Clinical Nurse Specialist Colorectal Cancer Follow-up: 
Follow-up Structure and Referral Criteria

Structure of CNS follow-up

- Following curative resection for colorectal cancer, patients can be considered for referral to CNS-Led Follow-up clinics. Decisions regarding appropriate follow-up for individual patients will be made at the weekly multidisciplinary meeting (MDM).

- Patient’s will receive a follow-up plan and a symptom assessment from the Nurse Specialist by telephone once pathology results have been discussed at the MDM.

- The first follow-up visit will take place at the Consultant’s clinic. This will allow for surgical review post surgery, identification of post-op complications, arrangement of stoma reversal etc. Thereafter patients can be referred into the nurse-led clinic.

- Where patient morbidity excludes intensive follow-up investigations, the Consultant should indicate this to the CNS via the follow-up referral letter. In such cases, patients may be discharged to the care of their GP.

- Nurse-led follow-up clinics will be held once a week and will run alongside existing colorectal clinics to ensure adequate medical cover. Where Consultant clinics are not scheduled, the on call Surgical Registrar will be contacted (if required) or patients will be booked directly back to their respective consultant clinic.

- On completion of post-op adjuvant treatment, patients can be considered for referral to nurse-led follow-up at the discretion of the Consultant Oncologist.

- Results of investigations carried out at CNS-led clinics will be sent directly to Consultants for review. In addition, the CNS will also review results and discuss any abnormalities at the multidisciplinary meeting.

- In the event of disease recurrence or meta static disease, patients will automatically return to their respective Consultant clinic (surgical or oncology) for management.

- CNS-led clinics will facilitate the collection of follow-up audit data.

Inclusion criteria
The following patients are suitable for referral to CNS-led clinics:

- All patients who have undergone surgery with curative intent for a colorectal cancer primary including:
  - Patients with Dukes A, B and C cancers who would be considered eligible for surgical resection in the event of disease recurrence.
  - Patients who have completed adjuvant chemotherapy/ radiotherapy.

Exclusion criteria
The following patients are not appropriate for referral to CNS-led clinics:

- Patients with recurrent colorectal disease.
- Patients with metastatic colorectal disease.
- Patients having had down-staging chemo-radiation for rectal cancer.
- Patients attending outlying clinics in Lothian, e.g. Leith/Roodlands/St.John’s.
- Patients who wish to remain in consultant-led follow-up clinics.
- Patients who are not deemed suitable for nurse-led follow-up by their consultant surgeon/ consultant oncologist (e.g. those with complex co-morbidities).

CNS Colorectal Cancer Follow-up version 2.0/Oct. /2008  Review: Oct./2011