

## Where can I get more information?

### Macmillan Cancer Information and Support Centre in the Berkshire Cancer Centre

Open Monday-Friday 10am-2pm

[macmillan.information@royalberkshire.nhs.uk](mailto:macmillan.information@royalberkshire.nhs.uk)

Tel: 0118 322 8700

Also, look out for the information folders with details of various support groups and local events, available in the Berkshire Cancer Centre.

### Macmillan Cancer Support

Provides support and information on the practical, social and financial effects of cancer for patients and those close to them.

[www.macmillan.org.uk](http://www.macmillan.org.uk)

Tel: 0808 808 00 00

### Cancer Research UK

Provides information about cancer, clinical trials and research.

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

Tel: 080 800 4040

## Contact number

**Breast Care Nurses, Royal Berkshire Hospital: 0118 322 7420**

Royal Berkshire Hospital  
NHS Foundation Trust  
London Road  
Reading RG1 5AN

We are committed to delivering top-quality patient **CARE: Compassionate • Aspirational • Resourceful • Excellent**

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

BCC, May 2023

Next review due: May 2025



**Royal Berkshire**  
NHS Foundation Trust

# Holistic Needs Assessment (HNA)

Information for patients,  
relatives and carers

Compassionate

Aspirational

Resourceful

Excellent

---

## **This leaflet explains what a Holistic Needs Assessment entails for patients with a diagnosis of cancer.**

---

### **Introduction**

Having a diagnosis of cancer can affect you and your quality of life in many different ways. Physical challenges and symptoms are often obvious and are the focus of treatment, but there may be other things that you may find more difficult to talk about. It is often helpful to have a conversation about all the challenges you may be facing to ensure we can support you through them.

### **What is a Holistic Needs Assessment (HNA)?**

It is called holistic because it aims to assess your needs in relation to your cancer diagnosis and treatment as a 'whole' person, not just your illness.

It will include, if you choose to, all the broader concerns you may have, such as:

- Emotional
- Spiritual
- Social
- Practical
- Physical
- Financial
- Family and relationships

Or, anything else that may be on your mind.

It is your opportunity to identify any worries you may have. It can help you prioritise your most important concerns and this will enable us to identify where you can get support and advice.

It involves:

- A simple checklist to identify your concerns
- A conversation with your health care professional about your concerns
- A written care plan

With your agreement, the person carrying out your assessment will refer you to other services that may be of help to you.

Alternatively, if you prefer, you can be given written information about these services.



### **When will the Holistic Needs Assessment take place?**

You may be offered an assessment at the time of your diagnosis, during treatment or at the end of treatment. Because your needs may change, you can ask for an assessment at any time you feel it would help.

You can ask your Clinical Nurse Specialist if you have any issues you may wish to discuss.



### **Do I have to complete a Holistic Needs Assessment?**

Many patients find completing a HNA useful as it can help you identify what help is available. However, if you do not want to have an assessment, you do not have to. If you choose to complete the HNA you can decide how much or little information you wish to share.