



# MDTs in Cancer Care

## What is it?

When you have been diagnosed with cancer, you will be cared for by a whole team of health professionals. Each team member has different skills that help in providing care. Some team members are involved in diagnosing your cancer. Some are involved in treating your cancer or dealing with symptoms and side effects. Some are there to help you with your feelings or concerns.

This is called a multidisciplinary team or MDT. There is an MDT for each type of cancer. Each MDT has a set of core members, but other specialists may join the team from time to time. You may not meet all the members of your MDT. Your care coordinator is part of the MDT and is the link between you and the team.

## What will my MDT do?

MDTs meet regularly to discuss new patients and the continuing care of existing patients. Your care and others' may be discussed at the meeting. There are often health professionals from other MDTs at the meeting. There may also be other people present, such as medical students attending as part of their education.

Your MDT will:

- work out the best treatment options to discuss with you
- ensure you receive prompt and appropriate treatment
- Arrange further tests and refer to specialist services if needed
- collect information and keep good records.

Your care coordinator will keep you informed about what happens in the MDT. Your GP will also be kept informed by letters from your consultant.

## What can I do?

Keep in contact with your care coordinator and let them know if you have any questions or concerns. You also have the opportunity to decide which of the options for your treatment are best for you.

## Where can I learn more?

South Western Sydney Local Health District Cancer Services has a range of resources to support people diagnosed with cancer and their families. To access these resources, go to [swslhd.health.nsw.gov.au](http://swslhd.health.nsw.gov.au).

## MDT and Confidentiality

**The MDT will look at your medical history and test results.**

**This might include personal or other health information that you have told to any member of the team, including your GP.**

**If there are things that you do not want discussed, you can ask for it to be kept private.**

**Everyone at an MDT meeting is required to keep your information confidential.**

## What questions could I ask my MDT contact?

- Who is in my team?**
- What happened at my MDT meeting?**
- What treatment options were discussed?**