

It has been shown that :

The best outcome for patients are achieved when health care professionals work together and generate innovation to ensure progress in practice and service.

(Department of Health 1993).

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## INFORMATION FOR PATIENTS

**WHAT IS A BREAST  
MULTIDISCIPLINARY TEAM?  
(MDT)**

**If you require this information in an alternative language or format  
(such as Braille, audiotape of large print) please contact the  
Switchboard on Telephone Number: 01423 885959.**

## What is a Multidisciplinary Team (MDT)?

A group of health care disciplines, who meet together every week, to discuss the care of individual patients.

Their main focus is the clinical management of each patient's future care and treatment. The MDT links to the wider care team, in particular the patient's GP. This ensures that when treatment decisions are made, on-going support and care is continued.

## Key Worker

The Key Worker is a person who, with the patient's consent and agreement, takes a key role in coordinating and promoting continuity, ensuring the patient knows who to access for information and advice.

Your Key Worker is .....

## Who makes up the Breast MDT?

The details of the staff listed below can be explained in more detail to you by your own team.

- **MDT Co-ordinator**—arranges the meetings and makes sure decisions made within the meetings are documented.
- **Consultant Breast Surgeons**—doctors who remove cancer by surgery.
- **Consultant Clinical Oncologist**—a doctor who specializes in treating patients with radiotherapy, chemotherapy and hormonal therapy, and is often involved in research of new chemotherapy drugs.

- **Consultant Medical Oncologist** — a doctor who specialises in treating patients with chemotherapy and hormonal therapy.
- **Consultant Radiologist** — a doctor who determines the precise location and extent of a cancer in the body using scans from machines such as x rays, Computerised Tomography (CT) and Magnetic Resonant Imaging (MRI) Scanners.
- **Consultant Histopathologist** — a doctor who looks in detail at tissue samples under a microscope to make a diagnosis.
- **Clinical Nurse Specialist** — a registered nurse who has received additional training in breast cancer, and who provides specialist cancer counselling as well as emotional support.
- **Specialist Palliative Team Care Member** — a registered nurse who specialises in controlling symptoms and specialist cancer counselling.

## Supportive Care

Supportive care is that which helps you, the patient and family, cope with cancer and treatment. It starts before the diagnosis of cancer, through the process of diagnosis and treatment. It continues to cure, continuing illness or death and ultimately into bereavement. It helps the patient to maximise the benefits of treatment and to live as well as possible with the effects of the disease. It is given equal priority alongside diagnosis and treatment.

**(National Council for Hospice and Specialist Palliative Care Services 2002.)**