

## Barnsley FAQs

### Why have I been contacted?

You have been sent a Targeted Lung Health Check (TLHC) letter because your local practice has identified from your patient records that:

- You are aged between 55 and 74
- You live in Barnsley
- 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 have ever smoked (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 haven't received a letter, please inform your GP practice as there may be information missing from your Patient Record.

Please note this will be a phased roll-out so, depending on where you live, you might receive a letter earlier or later than others in Barnsley (please refer to the timeline below).

### 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. The service will move across different locations in Barnsley and Rotherham and started with the areas deemed to be most at risk in autumn 2022, continuing through to March 2024. Please note **it will take time to contact everyone**.

When it's the turn of your practice, invitations will be sent out using a staggered approach over a number of weeks. Those who are older will receive their letter first. Here's an approximate guide to when you might receive your invitation letter (subject to change):

Primary Care Network	Member Practices	First invitations approximately
Dearne	Goldthorpe Medical Centre Garland House / Woodgrove Surgeries Hollygreen Thurnscoe / Goldthorpe / Great Houghton Surgeries Dearne Valley Group Practice Goldthorpe / Thurnscoe Surgeries Lakeside Surgery	March 2023
Central	Ashville Medical Centre Dove Valley Worsborough / Gold St Surgeries	April-May 2023

	The Kakoty Practices at Worsbrough / Sheffield Rd Burleigh Medical Centre Burleigh St / Roundhouse The Grove Medical Practice Birdwell / Park Grove / The Health Centre Brampton / Apollo Court	
North East	White Rose Medical Centre / The Health Centre Monk Bretton The Grimethorpe Centre / The Cudworth Centre Lundwood Medical Centre / The Health Centre Lundwood / The Cudworth Centre Monk Bretton Health Centre Brierley Medical Centre Highgate Surgery Grimethorpe / Shafton	May 2023
South	Chapelfield Practice Walderslade Hoyland Medical Centre Cape Horn Medical Centre Wombwell Medical Centre	June 2023
North	Hill Brow Surgery Royston Group Practice, High Street Practice, Royston, Darton Health Centre, St. George's The Roundhouse	August 2023
Penistone	Penistone Group Practice High Street Penistone / Thurgoland / Silkstone Woodland Drive Medical Woodland Drive / The Roundhouse Huddersfield Rd Surgery Cawthorne / Huddersfield Rd Apollo Court Victoria Medical Centre Kingswell Surgery	November / December 2023

**If you have any concerns or new symptoms, please don't wait for your Lung Health Check; get checked out by your GP sooner rather than later.**

### **What is a Lung Health Check?**

A Lung Health Check will check that your lungs 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 will identify poor lung health as well as offer 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 a 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 is no judgement on smoking and advice and assistance on quitting smoking will be available
- We may be able to identify any lung health issues 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, including lung cancer, early so that people can be treated sooner, and that this treatment is more effective. More than 17,000 people like you in Doncaster have already received their check, and 94% of these said it was a positive experience. Why not visit the [TLHC page](#) for more information? You can also listen to two local people sharing their experiences.

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

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

Then, you will receive a phone call from a member of the bookings team – 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.

This step is known as a triage call to confirm your eligibility for the programme. Unfortunately, there can be inaccuracies in the information we receive so this call helps make sure we have the right people for the programme. If you have confirmed you are between 55 and 74 years old 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 a lung 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 Initial Assessment**

You will have a phone call with a nurse. This will last approximately 30 minutes, but if you will need more time, please let us know and we can arrange this for you. The nurse will ask you about your breathing, overall lung health, lifestyle, medical history, and family medical history.

There are three possible outcomes from this call:

- (i) **Offer of a lung scan:** If you have a higher chance of developing lung cancer now or in the future, you will be offered a scan to check if your lungs are in working order. The nurse will help you to choose whether the scan is right for you.
- (ii) **No problems found:** The nurse may find nothing further to look into and you won't need to have a lung scan. If this is the case, the nurse will let you know before they end the call. Information will follow confirming this and you will be given guidance on how to maintain healthy lungs, together with the signs and symptoms of lung cancer to look out for in the future so you remain alert and seek help as soon as possible if you are concerned.
- (iii) **Referral to your GP:** If problems with your breathing or lungs are found but you will not require a scan, the nurse may refer you to your GP or another specialist.

In all three cases, we will write to your GP to inform them of the outcome.

## **Part 2: The Lung Scan**

Following your call with the nurse, you may be invited to have a scan of your lungs. 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 lungs.

### **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 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 drink, eat, 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?**

Due to limited space in the scanning unit please come alone to your appointment and, if you can, as near to your appointment time as possible. If you need someone with you, please limit it to one person and be aware they may be asked to wait outside the unit until your appointment is over. 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 – you will be contacted by telephone or letter with the next steps, depending on what is found. 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. Please contact your GP as soon as possible if you notice:

- An unexplained persistent cough
- Unexplained persistent breathlessness
- Fatigue lasting four or more weeks
- A persistent or recurrent chest infection
- Unexplained weight loss
- A loss of appetite

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

The TLHC 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 TLHC Programme went live in August, and the Rotherham TLHC Programme went live in October. Barnsley, like the other areas, was selected for the next phase of the rollout due to high smoking levels and lung cancer mortality rates.

It is intended that this programme will be available across the country in the future, but we do not have any timeframe for this at present.

### **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 must be targeted at those most at risk. The people most at risk of developing lung problems are aged between 55 to under 75 who smoke or used to smoke and live within Barnsley.

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

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