

Optimisation Clinic for Older Adults with Cancer

Information for patients

You have been referred to the Optimisation Clinic for Older Adults with Cancer by your cancer specialist. This is a clinic run by doctors who have skills and experience in looking after older adults. They work closely with the cancer specialists to ensure patients have a thorough assessment of their health prior to starting cancer treatments. They can also provide information from their assessments to the cancer specialists to help them decide which treatment is most suitable.

There is evidence from medical studies that these clinics can help older adults with cancer tolerate their treatment better and be more likely to complete their proposed treatments.

Where?

Assessment and Rehabilitation Centre (ARC), Lower Ground Floor, Royal Victoria Building, Western General Hospital (opposite multi-storey car park).

When?

The clinic is held on Thursday afternoons. You will be contacted by a medical secretary to confirm your appointment time.

What is involved?

At the clinic you will be seen by a doctor who specialises in the care of older adults. You will have a full review of your medical history, medications and previous investigations, focussing on any other health issues you have besides your cancer. You will be examined, including blood pressure measurements, and may have blood tests taken or a heart tracing recorded. The doctor may offer lifestyle advice, suggest changes to your medications, or refer you to another service if appropriate.

How long will it take?

The appointment will be up to 1 hour.

What happens next?

After your appointment the doctor will write a summary to you with a copy to your GP. They will also communicate with your cancer specialist to let them know their findings.

Where do I get more information?

You can contact the clinic secretary on 0131 465 9102 for more information.