

Helpful Contact Numbers

Calvary Mater Newcastle	4921 1211
Clinic Appointments	4014 3190
Chemotherapy Day Treatment Centre	4014 3101
Radiotherapy Treatment	4014 3125
Oncology Ward 5B	4014 3534

Other Hospitals

John Hunter Hospital	4921 3000
Belmont Hospital	4923 2000
Taree Hospital	6592 9111
Muswellbrook Hospital	6542 2000
Tamworth Hospital	6766 1722



Mater Newcastle

Support Services

The Cancer Council Helpline 13 11 20

Hunter Breast Cancer Foundation (HBCF)

This service helps local women and men affected by breast cancer, services include transport and house cleaning during treatment. **M: 0419 658 875**

Calvary Mater Newcastle Wig Service

Free service -volunteer hair dresser fits wigs, scarf and turbans also available.

T: 4921 1205

Breast Cancer Network Australia (BCNA)

Provide support and free resources for women and their families.

www.bcna.org.au

Contact the Breast Cancer Care Coordinator for further details:

Karla Rimmington

T: 4014 4749 M: 0407 460 586

Last updated: January 2021



Health
Hunter New England
Local Health District

Breast Cancer Patient Information

Breast Cancer Care Coordinator

Karla Rimmington

T: 4014 4749 M: 0407 460 586



Health
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Your Healthcare Team

Diagnosis and treatment of breast cancer can be very complex. There may be many different specialists and other health professionals involved in diagnosing, treating and supporting you and your family throughout your breast cancer treatment.

You may see:

- Your GP
- Surgeons
- Radiation Oncologists: Medical specialists who treat cancer with radiotherapy (specific type of xrays)
- Medical Oncologists: Medical specialists who treat cancer with specific drug treatments including chemotherapy
- Palliative Care Specialists to assist in managing some symptoms

Some people may also see:

- A fertility Specialist for advice and possible options before chemotherapy
- Geneticist/Genetic Counsellors who assess family history of cancer

Multidisciplinary Team Meetings (MDT)

Patients requiring multiple types of treatment or have particularly complex needs may have their cases discussed at a meeting of specialists who diagnose and treat breast cancer. It is called the Breast Cancer MDT and your specialist may discuss presenting

your case with you and inform you of any recommendations from the meeting.

Other health care team members who may be involved in your care:

- Cancer Care Coordinator Nurse – point of contact to assist in coordinating your care and provide ongoing support during your treatment.
- McGrath Breast Care Nurse provides support pre and post-surgery, wound management and organises breast prosthesis if required.
- Physiotherapist provides lymphoedema assessment and management. They are also available to help with mobility/mobility aids.
- Social workers provide practical and emotional assistance through counselling for people experiencing anxiety, relationship/family/children concerns. They assist with community agencies e.g. Centrelink, legal services, transport, living at home assistance.
- Psychologists provide assessment and intervention of mental health issues such as depression, anxiety, insomnia and assist to maintain or develop daily life coping skills when dealing with a cancer diagnosis.
- Dieticians provide nutritional advice.
- Clinical Trial Coordinators if you are participating in a clinical trial.

Breast Cancer Care Coordinator

A nursing background enables the Care Coordinator to assess the patients' changing needs and provide support, information about disease treatment and side effect management and facilitates referral to appropriate support services as required.

You may have contact with the Coordinator when first diagnosed, during treatment and at the conclusion of your treatment. The frequency of contact varies with each patient's treatments and needs. Contact details are on the front of this brochure to enable you to contact the Coordinator if you have any concerns.

The Coordinator provides a point of contact to:

Support you and your family during your cancer management, from diagnosis and through your treatment by ensuring you are referred to the most appropriate person to meet your needs.

Ensuring that communication of your care and needs occurs quickly with members of your cancer management team, including your GP.

Provide you with information and contacts that will meet your needs about your cancer, treatments, symptom management, support services and health care services OR refer you to the most appropriate person to meet your needs.