



**Royal Berkshire**  
NHS Foundation Trust

# The Head and Neck Team at the Royal Berkshire Hospital

Information for patients,  
relatives and carers

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You have been told that you have cancer and need treatment. It is important that you understand what this might involve. This leaflet contains general information, and we would encourage you to speak to any member of the team.

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## The Head and Neck Team

### Consultant Head and Neck Surgeons

Mr Rogan Corbridge

Mr Tom Rourke

Mr Ram Moorthy

Mr Priyamal Silva

Mr Sidhartha Nagala

### Consultant Maxillofacial Surgeon

Mr Satheesh Prabhu

### Consultant Oncologists

Dr Alice Freebairn

Dr Nicola Dallas

### Head and Neck Cancer Clinical

#### Nurse Specialists

Mrs Amy Raynor

Ms Lauren Cooper

### Speech and Language Therapists

Mrs Caroline Parry

Mr James Martin

### Dietitians

Mrs Laura Potter

Mrs Kerry Harman

### Consultant Radiologists

Dr Elspeth Elson

Dr Shezad Hussain

Dr Kieran Hogarth

### Consultant Histopathologist

Dr Suk Ghataura

Following your cancer diagnosis, your test results and personal medical history will be discussed in a multi disciplinary team meeting (MDT), where all the Head and Neck Team are present to plan a programme of treatment specific to you. This information will be presented to you at your clinic appointment where you will usually

meet with your clinical nurse specialist (key worker), who will be the main person involved in coordinating your care.

The surgical team will carry out your operation, and the oncologists provide radiotherapy and / or chemotherapy. You may also require help from other members of the team, each with their own roles, which are described below.

### Head and neck cancer clinical nurse specialist

It is the role of the head and neck cancer clinical nurse specialists to support you from diagnosis, throughout treatment. At each stage of your care pathway you will receive information about treatment options available, so that you can decide what is best for you. The head and neck cancer clinical nurse specialists can give practical advice and information about your illness or treatment and will also be a link for you between home, the local health care team and hospital.

### Speech and language therapy

This service is available for all people experiencing speech (communication) or swallowing (eating/drinking) difficulties. You may find that you are having these difficulties at the time of diagnosis, or may need help with changes in speech or swallowing resulting from treatment. The speech and language therapists may advise you on exercises to encourage movement of the muscles involved in speech, or they may provide equipment to make communication easier. Sometimes, assistance in learning a new way to control the swallow is needed, with advice about what foods and drinks are likely to be most safely and easily managed.

### Dietitian

It is the dietitian's role to make sure that you are receiving all the nutrients that your body needs. This is important so that you are as strong as possible, your immune system is enhanced and you recover more quickly after treatment. Your treatment may make eating and drinking more difficult. The dietitian may advise you about suitable

foods to eat, adding extra nourishment to your food, supplement drinks and balanced meals.

It may be necessary for you to be fed through a tube passed via your nose into your stomach (nasogastric tube) or via a tube placed directly into your stomach (gastrostomy tube). The type of tube will depend upon the treatment you have and the team will discuss this further with you.

## Physiotherapy

You will most likely be seen by a physiotherapist whilst you are on the ward if you have had an operation. This will be to assess:

- Your breathing after the operation (you may /may not have a tracheostomy tube to aid your breathing).
- Your general mobility and exercises for neck and shoulder movements.

The Head and Neck Multi-Disciplinary Team will be following your progress for five years after completion of treatment, initially at monthly intervals but less frequently each year. If you have been diagnosed with thyroid cancer your follow-up regime will be different from the above and will be explained to you.

## Questions?

This is a lot of information for you to take in. If you have any questions or would like more information, please contact Amy Raynor / Lauren Cooper, Head and Neck Cancer Clinical Nurse Specialists on 0118 322 8827.

This document can be made available in other languages and formats upon request.

Heidi Waite/Amy Raynor, October 2005

Reviewed: Sept 2019    Review due: Sept 2021