



**Brighton and Sussex
University Hospitals**
NHS Trust

Neuro Clinical Nurse Specialist

For Low Grade Brain and other Central Nervous System Tumours

Providing support and information for patients and their families

Neuroscience South East
Royal Sussex County Hospital

You have been given this leaflet about the role of the neuro clinical nurse specialist because you have a low grade brain or spinal cord tumour.

Who is my clinical Nurse Specialist?

Your Clinical Nurse Specialist is **Ruth Smith**.

What is your role?

I am here to provide information, advice and support to you and those close to you. I am also here to be a key person for you to contact if you have any concerns or queries regarding your care. You may hear some people refer to me as your Key Worker.

If you or someone close to you has been diagnosed with a low grade brain or spinal cord tumour, you may have questions about:

- **the diagnosis**
- **the treatment**
- **work and leisure**
- **finances**
- **support services.**

How ever you feel at present, it may help to talk to someone who has time to listen to you.

I am available to discuss your anxieties with you and to answer any questions that you may have or put you in touch with someone who can. Having a better understanding of what the diagnosis means to you and any treatment you may require may help you to feel less anxious and more able to cope.

I am available to discuss the effect and ways to manage any symptoms you may have as a result of treatment or surgery.

This support is also available for your partner and your family as they may need help understanding their own feelings about your illness and will want to know how to best support you. Please show them this leaflet.

You will be under the care of a Consultant Neurosurgeon but I will be a key contact throughout your treatment at Brighton and Sussex University Hospitals Trust.

How can I contact you?

I am based at Hurstwood Park Centre, Princess Royal Hospital. I work part-time and my usual working days are every Wednesday, Thursday and Friday but this can sometimes change.

You can contact me by telephone, mobile or email:

Telephone: 01444 441881 Ext. 8466

Mobile: 0787 639 2543

Email: ruth.smith@bsuh.nhs.uk

I may not be able to get back to you on the same day, but I will aim to return your call or reply to your email as soon as possible. Please be aware that this is not an emergency service; if you need urgent help please call your GP or 999.

There will be times when I make regular contact with you, for example if you are having surgery or treatment or if you are struggling emotionally. At other times I will leave it to you to contact me if you have any concerns, which of course you can do at any time. This can help you try and get back to normal life without being reminded of your condition all the time.

Please keep this leaflet so you can contact me when you need to. Everyone is different so you may feel that you don't want any support at the moment or you may feel you want to talk straight away. There is no right or wrong it is whatever suits your needs best at the time.

Where can I get more information?

Sussex Brain Tumour support group www.sbtsg.org.uk

NHS Choices www.nhs.uk

Astro Fund www.astrofund.org.uk

The Brain Tumour Charity www.thebraintumourcharity.org.uk

The Brain Tumour Charity support and info line

Telephone: 0808 800 0004

Brainstrust www.brainstrust.org.uk

Telephone: 01983 292405

Brain Tumour Research: www.braintumourresearch.org
email: info@braintumourresearch.org

Telephone: 01908 867200

Epilepsy Action www.epilepsy.org.uk

Helpline: 0808 800 5050

Epilepsy Society www.epilepsysociety.org.uk

Helpline: 01494 601 400

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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