

A word about hospitals...

Whilst Professor Kefford has admitting rights at several hospitals, he is not always physically at those hospitals. It is his preference that if you need to be admitted to hospital, you are admitted to Macquarie University Hospital (MUH), as this is where he is most of the time, and Jenny is all of the time. *There is no emergency department at MUH*, however if you call the chemo nurses, Jenny or the after hours number, we can usually arrange for you to be admitted directly to the ward if required. Please note that you need to speak with someone to confirm there is a bed available – don't just drive straight to Macquarie University Hospital.

If you need to go to an emergency department (or you are advised to go to one), Westmead Hospital ED is preferred. Our team have close ties with Westmead, and know a great crew of people there who can care for you in consultation with Professor Kefford. It is not ideal that you present to Norwest Private Hospital ED, due to the lack of medical oncology support there. Sometimes however, these things are unavoidable. If you do present to another hospital, once contacted, Professor Kefford will most likely request that you be transferred to MUH when possible.

Useful websites:

www.rkefford.com
www.mqci.org.au
www.bcna.org.au
www.cancercouncil.com.au
www.eviaq.org.au

Contact us

Jenny Gilchrist

Clinical Nurse Consultant – Breast Oncology

Phone: 02 9812 3519

Mobile: 0422 858 814

Fax: 02 9475 0615

Email: jenny.gilchrist@muh.org.au

Working hours: 8:30am – 4:30pm, Mon – Fri

Located at Macquarie University Hospital

Macquarie University Hospital Day

Oncology Unit

NUM – Abby Krige

Phone: 02 9812 3231

Fax: 02 9475 4806

Opening hours: 8:00am – 4:30pm, Mon – Fri

Level 2, Macquarie University Hospital

3 Technology Place, Macquarie University

Norwest Day Infusion Centre

Clinical Nurse Consultant – Deborah Moran

Phone: 02 8882 8765

Fax: 02 8882 8788

Opening hours: 8:00am – 4:00pm, Mon – Fri

Suite G12, Norwest Private Hospital

Norbrik Drive, Bella Vista

For appointments call Editha "E" Newton

on: 02 8850 8100 or email:

breastoncbookings@muh.org.au



We're here to help.

PATIENT INFORMATION

*For patients of Professor
Rick Kefford*

i have BREAST CANCER NÖW WHAT?

Being diagnosed with breast cancer is a significant event in one's life, one which will bring with it both highs and lows. You will no doubt experience some times that are more difficult than others, however under our care take solace in knowing *you are surrounded by a caring team of health professionals who are here to support you every step of the way.*

Your team will consist of some or all of the following: a surgeon, breast care nurse, radiation oncologist, chemotherapy nurse/s, a pharmacist and a clinical psychologist. Professor Rick Kefford is your medical oncologist and Jenny Gilchrist is his breast cancer clinical nurse consultant.

Once you have been diagnosed with breast cancer, you will inevitably be bombarded by information. This can be overwhelming, and it is important to take "time out" and compose a list of key questions you want to ask. This information sheet aims to highlight the most important things such as who to call and what to do if you are unwell.

What do I do if I am unwell?

There are many side effects of chemotherapy including nausea, hair loss and fatigue. With modern medicines these days, many of these side effects can be well managed. There are several different types of medications to help control the side effects you may experience. If the ones you are given do not seem to help, don't despair! There are almost certainly other tricks in the bag. You will see the chemotherapy nurses and Professor Kefford on a very regular basis, so if you have any concerns, don't be afraid to ask.

During the day (8:00am – 4:30pm) if you are unwell or have any concerns, you have two options:

- 1. Call your chemotherapy nurses. The number will be on your appointment card**
- 2. Call Jenny Gilchrist. You will be given her card at your first appointment with Professor Kefford**

Problems may include a fever, persistent nausea or constipation. The nurses will listen to your concerns and will be able to offer advice on what actions to take. Sometimes this may involve advice regarding medications, seeing your local GP or even a trip to the hospital to be assessed. If it is an emergency, it is always best to call 000.

After hours

Unfortunately, not all issues arise in working hours! We expect that many of you will get a temperature greater than 38 degrees at some point during your treatment. Often these occur in the middle of the night.

After hours if you are unwell, call Macquarie University Hospital on 9812 3001.

This will take you to the after hours manager at the hospital who will triage your call and direct you in which action to take.

