilst they are having treatment to discuss continuing care.
- Supporting young people to navigate their cancer pathway and promote a culture that supports self-management of the continuing consequences of cancer and its treatment.
- Liaising with schools, universities and employers and referring to relevant support services including counselling, welfare and money advice.
- Engaging young people in peer support activities.

Who is eligible for the service?

Teenagers and young adults aged 16-24 who have been diagnosed with cancer before their 25th birthday.

Young adults aged 19-24 can choose to have their treatment at St George's Hospital which is a designated TYA hospital or at The Royal Marsden Hospital which is a principal treatment centre for teenagers and young adults with cancer. The TYA team is available to help support you in making this decision. Wherever you choose to have your care, your treatment plan will be discussed in the TYA Multi-Disciplinary Team meeting at The Royal Marsden Hospital, to ensure you get the best possible treatment.

The Teenagers and Young Adults Day Room



The TYA cancer service runs regular support activities and events in the hospital's TYA day room. These events give young adults a unique opportunity to meet peers with similar experiences, to share information and support each other. The TYA day room is funded by donations from St George's Hospital Charity and the community group Furzedown FACE. It is located on the 2nd floor of St James' Wing in the Ruth Myles Day Unit, away from the hectic wards and clinical areas.

The TYA day room is a unique, friendly, comfortable and safe space where young adults can meet, study, game and watch TV. It's a base for the TYA CNS to hold holistic follow-up clinics

for TYA patients undergoing treatment or for those that have completed treatment. Transition clinics can also be held in the TYA room for patients who are progressing into adult or TYA services from paediatric care. The room is also used by the TYA CNS with other members of the MDT to provide holistic care and support to TYA patients at St George's Hospital.

Acute Oncology Service (AOS)

The AOS at St. George's Hospital is a team of specialist doctors and nurses that assists the medical teams and advises on care relating to complications of treatment. You will be given information about the AOS by your specialist cancer team. This service is for TYA patients being treated under the oncology and lymphoma teams in adult services and agreed shared care between St George's Hospital and the hospital from which you receive your care.

Paediatric Oncology Shared Care Unit (POSCU)

Teenagers up to the age of 18 years are jointly cared for by their Primary Treatment Centre (PTC) and the POSCU team at St George's Hospital. The PTC will direct care and most inpatient treatment will be given at the PTC. The Paediatric Oncology Shared Care Unit MDT is comprised of the same type of professionals as the TYA MDT. More information about the POSCU service will be given to you and your family by our POSCU CNS as soon as possible after diagnosis.

How can I contact the TYA Team?

TYA Clinical Nurse Specialist

- **Tel:** 07500 982 800 (Monday to Friday 9am to 5pm)
- **Web:** [Teenage and Young Adult \(TYA\) Cancer Service - St George's University Hospitals NHS Foundation Trust \(stgeorges.nhs.uk\)](https://www.stgeorges.nhs.uk/tya)

St George's Hospital Switchboard – Haematology Out of Hours

- **Tel:** 020 8672 1255
- Ask for the Haematology Specialist Registrar

Haematology & Oncology Schedulers

- **Tel:** 020 8725 4370
- Monday to Friday 9am to 5pm

Acute Oncology Service Hotline (24 Hour Hotline)

- **Tel:** 07831 147 653
- **Web:** [Ambulatory Oncology Care Unit \(AOCU\) - St George's University Hospitals NHS Foundation Trust \(stgeorges.nhs.uk\)](http://www.stgeorges.nhs.uk)

Useful sources of information

The following links are useful websites. Please, get in touch if you want to know more about these or other sites that may be of interest.

Teenage Cancer Trust

- **Tel:** 020 7612 0370
- **Web:** [Teenage Cancer Trust | UK Cancer Charity](http://www.teenagecancertrust.org)

Young Lives vs Cancer

- **Tel:** 0300 303 5220
- **Web:** [Young Lives vs Cancer - we'll face it all, together](http://www.younglivesvs.com)

Trekstock

- **Web:** [Trekstock](http://www.trekstock.com)

Teens Unite

- **Tel:** 0199 244 0091
- **Web:** [Teens :\) Unite Fighting Cancer | Nobody likes the 'C' word' \(teensunite.org\)](http://www.teensunite.org)

The Willow Foundation

- **Tel:** 0170 725 9777

- **Web:** [Willow – We create precious memories in the toughest times. \(willowfoundation.org.uk\)](http://willowfoundation.org.uk)

MOVE Cancer Charity

- **Web:** [MOVE Charity - Cancer, Support, Exercise](http://movecharity.org.uk)

Macmillan Cancer Support

- **Tel:** 0808 0808 00 00
- **Web:** [Teenagers and young adults | Macmillan Cancer Support](http://macmillan.org.uk)

Ellen MacArthur Cancer Trust

- **Web:** [Believe in a brighter future \(ellenmacarthurcancertrust.org\)](http://ellenmacarthurcancertrust.org)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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