

# Breast Personalised Stratified Follow-Up 5 year Programme (PSFU)

**This leaflet explains the Personalised Stratified Follow Up (PSFU) programme supporting patients who require five years of mammographic surveillance following diagnosis of atypical cells.**

**If you have any further questions, please speak to a doctor or nurse caring for you.**

## **What is Personalised Stratified Follow-Up (PSFU)?**

PSFU is a type of follow-up at St George's Hospital.

We have introduced PSFU as it has been shown to be better for patients. It means that you don't have to make unnecessary trips to the hospital at times when you are feeling perfectly well.

Patients often find traditional clinical appointments are a source of anxiety and can lead to them being tempted to put off reporting worrying signs and symptoms if a routine clinical appointment is "not too far away".

Also, it has been proved that new problems are unlikely to be picked up by clinical examination alone. Most are identified by patients themselves, in between routine appointments.

## **What information will I be given?**

In addition to this leaflet, you will be given a Breast Aware leaflet which includes the specific symptoms that you should report. You will also be sent a PSFU enrolment letter which will include arrangements for annual mammograms and how to use the special direct helpline which gives you fast access to a breast care nurse if you need it.

## **Will I continue to have routine mammograms?**

Yes, you will continue to be called for yearly mammograms. This will be for five years after your diagnosis.

## **How will I get my mammogram results?**

If your mammogram is normal, then we will write to you and your GP with the result. We will then book your next mammogram for 12 months' time.

If your mammogram indicates that further tests and assessment are needed, we will invite you for an appointment with one of our breast surgeons. This will be held at the Rose Centre.

## How can I access the breast service in the event of concerns?

You are encouraged to call the breast care nurses on the dedicated PSFU helpline telephone number if you have any queries or problems

If your breast care nurse feels that it would be appropriate for you to come back to clinic to be seen, you will be offered a clinic appointment or, if necessary, an appropriate diagnostic test within 14 days of your telephone call.

## Discharge

When you have been in PSFU for five years, you will have a virtual review of your mammograms over the last five years. If these have all been normal, we will write to you to discharge you from the programme back into the care of your GP. You will not need to attend this virtual review in person.

If you are aged 50 years or over, you will be offered three yearly screening mammograms through the National Breast Screening Service. If you are under the age of 50 years, you will not need any mammograms until you are 50 years old and enter the National Breast Screening Service.

Once discharged from PSFU we would advise you to remain breast aware and see your GP if you have any new breast concerns.

## Contact us

**Helpline Number** 020 8725 0500

If you need to ring this number, **please leave a short message including your name, hospital number and telephone number** on the answering machine.

This is checked regularly from Monday to Friday between 9am and 5pm and you will be phoned back by the breast care nurse or by a member of the PSFU team by the end of the next working day.

**Location: Breast Unit, The Rose Centre**, St George's Hospital, Blackshaw Road, Tooting, London SW17 0QT

## Useful sources of information

### The Macmillan Support and Information Service

The team provides free, confidential information and support for anyone affected by cancer. (Monday to Friday 9am to 4.30pm, excluding bank holidays)

**Location:** Ground floor of Grosvenor wing in St George's Hospital and on the ground floor of Queen Mary's Hospital.

## Breast Cancer Now

**Tel:** 0808 800 6000 **Web:** [www.breastcancernow.org](http://www.breastcancernow.org)

## Macmillan Cancer Support

**Tel:** 0800 808 00 00 (Monday to Sunday 8am to 8pm)

**Web:** [www.macmillan.org.uk](http://www.macmillan.org.uk)

**For more information leaflets on conditions, procedures, treatments, and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto: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](http://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](http://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.

