



The incidence of breast cancer in Australia is increasing with 1 in 8 women and 1 in 715 men developing breast cancer before the age of 85 (Cancer Australia, 2017).

A diagnosis of breast cancer can cause significant emotional upheaval, with challenges that can be physical, psychological and functional (Cruickshank, S. et.al., 2008).

References: Cancer Australia (2017) Breast cancer statistics. Retrieved from <http://canceraustralia.gov.au/affected-cancer/cancer-types/breast-cancer/breast-cancer-statistics/breast-cancer-statistics>

Cruickshank, S., Kennedy, C., Lockhart, K., Dosser, I., & Dallas, L. (2008). Specialist breast care nurses for supportive care of women with breast cancer. Cochrane Database of Systematic Reviews.

Telephone Numbers

Doctor:

MO's Rooms:

St Andrew's Hospital – 8408 2111

Emergency Department – 8408 2222
(open 8am till 10pm)

Breast Care Nurse – 8408 2176

Special Instructions –

Useful Contacts/Websites

Cancer Australia:

www.canceraustralia.gov.au

Cancer Council:

www.cancer.org.au

Cancer Council Helpline - Ph.: 13 11 20

Breast Cancer Network Australia (BCNA):

www.bcna.org.au

Ph.: 1800 500 258

SUPPORTIVE CARE



St Andrew's Hospital Breast Care Nurses providing supportive care to women and men with breast cancer as they undergo primary treatment.



St Andrew's
Hospital



BREAST CARE NURSE

The breast care nurse (BCN) is a specialist nurse that provides supportive care, education, information and counselling to women undergoing treatment for breast cancer at St Andrew's Hospital. From diagnosis to surgery and any ongoing treatment, the BCN works closely with the medical and surgical teams to provide quality patient focused care.

The St Andrew's Breast Care Team consists of dedicated and trained RN's and EN's who are equipped to provide our patients with support, education, information and counselling in a timely manner. You will be visited by a BCN daily during your hospitalisation, and will receive a follow-up phone call the day after discharge. You are welcome to contact a BCN at any time in the future if we can be of assistance.

"Every member of the Breast Care team is passionate about providing supportive care to those within our community including patients and their relatives."

Amanda Jones; MN, RN, BN, Breast Care

PHYSICAL NEEDS

The breast care nurses can provide supportive information and education to help minimise physical issues that may arise following breast surgery and/or treatment. The BCN will fit you with a post-operative bra, organise soft prosthesis fittings if needed and provide you with a breast cushion for comfort free of charge.



EMOTIONAL NEEDS

Every patient's adjustment to a cancer diagnosis is individual. The breast care nurse is available to provide support and help you and your family navigate your breast cancer diagnosis and treatment. Your emotional care is just as important as your physical care.

Encouragement
Confidence **Support** Clarity
Listening
Practical tips **Hope**
Empathy Kindness
Understanding



INFORMATIONAL NEEDS

The breast care nurse can help you with information on prosthesis, dressing skills, preventing and managing lymphoedema for those who have had lymph nodes removed, any treatments that are to follow as well as many of the other supports and services that are available in the community.

