

## Rotherham FAQs

### Why have I been contacted?

You have been sent a letter because your local practice has identified from your patient records that:

- You are aged 55 to under-75
- You live in Rotherham
- You are a current or former smoker, or no smoking status has been recorded at all on your record

### Why have I not been contacted?

This programme targets people aged between 55 and 74 who are ever-smokers (current or ex-smokers) because the risk of developing lung cancer increases with age and through smoking.

If you fulfil the criteria listed above and you still haven't received a letter, please inform your practice as there may be information missing from your Patient Record.

### When will I be contacted and how?

All eligible patients will be sent an invitation letter through the post based on the patient lists GP practices send us. It's important to note that the Rotherham and Barnsley phase of the programme will see the programme move in and out of each borough starting with the areas of greatest need in autumn 2022 through to May 2024, so **it will take time to get to everyone**. When it's the turn of your practice, invitations won't be sent all at once but over a period of weeks. Here's a guide to when you might receive your invitation letter, subject to change:

Primary Care Network	Member Practices	First invitations approximately
Rotherham Central North	Woodstock Bower Group Practice Broom Lane MC, Broom Broom Lane MC, Kimberworth Park Broom Valley Road Greenside Greasborough Medical Centre	Oct-Nov 2022
Wentworth 1	Magna Group Practice, Kilnhurst Magna Group Practice, Dalton Magna Group Practice, Wath Magna Group Practice, Thrybergh York Road Surgery Parkgate Medical Centre, Netherfield Rd Parkgate Medical Centre, Rawmarsh High St Surgery, Rawmarsh High St Surgery, Thorpe Hesley Rawmarsh Health Centre	Nov 2022-Jan 2023

	Crown St Surgery, Swinton Shakespeare Rd, Eastwood Rideway Medical Centre	
Health Village/Dearne Valley	St. Ann's Medical Centre, Health Village St. Ann's Medical Centre, KPark Rd St. Ann's Medical Centre, Ridgeway MC Clifton Medical Centre, Health Village Clifton Medical Centre, Wickersley Health Centre Market Surgery, Wath	May-June 2023
Maltby/Wickersley	Wickersley Health Centre Morthern Road Braithwell Road Queens Medical Centre Blyth Road Manor Field	Nov 2023
Raven	Stag Medical Centre & Rose Court Brinsworth & Whiston Treeton Medical Centre Thorpe Hesley Surgery Gateway Primary Care	Nov-Dec 2023
Rother Valley South	Dinnington Group Practice Kiveton Park Swallownest Village Surgery	Jan-Feb 2024

### What is a Lung Health Check?

A Lung Health Check is an MOT of your lungs and will check that they are working as they should be. Your lungs work hard every minute of your life and as you get older it's worth having them checked out. A Lung Health Check can help find problems early; often before you notice anything is wrong and at a stage when treatment could be simpler and more successful. The programme is identifying poor lung health and offering early diagnosis and better survival rates for lung cancer and other lung conditions by providing quick, easily accessible screenings for those deemed to be at higher risk of lung conditions. We want as many people as possible to attend their Lung Health Check.

### What are the benefits of the Lung Health Check?

- It is a new screening programme
- It is local and easy to get to – your check takes place over the telephone and, if you are offered a scan, this will take place in a community setting close to your home
- You can talk through your questions with healthcare professionals
- There are no judgements on smoking and there is advice and assistance on how to quit smoking available if you would like it

- We may be able to identify any health concerns of your lungs much more quickly than if you hadn't attended a Lung Health Check, meaning you will have more treatment options
- You do not have to participate in the Lung Health Check, but the aim of the programme is to detect lung disease earlier – including lung cancer – so that people can be treated more effectively. More than 30,000 people in South Yorkshire like you have already had a check and 94% had a positive experience. Why not visit the [TLHC page](#) where you can listen to two local people sharing their experiences?

### **How are Lung Health Checks carried out?**

First, you will receive an invitation letter in the post.

Then, you will receive a phone call to confirm your age and smoking status – the date and time of this appointment will be clearly stated in your invitation letter. If you need to change the time of your appointment, please ring the telephone number provided in the letter. Unfortunately, there can be inaccuracies in the information we receive so this call helps us to make sure we have the right people for the programme. If you have confirmed you are 55-74 years of age and a current or former smoker, you should be able to proceed with a Lung Health Check and your appointment with the nurse will be made.

There are two parts to the Lung Health Check but **not everyone will need the second part – a low dose CT scan**. This will depend on your results from the initial assessment. Throughout the process you will have plenty of time to chat to the health professionals and ask any questions.

### **Part 1: The Lung Health Check**

You will have a phone call with a respiratory nurse, for approximately 30 minutes. Please let us know on your confirmation call if you'll need extra time or any other reasonable adjustments for your Lung Health Check. The nurse will ask you about your breathing, overall lung health, lifestyle, family medical history, and your medical history.

There are three possible outcomes:

- Offer of a low-dose CT scan of your chest:** If you have a higher chance of developing lung cancer now or in the future, you will be offered a chest scan to check your lungs are in working order. The nurse will help you to choose whether the scan is right for you.
- No problems found:** The nurse may find nothing further to look into and you don't need to have a chest scan. If this is the case, the nurse will let you know before they end the call. Information will follow confirming this and supporting you with maintaining healthy lungs, together with the signs and symptoms of lung

cancer to be aware of, so you remain alert and seek help early if you have concerns.

- (iii) **Referral to your GP:** If problems with your breathing or lungs are found but you do not require a scan, the nurse may transfer you back to your GP or another specialist.

In all three cases we will write to your GP to let them know.

## **Part 2: The Chest Scan**

You may be invited to have a scan of your chest. This is a special CT (Computed Tomography) scan that uses a very low dose of radiation and a computer to take a detailed picture of your chest.

### **What happens during your scan?**

You do not need to do anything to prepare for your scan:

- (i) **During the scan**, you will usually lie flat on your back on a bed that moves slowly through the CT scanner. The scanner is shaped like a ring and it rotates around a small section of your body as you pass through it.
- (ii) **Specially-trained staff** (called radiographers) control the scanner from behind a screen in the CT room. You will be able to see and speak to them during the scan.
- (iii) When a scan is taken, you will need **to lie still and follow simple breathing instructions for 10 seconds**. This makes sure the pictures are not blurred.
- (iv) **The scan is painless**, and you will be able to eat, drink, and drive as normal before and after your scan.

### **Does the mobile scanning unit have wheelchair access?**

Yes, there is wheelchair access on the vehicle for those who require it.

### **Do I have to get undressed if I need a CT scan?**

You may need to remove your coat, but you can leave your clothing on.

### **Can I bring someone along with me to the appointment?**

If you need someone with you, please limit it to one person. As space is limited, any person accompanying you may be asked to wait outside until your appointment is complete. Please let us know if you have any additional needs at the time of booking the CT scan and we will do our best to accommodate you.

### **What happens after the Lung Health Check?**

Should anything be identified either during the discussion with a nurse or during the CT scan, depending upon what this is, you will be contacted by telephone or letter

with the next steps. If you have any worries about this, you can speak to the nursing professionals in the booking team.

### **How can I tell the difference between symptoms of lung conditions and Covid-19?**

We understand that some symptoms of lung conditions are like those of coronavirus. It is important to look out for anything that is unusual for you. If you notice any of the following, without coronavirus symptoms, please contact your GP as soon as possible:

- Unexplained persistent cough
- Unexplained persistent breathlessness
- Fatigue lasting four or more weeks
- Coughing up blood
- Persistent or recurrent chest infection
- Unexplained weight loss
- Appetite loss

### **Why is Rotherham getting this service – what about the other areas?**

The Targeted Lung Health Check Programme has been running in Doncaster since March 2021. Due to its success, funding was secured to expand the programme to other parts of South Yorkshire and Bassetlaw in 2022 and 2023. The Bassetlaw programme went live in August 2022, Rotherham went live in October 2022, and Barnsley in March 2023. Rotherham, like other areas, has been selected for the Programme due to high smoking levels and lung cancer mortality rates.

The programme will be available nationally from approximately 2030.

### **I smoke and I'm just outside the age range – why can't I have a Lung Health Check?**

This is a targeted programme for people who are at the greatest risk of developing lung problems, including lung cancer, at a future stage. As with most screening programmes for people who are asymptomatic (displaying no symptoms), the resources are targeted at the people most at risk. **The people most at risk of developing lung problems are aged between 55 and 74 who smoke or used to smoke and are registered with a GP in Rotherham.**

For more information including information in different languages, an Easy Read guide, animation, and videos featuring local LHC attendees, visit:

[www.lunghealthchecks.co.uk](http://www.lunghealthchecks.co.uk)