

Follow-Up Care Plan

Patient Name	
GP Details	

DIAGNOSIS & HISTORY SUMMARY

Diagnosis date
 Age at diagnosis
 Menopausal status at diagnosis
 Family history of breast cancer (Y/N)
 Other pertinent medical conditions
 Side
 Histological diagnosis
 Type
 Size (mm)
 Grade
 Nodal status
 Oestrogen receptor
 Progesterone receptor
 HER2 receptor
 Other receptors

TREATMENT SUMMARY

SURGERY

Surgery date	
Breast Surgery	
Axillary Surgery	
Surgeon name	
Reconstruction (Y/N/Awaiting)	

ADJUVANT THERAPY

Radiotherapy Provider	
Radiotherapy Field	
Radiotherapy End Date	
Chemotherapy	
Biological Therapy	
Hormonal Therapy Type	Planned End Date:
Genetic Testing (Y/N)	

Investigations

Date of last mammogram	
Bone density, date and result	
Other	

Please attach a copy of the last mammogram result

Patient label

Health and Wellbeing Management Plan

Domain	Issues / Symptoms
Psychosocial / Mental Health	
Lifestyle (exercise / nutrition / weight / bone health)	
Menopause	
Sexuality	
Fertility	
Other (e.g. Tamoxifen)	

Referral Made	Resources Provided

Individualised Recommended Follow-Up Schedule

Date	Purpose of Visit	Provider Responsible (e.g. GP / hospital)
	Discussion of follow-up care plan	General Practitioner

Note: This service agrees to be involved in appropriate team care arrangements, for example to contribute to a care plan for the patient under MBS item 721 (GP management plan), 723 (team care plan) or 2700–2717 (GP mental health care plans).

Breast Care Nurse

Name:

Signature:

Date:

Breast Surgeon

Name:

Signature:

Date:

The woman will be seen by the hospital breast service once per year for up to five years. This will be organised by the hospital and includes a mammogram and clinical examination. All other examinations and investigations should be conducted by her general practitioner.

For urgent referrals to the breast surgeon or for clinical advice please see contact pathways below.

To access The Breast Service at Royal Melbourne and Royal Women's Hospitals

For non-urgent outpatient appointments, clinical advice and information on hospital care:

Breast Care Nurses

Phone: 8345 3565 (RWH) or 9342 8120 (RMH)

Email: breast.service@thewomens.org.au or breast.service@mh.org.au

For urgent referrals to outpatient clinic:

Breast Service Secretary

Phone: 8345 3561 (RWH and RMH)

Fax: 9347 8799

For access to hospital services such as the menopause clinic, reproductive services, psychosexual services, please use normal hospital referral pathways for the Royal Women's Hospital

Fast Fax: 8345 3036

Recommended Follow-Up Frequency

Method	Years 1 – 2	Years 3 - 5	After 5 years
History and clinical breast examination	Every 3 – 6 months	Every 6 – 12 months	Every 12 months
Mammogram	Every 12 months	Every 12 months	Every 12 months

Source: <http://canceraustralia.nbocc.org.au/view-document-details/fugpw-follow-up-care-for-women-with-early-breast-cancer-a-guide-for-general-practitioners>

Follow-Up Assessment

Medical History	At each appointment, ask about new lumps, bone pain, chest pain, dyspnoea, abdominal pain and persistent headaches. If post-menopausal and taking Tamoxifen, ask about vaginal bleeding.		
Physical Examination	Including breasts, regional lymph nodes and chest wall, as well as lungs and abdomen if indicated. The arms should be examined for lymphoedema.		
Imaging	Mammogram	3-6 months after radiotherapy or 1 year after initial mammogram that led to diagnosis, then annually.	
	Breast Ultrasound	Only if clinically indicated	
	Other Imaging	Only if clinically indicated	
Blood Tests	Only if clinically indicated		
Genetic Testing	For criteria for genetic testing refer to: http://canceraustralia.nbocc.org.au/fraboc/		

Source: <http://www.wcmics.org/documents/GuidelinesandResources/Breast%20Cancer%20Follow%20Up%20Guidelines.pdf>

Resources

<i>General Information</i>	
Cancer Australia	http://canceraustralia.nbocc.org.au
BreaCan	http://breacan.org.au
Jean Hailes for Women's Health	http://www.jeanhailes.org.au
<i>Breast cancer treatment and side effects, management of menopause and osteoporosis</i>	
<i>Treatment and Menopause</i>	http://canceraustralia.nbocc.org.au/breast-cancer/living-with-breast-cancer/breast-cancer-treatment-and-menopause
<i>Osteoporosis</i>	http://www.breastcancer.org.au/about-breast-cancer/bone-health.aspx
<i>Other side effects</i>	http://www.cancervic.org.au/about-cancer/survivors/long-term-side-effects
<i>Psychosexual counselling</i>	http://www.cancervic.org.au/media/reports-and-submissions/ciss-hp-enevs/ciss-hp-apr-2012/free-psychosexual-counselling.html
<i>Genetic testing</i>	
<i>Information for GPs and consumers</i>	http://www.cancervic.org.au/downloads/cpc/family-cancer/understanding_genetic_testing_for_breast_ca.pdf
<i>Lymphoedema</i>	
<i>Signs, reducing the risk</i>	http://canceraustralia.nbocc.org.au/breast-cancer/living-with-breast-cancer/lymphoedema
<i>Treatment</i>	http://lymphoedema.org.au/treatmnt.html