



**University Hospitals Birmingham**  
NHS Foundation Trust



# Nurse-led Post Stem Cell Transplant Late Effects service

**Building healthier lives**

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This leaflet has been written to help you understand what the Nurse-Led Late Effects Clinic is, and why you have been referred here. The nurse-led late effects clinic is for people who are on annual follow-up following their stem cell transplant, and can be reviewed by a clinical nurse specialist (CNS) in late effects after transplant.

## What are late effects?

More people are surviving both cancer and stem cell transplant. Many of the treatments used however may have side effects. These side effects may not become obvious until months or even years after treatment has finished. We call these problems late effects. Not everybody develops late effects. It can depend on the disease you had and the type and amount of treatment you received. We use this information about your disease and treatment to plan your care. We hope we can find any problems as early as possible and then treat them as necessary, or refer you on to the appropriate healthcare professional for expert advice. Most problems are easier to manage the earlier they are picked up, which is why it is important to actively look for problems you are at risk of, even if you feel well, rather than wait for them to become obvious. Common late effects include problems with:

- Hormones or fertility
- Skin
- Heart
- Lungs
- Kidneys
- Other organs

Psychological concerns are also common. Your experience of cancer treatment may have had an impact on you and your family, carers or friends. The CNS at the late effects clinic has experience of talking to people with psychological issues after treatment.

They will be able to offer you advice and help if you have any concerns related to your previous cancer and its treatment, or the effect it has had on your life. They can sign post you to support services that you may find helpful. There is also the option of being referred for specific psychological help if needed.

## How does the clinic work?

You will be referred to the nurse-led late effects clinic by your transplant consultant when they are happy with your progress and you are attending clinic at Queen Elizabeth Hospital Birmingham (QEHB) once a year. You will have your full blood count, liver and kidney function checked, and these will be reviewed by the CNS. You will also have your weight and blood pressure checked. You may also have an endocrine blood test to check your hormones. The CNS will give you a treatment summary sheet for you to keep for your records. If there are any concerns about your health during the appointment, the CNS will ask one of the Haematology Day Unit doctors to see you before you go home. The CNS may refer you for further tests as part of a screening process after transplant to check for late effects. This will be discussed with you in clinic. You will continue to be seen by your haematology consultant at your local hospital in between appointments at QEHB. You may also have appointments in the doctor-led late effects clinic. The CNS can refer you back to the transplant consultant if necessary, or if you do not want to be seen by the CNS again.

## What will this clinic offer?

This clinic will allow you the opportunity to discuss any concerns you may have about your health or quality of life after the transplant. It will also mean we can monitor your overall wellbeing after transplant, and identify any potential late effects early. The CNS will be able to discuss with you attending cancer screening programmes and maintaining a healthy lifestyle.

## How can you help?

Please ensure you attend your appointment at the allocated time, as there is only one CNS running the clinic. If you are running late or are unable to attend, please let us know as soon as possible so we can reschedule your appointment.

## What happens next?

If you have had any additional blood tests, and there are any results which need to be discussed with you, the CNS will telephone you. You will receive another appointment in the post for your next annual clinic appointment. If you have been referred for any additional tests, you will receive your appointment for these through the post. If you have any concerns in between appointments, please contact the CNS or your local haematology team.

## Contact numbers

**Naomi Dean**

Tel: 0121 371 4350

Mobile: 07788224375

Anthony Nolan provides support for people who have had a stem cell transplant. You can contact their patient support services through their website [www.anthonynolan.org/patientinfo](http://www.anthonynolan.org/patientinfo) or by telephone on 0303 303 0303.

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