

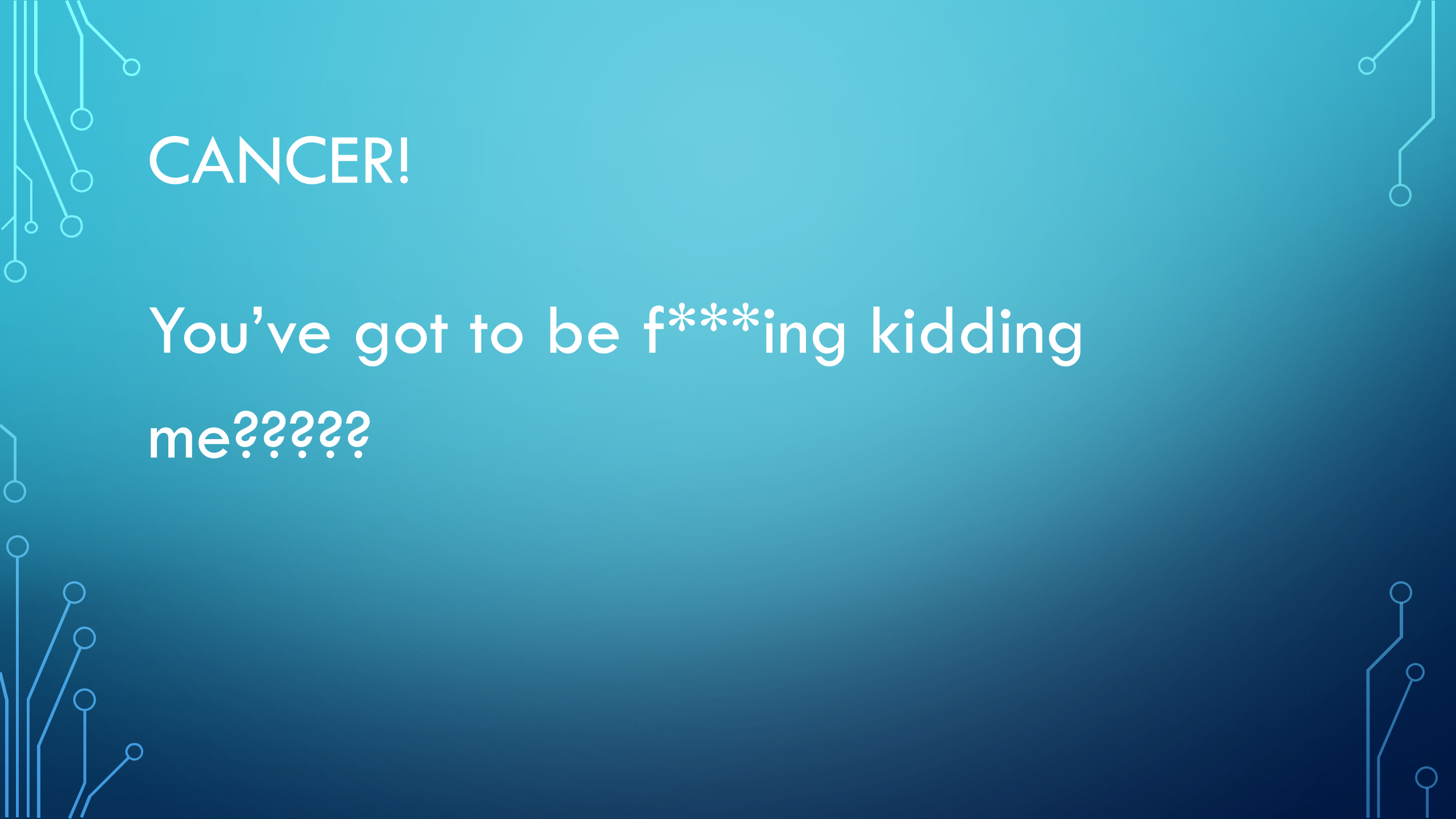
A decorative graphic on the left side of the slide, consisting of white lines and circles on a blue gradient background, resembling a circuit board or a stylized tree structure.

RACHEL NOLAN

ASSISTANT IMAGING LEAD, NWAFT &
PRESIDENT ELECT, SOCIETY OF
RADIOGRAPHERS

MY JOURNEY.....



The background is a blue gradient. In the corners, there are white line-art illustrations of circuit boards or neural networks, with lines connecting to small circles.

CANCER!

You've got to be f***ing kidding
me?????

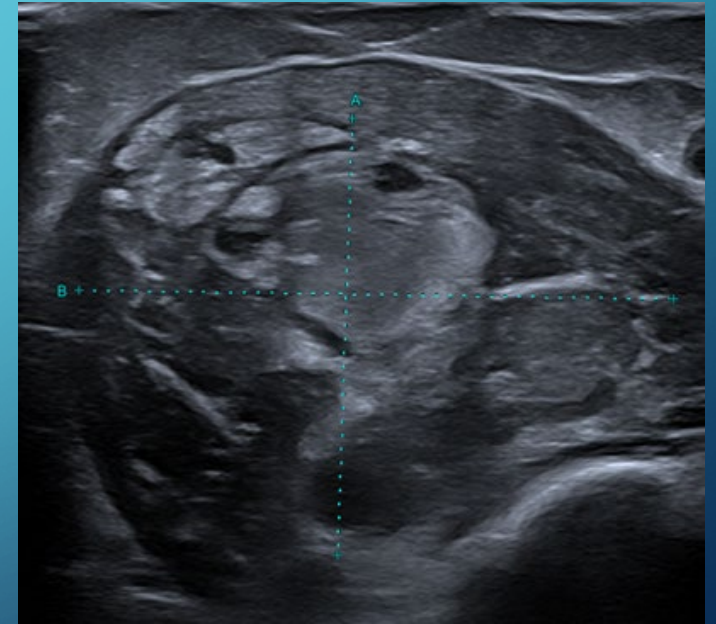
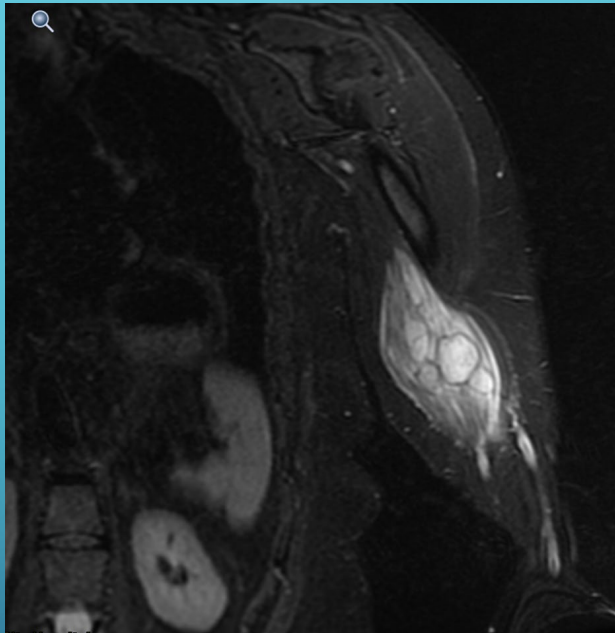
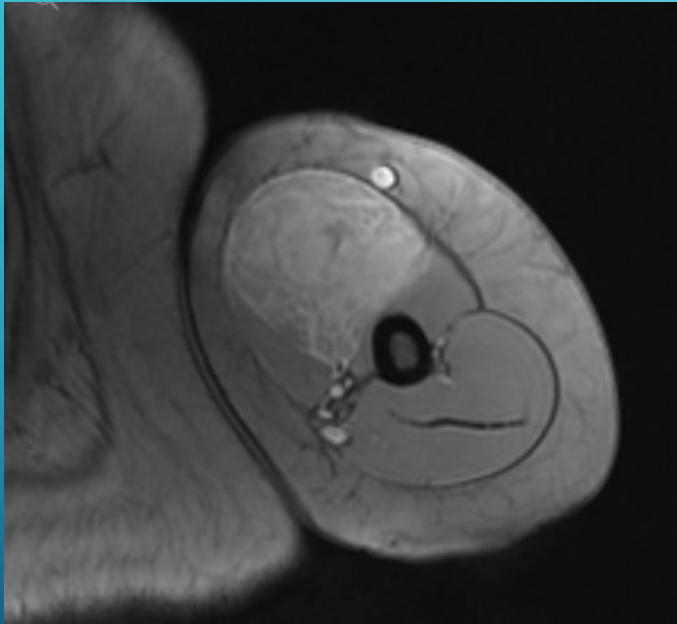
BACKGROUND

Developed a lump in my left arm August 2020 (mid-pandemic)

Had U/S & MRI – abnormal but not specific

Repeat in 4 weeks

DENIAL DESPITE.....



DENIAL DESPITE.....

- Referral to sarcoma MDT at Addenbrookes
- Pre visit HRCT – result anxiety
- Initial reassurance from Oncologist
- Referral to Birmingham ROH
- Colleague/friends and family reassurance – not always helpful...

BROH

- A Blur!
- Brave face for everyone else
- Discussion of images, possible treatment etc.
- Realisation that this was most likely cancer
- Like a lot of patients – zone out....
- Biopsy & results – what we're told and what we hear
- Take a deep breath and get a grip!

BROH

- Project plan
- 6.5 hours of surgery – phew, I still have my arm
- In-patient recovery & irrational thoughts (Again!)
- When can I go back to work???? You've got to be kidding me.....
- First look – and not a wedding dress..

IT'S NOT AS BAD AS I THOUGHT.....





BROH

- Exemplary care
 - Frequent visitor over Christmas - TVN
 - Plastic surgery – the little things do matter
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TREATMENT

- CT planning
- 30 visits to CUH for RT
- Don't underestimate RT
- Amazing Therapeutic Radiographers!
- Random thoughts during treatment...
- An old leather handbag

WHAT HAPPENED NEXT....

- Felt protected during treatment
- Reality sets in when surgery & treatment stops
- 3 monthly CXRs – anxiety
- Blips along the way
- Sorry Kirstie!

WHAT HAVE I LEARNT

- Better understanding of how patients feel
- Life in perspective
- One of the reasons I ran for UK Council and VP
- Don't sweat the small stuff
- Cancer never leaves you
- I do count myself lucky – cancer top trumps



RESEARCH

- Patient voice
 - 4 Ps - Patient Public and Practitioner Partnerships
 - Enabling patient centred change
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THANK YOU FOR LISTENING