

## **6. NURSING CARE / FOLLOW UP**

6.1 Specialist Breast Nurse

6.2 Physiotherapy

6.3 Physiotherapy Tasmania

## The role of the Specialist Breast Nurse

The specialist breast nurse (SBN) coordinates the care of the person diagnosed with breast cancer. It is best if the nurse meets with the patient as early as possible in her progress through the system to make sure her care is coordinated. The SBN liaises with all the different areas that the patient is likely to come in contact with. The nurse is someone that the patient can refer back to, and is there to make sure she has all the relevant information she needs. The SBN can also show her where to find the different literature and resources including support groups and networks.

The SBN role is important because it provides a single point of contact for the person with breast cancer and provides continuity of care from diagnosis on. The SBN can liaise with the screening centre, the surgeon, radiation and medical oncologists, social worker, physiotherapist and the many other health professionals, support and information services the patient may come in contact with.

### Further Information:

**Tasmanian Specialist Breast Nurse Regional Services currently available at:**

North West Regional Hospital	(03) 6430 6599
Hobart Community Nurse Service	(03) 6222 7602
Kings Meadows Community Health Nurse Service	(03) 6336 5109

**Breast Care Nurse Breast Cancer Network Australia (BCNA)**

Related Topics

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## Physiotherapy

Physiotherapy is important for shoulder care after surgery. Women who have been subjected to surgical treatment for breast cancer may develop late sequelae in the area of operation on the chest wall and/or in the ipsilateral arm or shoulder after the immediate surgical discomfort has passed.

[“Physiotherapy can improve the strength, movement and muscle tone in the operated extremity and also reduce the presence and severity of the late symptoms.”](#)

Physiotherapy may be important as prior to the commencement of radiotherapy women will need to have the full range of movement restored to the level it was prior to surgery.

### Further Information:

This Resource: [Lymphoedema](#)

### Publications:

[Physiotherapy after treatment, Lymphoedema—prevention and treatment](#) NSW Breast Cancer Institute

[Shoulder Care](#)—NSW Breast Cancer Institute

[After breast cancer surgery—looking ahead](#) pp 30—33 Queensland Cancer Fund

### Related Topics

[6.1 The Specialist Breast Nurse](#)

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## Physiotherapy Tasmania

A woman seeking physiotherapy can either self-refer or seek a referral from her GP unless she comes through the hospital, which can refer her directly.

Women's Health Tasmania has contact details for suitable physiotherapists.

### Contacts in Tasmania

Specialist Breast Nurses:

North West Regional Hospital	(03) 6430 6599
Hobart Community Nurse Service	(03) 6222 7602
Kings Meadows Community Health Nurse Service	(03) 6336 5109

### Women's Health

North	(03) 6336 2401
North West	(03) 6440 7131
South	(03) 6222 7211

Free call Statewide Women's Health Information Line **1800 675 028**

### Further Information:

For further information the woman should talk to her GP, SBN or surgeon.

#### Related Topics

[6.1 The Specialist Breast Nurse](#)

[6.2. Physiotherapy](#)