



MERSEYSIDE REGIONAL HEAD & NECK CANCER CENTRE

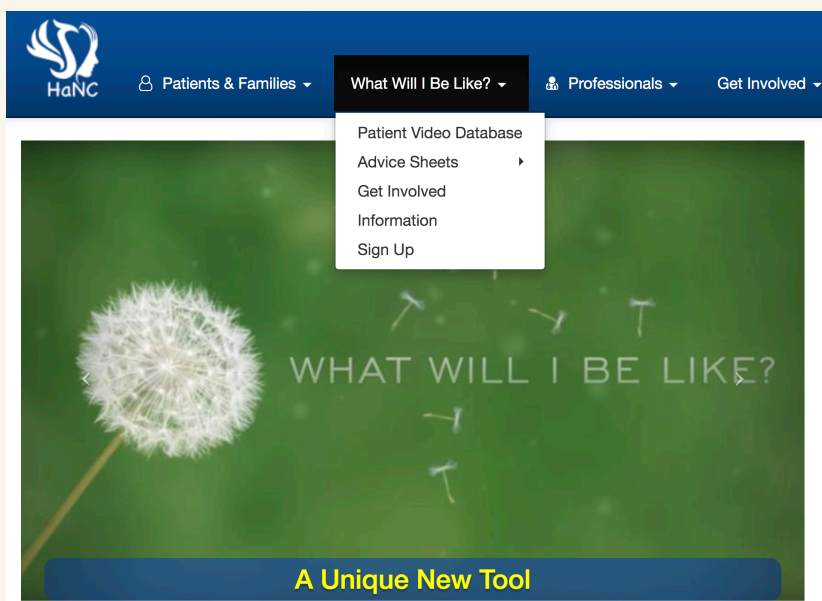
www.hancsupport.com/wwibl

WHAT WILL I BE LIKE?

On our new website we now have a section which aims to give an insight as to **'What Will I Be Like'** following head and neck cancer.

In this section there are currently 26 different treatment groups. Previous patients have completed a questionnaire and their responses give an indication of outcomes (for example appearance, anxiety, chewing, dry mouth, mood, pain, shoulder speech, swallowing, shoulder.)

The Patients and Carer Research Forum would like to add some short patient videos to help illustrate **'What Will I Be Like'**. Your contribution would be very valuable. The videos are anonymous and can be removed at any time in the future if you wish.



How to get involved

Easily learn more and sign up online from the comfort of your home by visiting www.hancsupport.com and clicking on **What Will I Be Like**.

Alternatively, if you would like some help, or to talk to about the process, one of our volunteers can help you. There is typically a volunteer available in Clinic 5 on Wednesday afternoons.

Please feel free to ask a member of staff for more information.



What Will I Be Like? Patient Snapshot Videos

Instructional guide and prompt sheet

The videos will be edited for the proper length, so all you need to do is try to have a natural conversation with one of our interviewers who will put you at ease and guide you through the process. Try to repeat the question you have been asked in your answer. See the Example Statements below for some suggestions.

Personal Information

You do not have to reveal your personal details such as full name, address, date of birth etc. It's ok to use first names, or talk about where you are from, but try not to get specific. Your interviewer will help and guide you.

Other People's personal Information

Try to refer to your Surgeon, Consultant, Oncologist, Clinical Nurse etc by their role (eg "my Surgeon") and avoid using full names of other people.

Your Experience

- Introduce yourself
 - Tell us about your diagnosis
 - What was your treatment like?
 - How are you doing in general now?
 - Concerns and Issues
 - Has your *activity, anxiety, appearance, chewing, mood, pain, recreation, saliva, shoulder, speech, swallowing, or taste* been affected by cancer?
- * Please focus on the one or two issues that you found most important, and then describe what you are like following your head and neck cancer.

Example Statements

Q: *Lets start by having you introduce yourself.*

A: "Hello my name is Bob. I was diagnosed with early stage 1, Mouth Cancer 2 years ago. I received laser surgery for the removal of a squamous cell carcinoma of the soft palate.

Q: *How is your general quality of life now?*

A: Generally my quality of life is very good and unaffected by the cancer. I did have some problems with eating and swallowing in the early days but I am totally fine now. I think everyone from time to time has a fear of cancer reoccurring but this is far less frequent as time goes by."

Q: *What is your quality of life now?*

A: I'm feeling pretty good these days, and would say that my quality of life has pretty much been unaffected by the cancer.

Q: *What have the biggest side effects been?*

A: I have real problems with chewing, swallowing and saliva and am still confined to liquids and soft foods.

Please make sure you are able to give us the following information.

SITE: *Laryngeal, Mouth, Throat, or Other*

Stage at Diagnosis: *Early (Stage 1 and 2) or Late (Stage 3 and 4)*

Treatment: *Surgery, Radiotherapy, or Combined*