



St. Luke's Radiation Oncology Centre at Beaumont Hospital

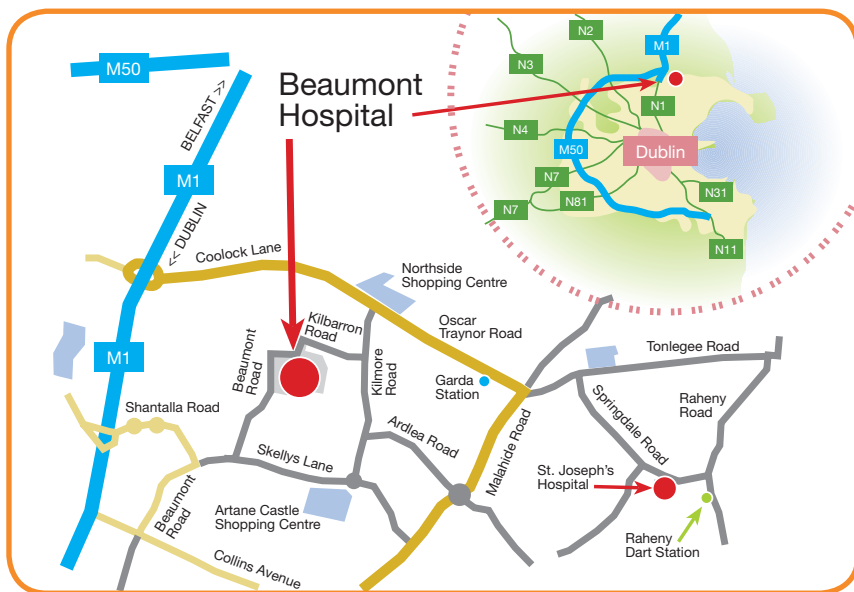
A Guide for Patients

QUIT

If you are coming to the St. Luke's Radiation Oncology Centre at Beaumont Hospital (SLROC BH) for the first time, you are likely to have many questions. This booklet is intended to give you some basic information that we hope will make your visit easier.

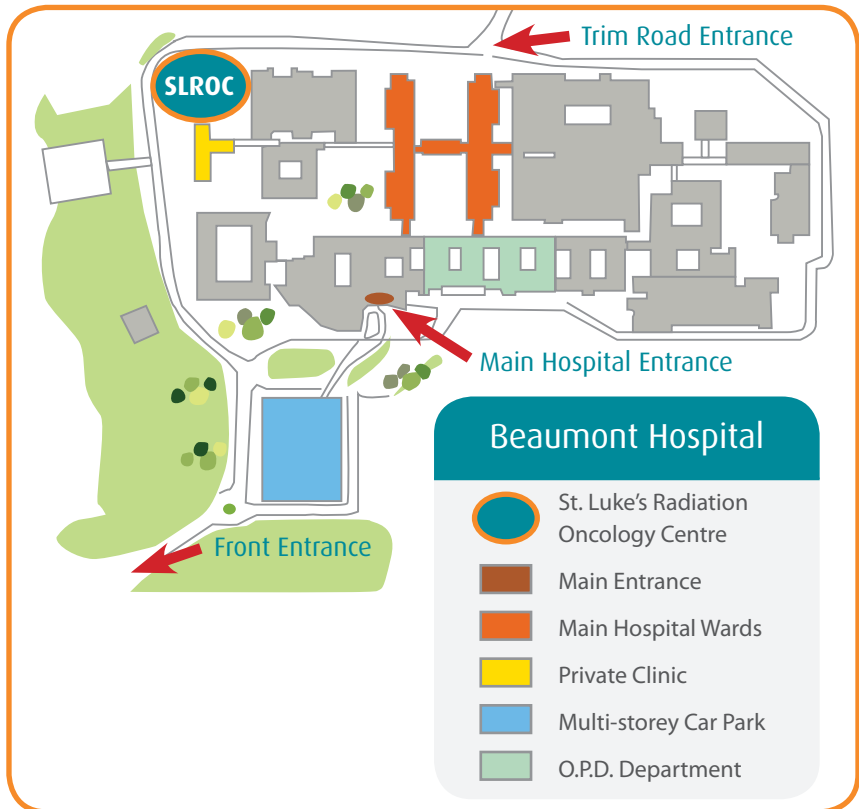
Location of Beaumont Hospital

Beaumont Hospital is in Northeast Dublin, close to the M50 and Dublin Airport. We are located off Beaumont Road, in Beaumont, Dublin 9.



Location of the St. Luke's Radiation Oncology Centre at Beaumont Hospital

The St. Luke's Radiation Oncology Centre at Beaumont Hospital (SLROC BH) is a separate building in Beaumont Hospital grounds. Entrance to the SLROC BH can be reached through the main hospital via a link corridor or through the main entrance of the SLROC BH building. Public car park spaces are available in the multi-storey car park at the front entrance of Beaumont Hospital. There is a charge for the use of these facilities.



Transport

Bus Routes

The following buses serve the Beaumont Hospital area:

- **14:** Dundrum Luas Station, Ballinkeer, Churchtown, Rathmines, Eden Quay, Connolly Rail Station, Fairview, Beaumont (Ardlea Road) (15 minutes walk to SLROC BH).
- **16:** Ballinkeer to Rathfarham Road to Drumcondra Rail Station and then to Beaumont Road (20 minute walk to SLROC BH).
- **17A:** Blanchardstown Centre, Connolly Hospital, Finglas Village, Ballymun, Beaumont Hospital (5 minutes walk to SLROC BH).
- **27B:** Eden Quay, Connolly Rail Station, Fairview, Beaumont (Ardlea Road) or Castletimon (15 minutes walk to SLROC BH).
- **104:** Clontarf (Conquer Hill), Castle Avenue, Kilmore Road, Beaumont Hospital (5 minute walk to SLROC BH).

NOTE: Please note that while these buses travel to Beaumont, not all of the buses go through the Hospital grounds. Passengers are advised to check the times & schedules with Dublin Bus prior to travelling.

Please see www.dublinbus.ie for more information.

Taxi

There is a Taxi rank at the front entrance of Beaumont Hospital. The staff at reception of the SLROC BH can also call a taxi for you.



Directions

From Dublin Airport by bus

The 16 bus stops on Beaumont Road, near the Beaumont House Lounge. From there, it is a five minute walk to the Hospital's main entrance gate and a further 5-7 minutes to the St. Luke's Radiation Oncology Centre at Beaumont Hospital (SLROC BH). Please check www.dublinbus.ie for the most current bus timetables.

From Dublin Airport by car


Take the M1 South bound. At the Coolock exit, turn left onto Coolock Lane. Then, turn right onto Kilmore Road (opposite the Northside Shopping Centre) and right again on to Kilbarron Road. Make a left onto Trim road, which takes you to the Hospital's main entrance. Stay to the left as you enter the Hospital grounds to go to the car park. If you are being dropped off at the SLROC BH go to the right and the SLROC BH is in front of you down the ramp. **Please note that this is a drop off area only.**

From Connolly (Train) Station

The 27B bus will take you to Beaumont Hospital. The 27B bus stop is located directly opposite Connolly Train Station.

Driving & Car Parking

Public car park spaces are available in the multi-storey car park at the front of the Hospital. There is a charge for the use of these facilities. A 24-hour day pass is available on request from the car park office at a set charge.



Clamping is now in operation on a 24/7 basis. Cars without permits are liable for clamping. The fee for the release of the clamp is currently €100 and an additional card fee of €5, total €105.

From Beaumont Hospital main front entrance to the

SLROC BH: Take the first exit at the first roundabout, and then the first exit at the next roundabout. Continue on around the road for approx 300 metres, past the Private Clinic. Take the next turn right (sharp turn) into the drop off area. You will see the sign for the SLROC BH.


The entrance to the SLROC BH is down the ramp (set down-area only/wheelchair parking available). **Please note that this is a drop off area only.**

From Beaumont Hospital main entrance to the public car

park: Take 2nd exit at the first roundabout; entrance to the car park is on the left hand side. The pedestrian exit will take you to the main doors of Beaumont Hospital - please ask at Hospital Reception for directions to the SLROC BH Centre via the link corridor. This is signposted throughout the Hospital. This walk will take approximately 5-7 minutes.

From Beaumont Hospital Coolock/Trim Road entrance to the

SLROC BH: Follow the bend in the road to the right for approx 200 metres. You will see the sign for the SLROC BH in front of you. The entrance to the Centre is down the ramp (set down-area only/wheelchair parking available). **Please note that this is a drop off area only and unauthorised vehicles will be clamped.**



From Beaumont Hospital Coolock/Trim Road entrance to the public car park: Continue past the SLROC BH and on around the road for approx 300 metres, go right (Main Hospital entrance), then the first exit at the next roundabout. The entrance to the car park is on the left. The pedestrian exit will take you to main doors of Beaumont Hospital – please ask at Hospital Reception for directions to the SLROC BH via the link corridor. This is signposted throughout the Hospital. This walk will take approximately 5-7 minutes.

SLROC BH and Main Hospital Facilities

SLROC BH Facilities

Vending Machines

Please note that there are two vending machines available to patients and relatives at the SLROC BH - tea, coffee, hot chocolate, cold drinks, crisps and bars are available.

Patient Hygiene Information

The St. Luke's Radiation Oncology Network is committed to providing a safe, healthy, clean environment and continually strives to improve the quality of our hygiene services. Please use hand gels provided in the SLROC BH.

Beaumont Hospital Facilities

Bakery

A bakery is located just inside the Hospital's front entrance.

Monday–Friday: 9.00am–6.00pm

Closed bank holidays



Restaurant

A restaurant is located on the main hospital corridor.

Monday–Friday: 8.15am–7.30pm

Saturday–Sunday: 11.00am–5.30pm

Closed bank holidays

Hospital Shop / Gift Shop

The hospital shop and a gift shop are located in Beaumont Hospital on the main hospital corridor.

Monday–Friday: 8.00am–9.00pm

Saturday: 10.00am–6.00pm

Sunday: 10.30am–6.00pm

Closed bank holidays

Bank and Cash Machine

A Bank of Ireland sub-office is located on the main hospital corridor.

A cash machine is next to the bank, available 24 hours.

Monday–Friday: 10.00am–12.30pm and 1.30pm–4.00pm

Postal Service

Postage stamps are available from the gift shop. Stamped letters may be posted in the letterbox on the main Beaumont Hospital Reception area. This post leaves the Hospital daily at 3.30pm.

Telephones (public)

Public pay phones and card phones are located throughout Beaumont Hospital for the use of patients and visitors. Phone cards are available in the hospital shop.



Travel 2 Care Scheme

The National Cancer Control Programme (NCCP) understands that some patients referred for treatment and care to St. Luke's Radiation Oncology Centre at Beaumont Hospital may need help towards meeting some of their travel costs.

The NCCP funds a scheme entitled Travel2Care, which is administered by the Irish Cancer Society. The aim of the scheme is to help patients with some travel costs if they have a genuine financial difficulty in meeting the costs of travelling for appointments to the St. Luke's Radiation Oncology Centre at Beaumont Hospital and are living over 30km away. The Travel2Care scheme is consistent with the transfer of services to the eight designated cancer care centres and approved satellite centre.

Travel2Care may help towards some of the costs of public transport such as trains, buses or other private transport costs such as petrol and parking. Patients can put the funding received towards the transportation they are using to get to the St. Luke's Radiation Oncology Centre at Beaumont Hospital.

Please be aware that there is no automatic entitlement to the Travel2Care scheme. Each application is assessed on a case by case basis. This is a once off payment.

For further information please contact:

Travel 2 Care

Irish Cancer Society

43/45 Northumberland Road

Dublin 4

Ph: 01 231 6619 or 01 231 6643

E-mail: travel2care@irishcancer.ie

Web: www.irishcancer.ie





What is radiotherapy and why is it given?

Radiotherapy uses carefully measured doses of radiation to treat many conditions, most of which are cancers. This can be done in a variety of ways, depending on the nature of your condition. The most commonly used method is called external beam radiotherapy and is delivered by highly sophisticated machines that very carefully direct radiation in to your body; these are called Linear Accelerators (Linacs). It is also possible to deliver radiotherapy using specially designed tubes that are inserted into your body. This is known as internal radiotherapy or brachytherapy.


How does radiotherapy work?

Although radiotherapy affects both cancer and normal cells, it has a greater effect on cancer cells. Treatment aimed at cure will give the highest possible dose of radiation to the cancer area (within safe limits) in an attempt to kill all the cancer cells.

Smaller doses are used, where the aim is to reduce the size of a tumour and/or relieve symptoms. This is called palliative radiotherapy.

How is it given?

Radiotherapy is given to the same part of the body each day and each treatment takes a few minutes. It does not hurt. The machine does not touch you and it is very much like having an ordinary x-ray. When receiving radiotherapy you are usually lying on your back. Any variation from this will be explained to you by your medical team.



The treatment is given Monday to Friday and each treatment takes about 20 minutes. You should allow an hour or so for each appointment.

Occasionally you may miss a treatment(s) due to a public holiday or a machine service. This will be taken into consideration by your medical team. We would strongly encourage you not to miss any additional treatments unless these have been discussed and agreed by your medical team.

What are the benefits of radiotherapy?

The purpose of radiotherapy is to destroy the cancer cells while causing as little damage as possible to normal cells. It can be used to treat many kinds of cancer in almost any part of the body.

Radiotherapy is broadly divided into two main categories: radical or palliative. Your doctor will explain which category applies to you.

Radical radiotherapy involves delivering high doses of radiation and a course of treatment generally lasts 1-7 weeks. It aims to cure the cancer (or control it for a prolonged period). It may be the only treatment you require but more frequently it is given in addition to surgery, chemotherapy or hormonal therapy.

Palliative radiotherapy can be very helpful at reducing some of the symptoms of a cancer when cure is not possible. It is usually given over no more than a few days.



What are the side-effects of radiotherapy?

Radiotherapy can damage or destroy normal cells and cause treatment side effects. Most of these are temporary and will be discussed in more detail by your medical team.

The side effects of radiotherapy can be broadly split into two categories, early and late.

Early side effects occur during, or within the first few weeks of finishing a course of radiotherapy. These are usually temporary.


Late side effects are those which can develop months or even years after the end of radiotherapy. The risk of these is small and, whilst they are rarely severe, they may be permanent.

Consent to Treatment

Only when you are happy with all the information regarding treatment and the side effects you will be asked to sign a consent form. This is a written record that you have agreed to the planned course of radiotherapy.

Multidisciplinary Team

Over the course of your time at the radiotherapy centre you will meet various members of the medical team – Consultant Radiation Oncologist, Specialist Registrars, Radiation Oncology Nurses/Clinical Nurse Specialists and Radiation Therapists who operate the machines and deliver your radiotherapy treatment daily). You will not meet the treatment planning and physics staff but they are part of the team that plan your radiotherapy treatment.



If you require it, you may also be referred to other members of the team such as the Medical Social Worker, Dietician, Physiotherapist, Speech & Language Therapist and Psycho-oncologist.

All members of the multidisciplinary team are available to give you help and advice about any aspect of your treatment and you don't need to be embarrassed to ask them anything you are concerned or anxious about.

Appointment Times

Specific times will be arranged with your Radiation therapist when he/she phones you to confirm your 1st treatment.

Since we treat strictly in order of appointment times, please try to attend at the time given to you. If you are delayed (1hr+) or unable to attend on any given day, please inform your treatment unit (phone number on appointment letter).


We aim to treat you within 20 minutes of your appointment. However, on occasion there may be a delay beyond this. You will be notified upon arrival if this is the case.

Once you start treatment, you will receive your appointments for the following week each Friday. We will try to accommodate specific requirements regarding change of appointment time(s). Please let one of the Radiation Therapists on your machine know by the Wednesday if you need to make any changes.



Questions to Ask Your Doctor

- What type of cancer do I have and what stage is it in?
- What are my treatment options?
- What is the purpose of radiation treatment for my type of cancer?
- What is the probability that radiation therapy will work for me? If it works, what are the chances that the cancer will come back?
- What are the chances that the cancer will spread if I do not have radiation therapy?
- How will the radiation therapy be given? Will it be external beam (*radiotherapy*) or internal (*brachytherapy*)?
- How many treatments will I require and how long will my course of treatment last?
- What side effects should I expect and how do I manage them?
- Will I also need other treatments, such as chemotherapy, surgery, or hormone therapy? If so, when will I receive them, and in what order?
- Is there a clinical trial for which I might be eligible? If there is, should I participate in it? What are the benefits and risks of doing so?
- Can I drive myself to and from the treatment facility? Do you recommend I bring a friend or family member?

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- Do I need to change my eating habits?
 - Will I need a special diet during or after my treatment?
 - Will I be able to continue my normal activities during treatment? If not, how soon after treatment will I be able to resume them?
 - Will radiation therapy affect my sex life or my ability to have children?
 - Can I smoke or drink alcohol during my course of treatment?
 - Is it safe to take vitamins or other self-prescribed medication during treatment?
 - How can I expect to feel during treatment and in the weeks following radiation therapy?
 - What are the reasons I should call you at night or on a weekend?
 - After my treatment is completed, how often will I need to return for checkups?
 - What are some of the support groups I can turn to during treatment?

Feedback and Complaints

In the HSE, we want to give you the best possible care and treatment. But there may be times when you think we could do better. Sometimes you may even want to tell us about something we have done well.

We want you to tell us if you have a comment, compliment or complaint about your health care. They allow us to continually improve our services.

How do I make a comment, compliment or complaint?

- Patients comment cards and post box are available in the patient waiting area of the SLROC BH.
- Talk to a member of HSE staff, service manager or complaints officer.
- Email yoursay@hse.ie with your feedback.
- Send a letter or fax to any HSE location.
- Ring us: 1850 24 1850
- Use our website comments and compliments facility at www.hse.ie

What will happen next?

- In the case of a comment or a compliment we will send you a letter of acknowledgement if you gave us your contact details.
- We will pass on your comment or compliment to the relevant service or staff member. They will acknowledge your verbal complaint immediately or as soon as possible.
- A written complaint will be acknowledged by a complaints officer in writing within five working days.

How will my complaint be dealt with?

Depending on the nature and seriousness of your complaint:

- a staff member/service manager will attempt to resolve your complaint locally or
- a complaints officer will look into the issues raised in your complaint.

How long will it take the complaints officer to look into my complaint?

- The complaints officer will look into your complaint within 30 working days of the date when it was acknowledged.
- If it takes longer to look into all the issues raised in your complaint, the complaints officer will notify you within 30 working days and will give you an update on what is happening every 20 working days after that.
- If you are not satisfied with the outcome of the complaint/ investigation carried out by the Complaints Office, you may seek a review from the Director of Advocacy. To do this, put your request in writing and post to Director of Advocacy HSE, Oak House, Millennium Park, Naas, Co. Kildare.

More information on
Your Service Your Say
can be found at
www.hse.ie

your service
your say

Other HSE helpful contacts

National Information Line: 1850 24 1850

www.healthcomplaints.ie

Consumer Affairs:

045 880400



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St. Luke's Radiation Oncology Centre
at **Beaumont Hospital**
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Dublin 9

Tel: 01 7045500 Mon - Fri 9.00 a.m. - 5.00 p.m.
Email: radiotherapy.beaumont@slh.ie

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