

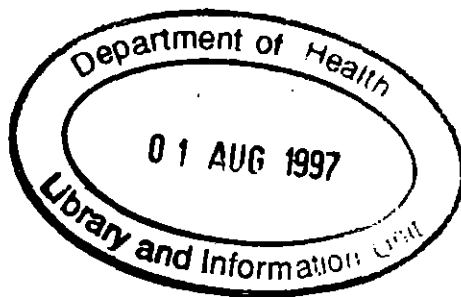
Support and Services

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PATIENTS AND FAMILIES

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**SUPPORT AND SERVICES
FOR
CANCER PATIENTS AND FAMILIES**
A PRACTICAL GUIDE



5 NORTHUMBERLAND ROAD, DUBLIN 4, IRELAND.
TELEPHONE (01) 668 1855 CANCER HELPLINE FREEPHONE 1 800 200 700

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INTRODUCTION

This book has been compiled by professionals working in cancer care to provide you and your family with useful information as to professionals, groups and resources that are available both in hospital and in the community. We have tried to provide you with a comprehensive package and hope you find it helpful.

The Irish Cancer Society is indebted to Ms Mary Casey, Dr Gillian Byers and Ms Maura McDonnell for putting together the information contained in this Guide.

PROFESSIONALS IN CANCER CARE

In the treatment of cancer as with many other diseases you will encounter many different professionals both within the hospital and the community. You are unlikely to meet all of these people but it might help you to know the different skills and services which they provide.

Remember your own **General Practitioner** is your first point of contact when you are concerned about some aspect of your health. If appropriate he may refer you to a **Hospital Consultant** for specialist opinion. The consultant will diagnose your disease and decide how best to treat it.

Depending on the particular diagnosis and needs you may be treated by your consultant or you may be referred to another consultant for treatment, i.e. surgery, radiotherapy, chemotherapy.

The **Surgeon** may decide the most direct way of dealing with your tumour is to perform an operation to remove it.

The **Radiotherapist** plans and arranges radiotherapy which is treatment using high energy radiation from x-ray machines, cobalt, radium or other sources.

The **Medical Oncologist** is a physician who specialises in cancer care. He/she may arrange for

you to have chemotherapy which is treatment with anti-cancer drugs.

The **Haematologist** is a physician who specialises in examining blood samples and treating leukaemia.

In the course of any of these treatments your consultant, with his specially trained staff, will be able to provide you with more information and there are many informative booklets available. (See section on useful publications.)

During your time in hospital you may meet other members of the team. The team may include **Doctors (Consultants, Registrars, House Doctors), Nurses, Radiographers, Social Workers, Physiotherapists, Pastoral Carers, (or Chaplains), Occupational Therapists, Dieticians, Psychologists, Psychiatrists, Auxiliary Staff.** This team of people works together to provide for your needs – physical, social, emotional and spiritual. You will have many questions. You can ask questions of any member of this team who will either deal with it themselves or refer you to the most appropriate person. It is useful if you can identify a member of the family who might act as a contact person with the team otherwise there may be numerous contact persons and this may lead to confusion.

The team approach extends from the time of diagnosis, through your treatment and follow up care: When back at home, as well as those of your General Practitioner, there are community services available. Information on these and the

planning of any services you may require can be arranged with the social worker in the hospital prior to going home or at your local health centre after discharge.

The **Social Worker** will provide support and counselling to help the patient and family cope with the social and emotional aspects of illness. Local health centres are staffed by General Practitioners, Public Health Nurses, Community Social Workers, Community Welfare Officers and Home Help Organisers. A list of area health board offices is available in the section on Health Boards. These are area offices which have personnel who will put you in touch with your local health centre.

Patient Volunteer Groups. At any time following diagnosis you may like to meet and talk with someone who has had a similar experience. There are many patient volunteer organisations who can provide this support. Nursing staff, social workers in your hospital or Irish Cancer Society's Helpline can help you to arrange this contact. For further information see following section.



CANCER SUPPORT GROUPS

This section of the book is a directory of those national and local groups, whether attached to a hospital or in the community, which are there to provide you with information and advice, as well as support and practical help. It is not an exhaustive list. Since it has gone to print new groups may have come into being and others will have disbanded. (The groups listed here offer help other than medical advice or treatment.)

The directory lists groups and tells you where to find them, what services they offer and how to make contact with them. For further information contact your social worker in the hospital, public health nurse or Irish Cancer Society Helpline.

There is a Group Support Programme in the Irish Cancer Society. This programme aims to provide a service to patient volunteer groups, self help and mutual support groups. Services include training of patient volunteers and group facilitators and the provision of professional advice and assistance to groups in the development of their services.

Included is a map with dotted areas indicating the existence of a group.

The Irish Cancer Society has endeavoured to include information on all groups known to us. The groups themselves supplied the information. Inclusion in this directory does not necessarily mean that the Society endorses the activities of any particular group.

NATIONAL GROUPS

Brain Tumour Support Group

Aims and Activities

To assist brain tumour sufferers and their families with

- regular support meetings
- investigating and passing on information for helpful services and facilities
- liaising regularly with similar support groups
- regular contact with neurosurgeons and doctors for helpful information.

Meetings

St Ann's Hospital, Northbrook Road, Ranelagh, Dublin 6 at 8.00pm on the second Wednesday of each month.

For further information please contact the Social Worker at your hospital.

Bone Marrow Transplant Support Group

Aims and Activities

To support and encourage those in this situation as we have all experienced at first hand leukaemias of different types and have had a bone marrow transplant. Support for families of those with leukaemia.

Address

Apartment 11, St. James's Court,
151-153 James's Street, Dublin 8.

Contact

Tel: (01) 677 8425 / 677 8416

Meetings

Please contact the above address for details of meetings.

Cancer Plus (National Association for Parents of Children with Cancer)

Aims and Activities

To arrange half-yearly seminars, to enable us to fulfil our aim of providing group support and information. To establish a parents contact register to provide support at an individual level. This is available through the Irish Cancer Society's helpline. To highlight anomalies in the provision of services to patients.

Address

Irish Cancer Society,
5 Northumberland Road, Dublin 4.

Telephone Contact

Sile Fogarty (01) 288 5663
Mary McGinty (01) 451 6879

Meetings

Two seminars per year in Dublin.
Eight committee meetings

CanTeen

Aims and Activities

This is a young persons cancer support group for adolescents who have or have had cancer and

for their friends, brothers or sisters. It organises meetings, weekends away and publishes a newsletter. All these activities happen in an informal, friendly atmosphere with plenty of good craic.

Address

Irish Cancer Society,
5 Northumberland Road, Dublin 4.

Telephone Contact

Eddie O'Neill (01) 455 8111 ext. 2648
Miriam Mooney (01) 455 8111 ext 2646 / 2648
Kieran Buckley (01) 269 4533 ext. 4466 / 4286
Monday–Friday 9.00am–5.00pm

Meetings

Six meetings annually. Three adventure weekends away and other activities.

Colostomy and Ileostomy Welfare Support Group

Aims and Activities

Offering help to colostomy patients regarding pre-operative and post-operative worries and/or problems. There is a "Phone-In" once a month. Hospital visits are arranged. Support also for relatives of patients.

Address

Irish Cancer Society,
5 Northumberland Road, Dublin 4.

Telephone Contact

(01) 668 1855
Cancer Helpline Freefone 1-800-200-700

Meetings

Please phone Irish Cancer Society for details and venue of meetings.

Hodgkin's United Group

Aims and Activities

To offer practical and emotional support to patients with Hodgkin's Disease and Non-Hodgkin's Lymphoma and also their families and friends. Offer information and education on lymphoma. Former patients operate a Freefone (1800 200 700) on the fourth Wednesday of every month.

Address

Irish Cancer Society,
5 Northumberland Road, Dublin 4.

Telephone Contact

(01) 6681855
Cancer Helpline Freefone 1-800-200-700

Meetings

Regular educational and informal meetings. Please phone Irish Cancer Society for details of meetings and venues.

Ileostomy, Colostomy and Pouch Association

Aims and Activities

The purpose of this group is to provide support and encouragement for the patient who has undergone or is about to undergo surgery resulting in a colostomy or an ileostomy. There is

a "Freefone" on the third Wednesday of every month or contact may be made at any time through the Irish Cancer Society's Helpline. This service, provided on a one to one basis, is strictly confidential. Visits can be arranged in hospital, at home or perhaps meet somewhere for a coffee. Support is also available for relatives of patients.

Address

Curravilla, Greenfield, Maynooth, Co. Kildare.

Telephone Contact

(01) 628 5968

Meetings

Three meetings per year. Visiting by volunteers.
Journals to members every quarter.

Laryngectomy Association of Ireland

Aims and Activities

To provide support and guidance for the patient who has undergone laryngectomy and for his/her family. Also to collect and co-ordinate information relevant to laryngectomy.

Address

Irish Cancer Society,
5 Northumberland Road, Dublin 4.

Telephone Contact

(01) 668 1855

Cancer Helpline Freefone 1-800-200-700

Meetings

Regular social and educational meetings. Please phone Irish Cancer Society for details of meetings.

Reach to Recovery (Breast Cancer)

Aims and Activities

The programme is designed to provide patients with breast cancer and their families with support and information on breast cancer and its treatment and to assist them to return to normal and productive lives.

Address

Irish Cancer Society,
5 Northumberland Road, Dublin 4.

Telephone Contact

(01) 668 1855
Cancer Helpline Freefone 1-800-200-700

Meetings

General meetings for Reach to Recovery volunteers four times a year. Please telephone the Irish Cancer Society for details.

Slanu Cancer Support Group

Aims and Activities

Support and information to people with cancer, their family and friends. Tape and book lending library, different speakers on appropriate topics. Social outings. Private counselling.

Address

Slanu Cancer Support Group, St. Anne's
Hospital, Northbrook Road, Dublin 6.

Contact

Eilish Tennent (01) 497 6778

Meetings

Last Tuesday of each month at 8.00 p.m.

St. Lukes Hospital**Aims and Activities**

To provide a supportive and informative meeting
for newly diagnosed breast cancer patients
where issues/problems common to the group
members can be freely discussed in a mutually
supportive atmosphere.

Address

Highfield Road, Rathgar, Dublin 6.

Contact

Social Work Department (01) 497 4552

Meetings

Weekly each Wednesday at 11.00 a.m.

LEINSTER GROUPS

Beaumont Hospital Laryngectomy Group

Aims and Activities

The group is an "open" group and provides support for people who have undergone laryngectomies. It also has an educational aspect as people adjust to the technicalities of using a valve.

Address

Social Work and Speech Therapy Department,
Beaumont Hospital, Beaumont Road, Dublin 9.

Telephone Contact

Jenny Robertson, Speech Therapist
(01) 837 7755 ext. 2525 or Ruth Walsh,
Social Worker ext. 2589.

Meetings

Once every six weeks from 2.30–4.00pm.

C.H.A.T.

Aims and Activities

General support and discussion for patients, relatives and friends of those with cancer.

Address

Mater Hospital, Eccles Street, Dublin 7.

Telephone Contact

(01) 830 1122

Meetings

St. Vincent's Ward, Mater Hospital.
Last Saturday each month at 11.30am.

Greystones Cancer Support

Aims and Activities

Offers support to cancer patients, their families and their friends. Hospital visiting, transport to hospital, nursing equipment, invalid aids, monthly information meetings.

Address

27 Rathdown Park, Greystones, Co. Wicklow.

Telephone Contact

Mrs. Kathleen Kelleher (01) 287 5327.

Meetings

Last Thursday of each month at 8.30 p.m. at the La Touch Hotel, Greystones.

Bray Cancer Support Group

Aims and Activities

Offers emotional and practical support to people who have or had cancer and their families. A telephone support service. Social activities, relaxation workshops, drop-in centre, home and hospital visiting, guest speakers.

Address: Shalom, Oldcourt Park, Bray.

Telephone Contact

(01) 286 8467; (01) 286 3320;
(01) 286 6966 (24 hour answerphone)

Meetings

Fourth Tuesday at 8.00 p.m. Wednesday at
10.30 a.m. at Drop-In Centre,
5 Carlton Terrace, Novara Road, Bray.

Meath Support Group

Aims and Activities

To provide support for cancer patients and their
relatives and friends. To create a network for
ongoing support for existing and new members.

Address

Adult Education Centre,
VEC Offices, Abbey Road, Navan.

Telephone Contact

(046) 21447

Meetings

First Tuesday of each month at 2A Cannon Row,
Navan. Time 7.30 p.m.-9.30 p.m.

Dundalk Cancer Support Group

Aims and Activities

Self help, listening ear, relaxation, counselling
when necessary by a professional.

Address

5 Seafield Lawns, Avenue Road, Dundalk.

Telephone Contact

Mary Reilly, Secretary (042) 39693

MUNSTER GROUPS

Charleville and District Cancer Support Group

Aims and Activities

To help and support cancer sufferers. It is open to cancer sufferers only but public meetings with guest speakers are open to everyone.

Address

Helen Coady, 5 Fortfield, Raheen, Limerick.

Telephone Contact

Mary McCarthy (063) 81903

Sr. Gabriel (063) 89611

Helen Coady (061) 27839

Meetings

Third Monday of each month at Convent of Mercy, Charleville at 8.15 p.m.

Comfort for Cancer Support Group

Aims and Activities

Helping cancer patients and their families to accept cancer and live with it in a positive way.

Address

Room 4, St Francis Friary, Liberty Street, Cork.

Telephone Contact

(021) 272410; (021) 966987; (021)
546290 after 6.00 p.m.)

Meetings

Every Wednesday at 10.30 a.m.

Limerick Cancer Support Group

Aims and Activities

Comfort one another; provide information; befriend and help one another; outings and social occasions

Address

Social Service Centre, Henry Street, Limerick.

Telephone Contact

(061) 314111 or Mary O'Sullivan (061) 392280

Meetings

Every Wednesday, 11.00 a.m.-1.00 p.m.

Listowel Cancer Support Group

Aims and Activities

To set up a support group for breast cancer patients and their families.

Address

Mary O'Connor, Gurtinard, Listowel

Telephone Contact

(068) 21741

Meetings

Third Wednesday of each month at 8.30pm at the Listowel Arms Hotel.

CONNAUGHT GROUPS

Tuam Cancer Care Group

Aims and Activities

To help needy cancer patients with financial aid when funds are available. To subsidise one bed in the hospital for terminally ill patients: Support group for breast cancer patients principally. Other types of support and help where possible according to need.

Address

Bon Secours Hospital, Tuam, Co. Galway.

Telephone Contact

(093) 24556

Meetings

First Tuesday of each month at 8.30pm.

ULSTER GROUPS

Donegal Rossnowlagh Cancer Support Group

Aims and Activities

Support for people living with cancer.

Address

Donegal Rossnowlagh Support Group
Donegal District Hospital, Donegal Town.

Contact

Mary Greene, Tawnalarry, Donegal Town.

Telephone Contact

(073) 21296

Meetings

First Wednesday of each month at 8.00 p.m.

The Ulster Cancer Foundation

The Ulster Cancer Foundation has information on groups available in Northern Ireland.

Address

42 Eglantine Avenue, Belfast BT9.

Telephone Contact

(080232) 663281

SERVICES OF THE IRISH CANCER SOCIETY

PATIENT CARE AND SUPPORT

The Helpline

The Society provides a Helpline (Freefone no. 1 800 200 700) which provides confidential information, support and guidance for patients, families and professionals or anyone concerned about cancer. The Helpline is staffed by specially trained nurses. This is a 9.00am–4.30pm, five day week, service.

Contact with volunteers from the following groups – Reach to Recovery (breast cancer), Laryngectomy Association, Colostomy Care Group, Hodgkins United Group and Cancer Plus may be arranged by phoning the Cancer Helpline Freefone at 1 800 200 700.

Cancerlit Database on CD-ROM

The Irish Cancer Society has acquired Cancerlit database on CD-ROM. This service is for professionals only. The database contains references to over 600,000 articles, these and conference papers on all aspects of cancer dated from 1984 to the present, and new articles are added regularly to the system. The subjects covered include diagnosis, causes, epidemiology, treatment, nursing care, diet and psychology. Cancerlit will be especially useful to doctors, nurses, pharmacologists, nutritionists and other health professionals working with and for people

with cancer. Details from the Cancer Helpline Freephone 1 800 200 700.

Night Nursing Service

Nursing a seriously ill cancer patient at home is often physically and emotionally exhausting for a family. To provide these patients and their families with the additional professional skills and support at this time of acute need, the Irish Cancer Society operates a night nursing service.

Through this service the Society will pay for a nurse to provide five nights nursing to any one patient with cancer. The nights need not be consecutive. The service is only for patients who otherwise could not afford to pay a nurse. The decision to engage a night nurse is always made by the primary care team (General Practitioner, Public Health Nurse) or the Home Care Nurse in negotiation with the primary care team. Details of this service are available through the Cancer Helpline Freephone 1 800 200 700.

Daffodil Funded Nurses

bring quality cancer care, free of charge, to patients in their own homes. Using money raised on daffodil day the Cancer Society in partnership with local communities and health boards has built up a country wide network of daffodil funded palliative home care nurses who are specially trained in cancer symptom control and patient/family support. Based in local hospitals or health centres, these daffodil funded nurses work with local doctors and public health nurses

to form home care teams bringing care and support to cancer patients and their families in their own homes.

Support Groups

There is a Group Support Programme in existence in the Irish Cancer Society. This programme aims to provide a service to patient volunteer groups, self help and mutual support groups. Services include training of patient volunteers and group facilitators and the availability of professional advice and assistance to groups in the development of their services. The Irish Cancer Society organises an **Annual Conference** for cancer support groups. The conference objective is to provide a series of workshops focusing on quality of life issues for those affected by cancer.

Contact with volunteers from the following groups: Reach to Recovery (breast cancer), Laryngectomy Association, Colostomy Care Group, Hodgkin's United Group and Cancer Plus, may be arranged by phoning the Cancer Helpline Freefone at 1 800 200 700.

Practical Help for Patients

comes from a special fund for patients in need. This fund is used, at the request of the Public Health Nurse, Social Worker, General Practitioner, etc., to provide limited financial assistance (for items such as travel, heating bills, etc.) to help relieve immediate financial pressures on patients and their families.

Financial Support for Cancer Treatment Units

is provided by the Society to major hospitals in Cork, Galway and Dublin. Each year, these hospitals receive modest financial assistance to allow them to explore new treatment possibilities. The money is used to purchase new equipment or to pay the extra salary costs involved in the introduction of new techniques.

HEALTH PROMOTION CAMPAIGNS

Health Promotion

The aim of the Health Promotion Services of the Irish Cancer Society is to increase cancer awareness, to promote a healthy lifestyle and to encourage early reporting of cancer warning signs.

This is achieved by organising programmes which include information on:

1. Prevention and Early Detection of Cancer.
2. Smoking and its effects.

Special campaigns include:

1. Schools Education Programmes.
2. Cancer Education in the Workplace which is tailored to meet the needs of individual companies.

The Irish Cancer Society Health Promotion Department produces a wide range of free leaflets on all aspects of cancer and organises public seminars and talks around the country on cancer related topics.

EDUCATION PROGRAMMES

Education Programmes

run by the Irish Cancer Society create opportunities for health professionals to learn more about cancer care and so help improve day-to-day care for cancer patients all over Ireland. The Society provides financial support for the diploma course in cancer nursing run by the Department of Nursing Studies in University College Dublin. In addition, the Society organises regular lectures and conferences to update the professionals' knowledge of cancer.

RESEARCH

Research projects

aimed at finding better ways of diagnosing and treating cancer are a vital element in the fight against the disease. The Irish Cancer Society is Ireland's major source of funding of cancer research. Our Cancer Research Advancement Board (an international panel) regularly assesses research applications and awards grants to teaching hospitals and universities around the country.

HEALTH SERVICES, BENEFITS AND ENTITLEMENTS

In this section we provide you with information on the **Health Services, Benefits and Entitlements**.

We have selected information on some of these which may be relevant to you. We have not covered every benefit as there are different guides available with more detailed information. There are many clauses and conditions attached to these so it is difficult to give accurate information on benefits which may apply to you.

For further information you should contact your Community Welfare Officer in your local Health Centre or Social Worker in the hospital you are attending.

Health Cover

This falls into two categories – Medical Card Holders and All Other Categories.

Hospital Cover

At present everyone is entitled to hospital in patient services in a public ward in all public hospitals. There is a IR£20 per day levy up to a maximum of IR£200 in any twelve consecutive months. These charges do not apply to medical card holders.

Outpatient Cover

There is no charge at present for out patient attendance. There will, however, be a charge for patients attending casualty departments in certain circumstances.

Medical Card

A Medical Card normally entitles you, your spouse and any child under 16 to a General Practitioner's services, free of charge, hospital services and whatever prescribed drugs and appliances you may require.

Eligibility for a Medical Card is dependent on a Means Test. Financial guidelines are set out each year and these are available from your local Health Board office or clinic.

If your means are above but close to the guidelines and/or if you have a considerable amount of medical expenses it is advisable to apply as in some situations a card may be granted. Application forms are available from your local health centre and Health Board offices.

Private Hospital Cover

This is available through the VHI and other schemes. If you choose to go privately to a hospital you are obliged to use a private or semi-private bed and will be liable for consultant fees for the consultants you may be referred to, e.g. physician, surgeon, pathologist, radiologist, etc.

If in a medical emergency you must be admitted to hospital you will be given whatever bed is available until a private or semi-private bed becomes available.

Long Term Illness Booklet

If you are suffering from one of the following illnesses or conditions you can obtain drugs and medicines free of charge for the treatment of that condition.

Phenylketonuria	Cystic Fibrosis
Cerebral Palsy	Spina Bifida
Epilepsy	Multiple Sclerosis
Hydrocephalus	Diabetes Mellitus
Acute Leukaemia	Haemophilia
Diabetes Insipidus	Parkinsonism
Mental Illness	Mental Handicap
Muscular Dystropies	<i>(under 16 years only)</i>

Drugs Refund

Presently there are two schemes in place:

- a. Drug costs in excess of IRE90 in three consecutive calendar months (i.e. January to March; April to June; July to September; October to December) can be recouped from your Health Board. Make sure to get receipts from your chemist for any drug expenses you may incur. See list of available Health Board offices at the back.
- b. If you are on long term medication you may be eligible for a Drugs Cost Subsidisation Card. Ask your chemist for a

form and get your doctor to complete and return it to your Health Board who will issue you with a card. This scheme applies to drugs costing more than IR£32 per month. You pay the first IR£32 to your pharmacist which eliminates waiting for a refund on your claim.

Tax

There is tax relief available for medical expenses subject to certain conditions. Any payments received from the Health Boards or insurance companies must be deducted before medical expenses are reimbursed. You are liable for a certain amount of medical expenses incurred in any one tax year. Each health expense incurred must be accompanied by receipts to vouch for the claim. There is a special tax form to claim for these expenses (Form MED 1) and an information leaflet available from the Revenue Commissioners.

Disability Benefit

Eligibility for this benefit will depend on Social Insurance contributions. You must be under 66 years and incapable of work due to illness. You must send a Social Welfare Disability Certificate signed by your doctor each week to Social Welfare Disability Section, P.O. Box 1650, Dublin 1. These certificates are available from your General Practitioner and from the hospital you attend.

Invalidity Pension

This is paid instead of a Disability Benefit if you are permanently incapable of work. You are entitled to certain extra benefits, subject to certain conditions, such as bottled gas, telephone rental, fuel allowance, assistance under Supplementary Welfare Allowance Scheme, travel pass.

Disabled Persons Maintenance Allowance (DPMA)

This is a payment provided by the Health Board which is means tested. You may get this if you are not eligible for Disability Benefit and unlikely to be able to work for at least a year due to your medical condition. Forms are available from Health Board Offices or local Health Centres.

Mobility Allowance

This is a means tested allowance payable by the Health Board to severely handicapped people. Applicants must be over 16 and under 66 and be unable to walk. The inability to walk must be likely to persist for more than one year. For further information please contact your local health board office.

Domiciliary Care Allowance

This is an allowance covering children aged 2–16 who due to severe handicap or illness require care and attention in excess of that normally required by a child of the same age. It is a monthly allowance. The disability should be

present for at least six months prior to application. Completed form, including medical information, should be returned to your local area health board office. These are listed in "Useful Addresses".

Supplementary Welfare Allowance

This is a means tested allowance. You may qualify for this while waiting for a Social Welfare payment or if you are not covered by any other allowance or benefit and not working. Contact your local Community Welfare Officer in your Health Centre for further advice.

Special Needs Payment

If your income is too low whether on supplementary welfare or otherwise, there is a possibility of help with special needs, i.e. special dietary requirements, extra heating costs and travelling expenses. Contact your local Community Welfare Officer at the local Health Centre for further advice.

Carers Allowance

This is an allowance for carers on low income living at home and minding an elderly or invalided person on certain Social Welfare pensions. This is a means tested allowance. The person has to be so invalided or disabled that they need full-time care and attention. There are other criteria attached to eligibility for this allowance and these are listed on a pamphlet available from the Department of Social

Welfare. For further advice contact the Social Worker in your hospital.

Appliances

For patients holding medical cards most medical and surgical aids and appliances are provided free of charge, i.e. wheelchairs, walking frames, etc. Patients who are not Medical Card holders are advised to check with your Health Board to see if they can provide you with a loan of the appliance or assist towards the cost. VHI members may be reimbursed for part of the cost of medical or surgical aids under the Out Patients Scheme, subject to the rules of that scheme. These have to be medically recommended. Patients and families who purchase special equipment privately because of their illness should contact the local VAT office as they may be entitled to VAT refund.

Home Improvement Grants for Disabled People

Grants are available from the local authority for disabled people who have to make structural alterations to their home. This may involve building an extra room or making some alterations, i.e. a ramp, etc.

Forms are available from your local authority who will assess your eligibility for assistance with this grant. It is advisable to discuss this matter with your Occupational Therapist and Social Worker.

Travel to Hospital

Patients are faced with many expenses including travelling to and from hospital. Some treatment may continue over a period of time necessitating regular visits to hospital. Should this be a source of concern for you discuss it with your Social Worker at the hospital. Limited help may be available from your Community Welfare Officer but there is a variation in this service between areas and certain conditions may need to be satisfied. For patients with Medical Cards please check with your local Health Board as there maybe a minibus or ambulance service available.

As mentioned in the beginning of this section should you have any queries regarding your entitlements contact your local community welfare officer and/or your social worker in your hospital. With regard to social welfare queries contact Information Service, Department of Social Welfare, Arus Mhic Dhiarmada, Store Street, Dublin 2. Telephone (01) 8786344.

If you live in the Eastern Health Board area and have queries about service and entitlements contact the Customer Services Department, Dr Stevens Hospital, Dublin 8. Telephone (01) 6790700 or Freephone 1800 520 520.

Information is also available from your local Citizens Information Centre. A list of these centres is available from the National Social Services Board, 72 Lower Leeson Street, Dublin 2. Telephone (01) 6616422.

USEFUL ORGANISATIONS AND ADDRESSES

We have enclosed names and addresses of some useful organisations. Some of these organisations focus particularly on cancer and we have marked these with an asterisk. Others provide a wider range of service for people who have an illness or a disability and these also may be of some help to you. The social workers in your hospital can help you with information on organisations you might find helpful.

AWARE

St Patrick's Hospital
James's Street
Dublin 8
Telephone (01) 677 5423
ext 429

***BACUP**

3 Bath Place
Rivington Street
London EC2A 3JR
Telephone London
(071) 696 9003

***CANCERLINK**

17 Britannia Street
London WC1X 9JN
Telephone London
(071) 833 2451

HEALTH PROMOTION UNIT

Department of Health
Hawkins House
Hawkins Street
Dublin 2
Telephone (01) 671 4711

GROW

167 Capel Street, Dublin 1.
Telephone: (01) 873 4029

INFORMATION SERVICE

Department of Social Welfare
Arus Mhic Dhiarmada
Store Street
Dublin 2
Telephone (01) 678 6344

***IRISH CANCER SOCIETY**

5 Northumberland Road
Dublin 4
Telephone (01) 6681855
CANCER HELPLINE
Freephone 1800 200 700

IRISH HOSPICE FOUNDATION

64 Waterloo Road
Dublin 4
Telephone (01) 6603111

MENTAL HEALTH ASSOCIATION OF IRELAND

6 Adelaide Street
Dun Laoghaire
Co Dublin
Telephone (01) 2841166

NATIONAL REHABILITATION BOARD

25 Clyde Road, Dublin 4
Telephone (01) 6684181

***PEREGRINE CENTRE**

Servite Priory
Grange Wood
Rathfarnham
Dublin 16
Telephone (01) 4936300

***SLANU**

Holy Trinity Convent
Ballyloughaun Road
Galway
Telephone (091) 55023

***TAK TENT CANCER SUPPORT**

Group
G Block 4th Floor
West Infirmary
Glasgow
Strathclyde G11 6NT
Scotland
Telephone (041) 334 6699

THE CUSTOMER SERVICES DEPT.

Dr Stevens Hospital
Dublin 8
Telephone (01) 6790700 or
Freefone 1800 520 520

***TURNING POINT**

23 Crofton Road
Dun Laoghaire
Co Dublin
Telephone (01) 2807888

***ULSTER CANCER**

Foundation
42 Eglantine Avenue
Belfast BT9
Telephone Belfast (080232)
663281

VOLUNTARY HEALTH INSURANCE

Board
VHI House
Lower Abbey Street
Dublin 1
Telephone (01) 872 4499

HEALTH BOARD OFFICES

EASTERN HEALTH BOARD

Head Office

Eastern Health Board
Dr Stevens Hospital
Dublin 8
Telephone (01) 679 0700

Eastern Health Board
Area 1
Community Care Offices
Tivoli Road
Dun Laoire
Co Dublin
Telephone (01) 284 3579

Eastern Health Board
Area 2
Community Care Offices
Vergemount Hall
Clonskeagh
Dublin 6
Telephone (01) 289 8222

Eastern Health Board
Area 3
Community Care Offices
Carnegie Building
21-25 Lord Edward Street
Dublin 2
Telephone (01) 679 2611

Eastern Health Board
Area 4
Community Care Offices
Health Centre
Old County Road
Dublin 12
Telephone (01) 4542511

Eastern Health Board
Area 5
Community Care Offices
Cherry Orchard Hospital
Ballyfermot
Dublin 10
Telephone (01) 626 8101

Eastern Health Board
Area 6
Community Care Offices
St Brendan's Hospital
Upper Grangegorman
Dublin 7
Telephone (01) 868 0444

Eastern Health Board
Area 7
Community Care Offices
Aras Daimhin
Croke Park
Jones's Road
Dublin 3
Telephone (01) 8731777

Eastern Health Board
Area 8
Community Care Offices
Health Centre
Cromcastle Road
Coolock
Dublin 5
Telephone (01) 847 6122

Eastern Health Board
Community Care Offices
Poplar House
Poplar Square
Naas
Co. Kildare
Telephone (045) 76001

Eastern Health Board
Community Care Offices
Glenside Road
Wicklow
Telephone (0404) 68400

MIDLAND HEALTH BOARD

Head Office
Midland Health Board
Arden Road
Tullamore
Co. Offaly
Telephone (0506) 21868

Midland Health Board
County Clinic
Longford
Telephone (043) 46211

Midland Health Board
Health Centre
Mullingar
Co. Westmeath
Telephone (044) 40221

Midland Health Board
Health Centre
Dublin Road
Portlaoise
Co. Laois
Telephone (0502) 21135

Midland Health Board
Health Centre
Arden Road
Tullamore
Co. Offaly
Telephone (0506) 41301

MID WESTERN HEALTH BOARD

Head Office
Mid Western Health Board
31-33 Catherine Street
Limerick
Telephone (061) 316870

Mid Western Health Board
Community Care Department
Bindon Street
Ennis
Co. Clare
Telephone (065) 31212

NORTH EASTERN HEALTH BOARD

Head Office
North Eastern Health Board
Ceanannus Mor
Co. Meath
Telephone (046) 40341

North Eastern Health Board
County Clinic
Cavan
Telephone (049) 61822

North Eastern Health Board
Dublin Road
Dundalk
Co. Louth
Telephone (041) 32287

North Eastern Health Board
County Clinic
Navan
Co. Meath
Telephone (046) 21595

North Eastern Health Board
Rooskey
Co. Monaghan
Telephone (047) 81333

NORTH WESTERN HEALTH BOARD

Head Office
North Western Health Board
Manorhamilton
Co. Leitrim
Telephone (072) 55123

North Western Health Board
Isaac Butt Building
Ballybofey
Co. Donegal
Telephone (074) 31391

North Western Health Board
Leitrim Road
Carrick-on-Shannon
Co. Leitrim
Telephone (078) 20308

North Western Health Board
Community Care Offices
Markievicz House
Sligo
Telephone (071) 60222

SOUTH EASTERN HEALTH BOARD

Head Office
South Eastern Health Board
Lacken Road
Kilkenny
Telephone (056) 65270

South Eastern Health Board
Community Care Offices
Dublin Road
Kilkenny
Telephone (056) 21209

South Eastern Health Board
County Clinic
Western Road
Clonmel
Co. Tipperary
Telephone (052) 22011

South Eastern Health Board
32 The Mall
Waterford
Telephone (051) 76111

South Eastern Health Board
County Clinic
Wexford
Telephone (053) 23522

SOUTHERN HEALTH BOARD

Head Office
Southern Health Board
Cork Farm Centre
Dennehy's Cross
Cork
Telephone (021) 545011

Southern Health Board
Community Care Offices
Abbeycourt House
George's Quay
Cork
Telephone (021) 965511

Southern Health Board
Health and Welfare Centre
Mallow
Co. Cork
Telephone (022) 21484

Southern Health Board
West Cork Community Care Centre
Skibbereen
Co. Cork
Telephone (028) 21722

Southern Health Board
19 Denny Street
Tralee
Co. Kerry
Telephone (066) 21566

WESTERN HEALTH BOARD

Head Office
Western Health Board
Merlin Park Regional Hospital
Galway
Telephone (091) 51131

Western Health Board
Community Care Offices
Newcastle Road
Galway
Telephone (091) 23122

Western Health Board
County Clinic
Castlebar
Co. Mayo
Telephone (094) 22333

Western Health Board
Community Care Offices
Roscommon
Telephone (0903) 26518

USEFUL PUBLICATIONS

All of these organisations have a comprehensive list of publications available. Please contact them directly for further information. Whilst some publications are free there is a charge for others.

The Irish Cancer Society
5 Northumberland Road, Dublin 4.
Telephone (01) 668 1855

The Royal Marsden Hospital
55 Fulham Road, London SW3 6JJ
Telephone (071) 351 3785

BACUP
3 Bath Place, Rivington Street, London EC2A 3JR
Telephone (071) 696 9003

Cancerlink
17 Britannia Street, London WQ1X 9JN
Telephone (071) 833 2451

Guide to Counselling and Therapy
The Irish Association for Counselling Directory
Publisher: Wolfhound Press

Guide to Social Welfare Services
Department of Social Welfare, Arus Mhic
Dhiarmada,
Store Street, Dublin 2

Directory of National Voluntary Organisations
Social Service Agencies and other useful Public
Bodies. 1990-1991.

Entitlements for People with Disabilities
National Social Services Board

An Information Guide to our Health Services
Library and Information Service
Department of Health, Hawkins House, Poolbeg
Street, Dublin 2.

Directory of Hospice & Palliative Care Services
Irish Association for Palliative Care
c/o Marymount Hospice, Wellington Road, Cork.

GLOSSARY OF MEDICAL TERMS

- Acute** Occurring suddenly or over a short period of time.
- Alopecia** Loss of hair. Caused by radiotherapy to the head and by certain drugs. Hair will regrow on cessation of treatment.
- Anaesthetic** Drugs to put patient to sleep (general), or to numb part of the body (local).
- Anaemia** A condition in which blood is deficient in red cells or haemoglobin.
- Antibodies** These are naturally occurring substances which are created by the body on exposure to foreign protein, e.g. measles virus, chickenpox, etc. (see *antigen*).
- Antigen** A foreign protein, e.g. a bacterium or virus, stimulating the production of antibodies (q.v.)
- Benign (tumour)** A non-cancerous growth. Outlook for recovery is favourable.
- Biopsy** The removal and examination of a piece of tissue from the body for diagnostic purposes.
- Blast Cells** An immature stage of cellular development. Commonly applied to leukaemia cells seen on examination of a sample of blood or bone marrow.
- Blood Count** Term used to describe the blood test which assesses the number of different cells contained in a sample of blood.
- Bone Marrow** The substance at the centre of the large bones in the body which makes blood cells. A sample may be taken by the doctor from one of the bones in the hip or leg, to determine the health of the bone marrow. Such examinations are performed under local anaesthetic.
- Broviac Catheter (used in children)**
A long thin tube which is inserted into a large vein in

the neck. The tip of the tube lies in the heart. All blood samples can be taken from the Broviac and all medications and transfusions can be given through it, thus avoiding the need for needles and cannulae. The Broviac can be left in place for as long as is needed. It should be flushed with Hepsal daily. **N.B. Absolute cleanliness is essential when handling the Broviac to avoid infection.**

Cannula A short plastic tube which is inserted into a vein for the administration of medication or transfusions. If a Broviac catheter is inappropriate, or a child does not opt for it, a cannula will be used.

Carcinogen A cancer causing agent

C.A.T. Scan (Computerised Axial Tomography)

X-ray procedure in which a computer is used to generate a three-dimensional image. Used at diagnosis to measure the extent of a tumour and during treatment to estimate response to therapy. Depending on the site to be scanned you might need to fast to facilitate accurate scanning.

Cerebrospinal Fluid

The fluid produced within the brain that bathes the brain and spinal cord.

Cancer Chemotherapy

Treatment with anti-cancer drugs.

C.N.S. **Central Nervous System** – refers to the brain and spinal cord.

Cyto- To do with cells

Diuretic A drug or substance used to help get rid of extra fluid, by passing more urine.

Dysfunction Not working properly.

***E.C.G.** **Electrocardiogram.** This test records electrical changes in the heart muscle. It is often used to assess the effect (if any) that a particular drug may have on the heart.

- *E.E.G.** **Electroencephalogram.** This test records electrical events in the brain. It is used to determine brain function.
- Endocrine** To do with hormones
* Both of these tests are painless. Electrical sensors will be attached to the body but will not cause any discomfort.
- G-CSF** **Granulocyte Stimulating Factor.** This new substance, which occurs naturally in the body, is occasionally used to stimulate the production of neutrophils.
- G.F.R.** **Glomerular Filtration Rate.** This test is given to assess how well the kidneys are functioning. Three injections will be given at two hourly intervals.

Haematologist

A physician who specialises in examining blood samples and treating leukaemia.

Haematology The study of blood and blood-forming organs.

Haemorrhage Bleeding

Hickman Catheter (*used in adults*)

A long thin tube which is inserted into a large vein in the neck. The tip of the tube lies in the heart. All blood samples can be taken from the Hickman and all medications and transfusions can be given through it, thus avoiding the need for needles and cannulae. The Hickman can be left in place for as long as is needed. N.B. Absolute cleanliness is essential when handling the Hickman to avoid infection.

Home Care Team

This is a team of specialist staff set up to offer advice and support to patients, their families and to health care professionals. They do this by complementing the skills and resources of the primary care team thus helping families to care for the patient at home for as long as possible.

Immune System

The body's natural defence mechanism against disease and infection.

Immuno-suppressive

Lowering the body's defence mechanisms, e.g. with chemotherapy.

In-Patient Hospice Unit

A in-patient hospice unit offers specialist palliative care for patients and their families. It has a trained, multi-professional staff who are specialists in Palliative Care. As well as that it also has a high ratio of nursing staff to patients. The unit may offer additional services such as bereavement counselling and day care. The in-patient hospice unit is also an important resource in the area by being a centre of research and education in palliative care.

I.V.

IntraVenous. The administration of drugs or fluids into a vein.

I.V.P.

Intravenous Pyelogram. An x-ray examination of the kidneys which requires an injection into a vein of a substance that will be visible on x-ray. You will need special preparation for this procedure. Please check with ward staff.

Isotope Scan

A procedure for examining bones, liver, spleen, thyroid, etc. You will be given an injection of a radioactive substance and the uptake by the tissue is measured.

L.P.

Lumbar Puncture. May be referred to as an L.P. A diagnostic procedure to obtain a specimen of spinal fluid for examination. One or more drugs may be administered via the spinal needle. Children usually fast for a minimum of four hours before this procedure to facilitate the giving of an anaesthetic agent. Sometimes you may develop a headache following this procedure.

Lymphoma

A cancer affecting the lymphoid organs, i.e. the lymph nodes, spleen, thymus.

- Lymph Nodes** Bean-shaped structures scattered along vessels of the lymphatic system. May become enlarged due to infection or invasion by cancer cells.
- Malignant** Cancerous
- Metastases** Also known as secondary tumours, they are cancerous growths that started from cancer cells shed by a primary cancer in another part of the body.
- M.R.I. Scan** **Magnetic Resonance Imaging Scan.** This scan is used to obtain three-dimensional images of a tumour and to assess response to treatment. The images are obtained using a high powered magnet. No x-rays are involved.
- Nausea** A sick feeling.
- Neuro-** To do with the nervous system or nerves.
- Neutropaenic** A patient who has a very low neutrophil white cell count in the blood and is at high risk of bacterial infection.
- Neutrophil** A special white cell identified in the blood count. These cells are a very important defence against bacterial infection.
- Oedema** Swelling caused by fluid accumulation in tissues.
- Oncologist** A physician who specialises in cancer care.
- Ophthalmology** The study of the eyes.
- Paediatric** Relating to children.
- Palliative Care** Palliative Care is the continuing active total care of patients and their families by a multiprofessional team at a time when the medical expectation is not cure and the primary aim of treatment is no longer to prolong life. The goal of Palliative Care is the highest possible quality of life for both patient and family. Palliative care responds to physical, psychological, social and spiritual needs. If necessary, it extends to support in bereavement. (European Community, Europe Against Cancer Committee).

Petechiae	Tiny haemorrhages from small blood vessels just beneath the skin surface.
Platelet	One of the components of blood that forms clots and prevents bleeding.
Primary	The original site of the tumour.
Prognosis	The long term expected outlook or outcome of a disease.
Protocol	The treatment plan devised by doctors.
Prosthesis	An artificial replacement for example of a bone or an eye or breast.
Pulmonary	To do with the lungs.
Radiotherapist	he radiotherapist plans and arranges radiotherapy which is treatment using high energy radiation from x-ray machines, cobalt, radium or other sources.
Radiotherapy	Treatment using high energy radiation from x-ray machines, cobalt, radium or other sources.
Red Blood Cells	These carry oxygen around the body. Haemoglobin is the colouring matter of the red cells.
Relapse	The return of symptoms of a disease after a period of good health; the further occurrence of a tumour after treatment.
Remission	A period of good health where there is no detectable evidence of disease or tumour.
Sarcoma	A tumour which forms in bone or muscles.
Stomatitis	Inflammation of the lining of the mouth. Always report this.
T.P.N.	Total Parenteral Nutrition. The giving of nutrients intravenously. Used where a person is unable to take food in the normal way.

Tumour

An abnormal lump of tissue formed by a collection of cells. It may be benign or malignant.

White Blood Cells

These are components of blood which are involved in the body's defence against infection.



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