

A LARYNGECTOMEE'S TRAVEL GUIDE TO THE BRITISH ISLES

by Paul Cantlie

PERSONAL MEDICAL DETAILS

If you need medical help or attention when away from your usual GP and hospital, the following information is the minimum that will be required from you. Remember you may be voiceless when asked to supply this information, so fill it in now.

Surname.....
First name Date of birth /..... /.....
Responsible hospital
Date of laryngectomy
Hospital number*
NHS number*
GP's name & address.....
.....

* See your last hospital appointment letter

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Why this guide?

THOSE of us who lead ‘normal’ lives, despite the disabilities that laryngectomy imposes, must wonder how far from our homes we wish to travel without taking special precautions. Our early brief sorties become more extended with rising confidence. Each case is individual and the single person has to be more circumspect than someone with a companion who can act as a voice when needed.

Getting away from the usual environment and familiar medical staff is a step further. Even travelling around one’s own country is not straightforward – “Which hospital can I go to if...” The shadow lurking behind most of us is the possibility of the vocal prosthesis coming out and the fistula closing up before anyone can get a dilator or catheter in.

Admission policy varies very widely round the different hospital trusts and it must not be assumed that the next convenient hospital can change your valve, even if they have the skills and staff. It is believed that none of the hospitals listed here would turn a laryngectomee away for budgetary or insurance reasons.

At the end of this booklet you will find emergency flash cards in the main European languages in case you find yourself in a country where you have to explain your situation in a language you may not speak, or cannot speak because you have lost your prosthesis.

This booklet has been put together with these factors in mind, providing locations and lists of all hospitals believed to handle emergencies of the type that laryngectomees may encounter. Small maps show the spread of towns with listed hospitals. There is an ‘Emergency’ notice for the reception staff

or A&E and the next page gives a list of the usual conditions to help a voiceless laryngectomee indicate what the problem is. The rest of the section lists the different hospitals, their addresses and main details.

If you present yourself at an unfamiliar hospital, they will want to know where your operation was performed and what your hospital number is. You are advised to fill in your personal details on the inside front cover which covers these and other details about yourself which will almost certainly be needed. Should you need a valve change and accidentally not have a spare one with you make sure you enter valve details at the foot of page 7. A simple valve change is one thing, sizing a fistula may be quite another.

Warning: Every effort has been made to make this directory accurate and up-to-date but major changes are being made to the NHS which will continue for some time. It should also be remembered that all hospitals run with reduced staff at weekends and on bank-holidays which will probably affect your treatment. No responsibility for this can be accepted.

Anyone with knowledge of hospitals that are not included in this guide but should be is asked to contact me through the Cancer Laryngectomee Trust (see p.2) or by email at

info@cancerlt.org

Personal experiences from laryngectomees concerning any of the hospitals listed would be helpful for future editions.

Paul Cantlie

April 2013

Before travelling...

THERE are obvious precautions anyone fitted with a voice valve should take before travelling away from familiar surroundings. If your destination is known, use the maps to locate the nearest hospital to it. The NHS is in a state of major flux at present, so **it is essential** to make contact in advance of your arrival, and make certain a suitable service is still available.

Make sure that your 'spare parts' are in order and sufficient for the length of your stay. If your valve is near the end of its usual life, get it changed before you leave and *always* take a spare one with you. You may get a tracheal infection whilst away, so pack enough spares to take account of this.

CHECK LIST

- Voice valve c/w insertion tool and gel-caps
- Extra stud or lary-tube (if used)
- Dilator & catheter with end-plug
- Valve brushes and pipette
- Valve plug (leak-stopper)
- Hand mirror
- Pen torch
- Scissors
- Tweezers
- Surgical tape
- Gel lubricant
- Candida inhibitor
- Atomizer or nebulizer and saline solution

Consumables (HME baseplates and filters, wipes etc...)

Those who normally use **electro-larynxes** will only have to consider flat batteries and many hospitals offering after-care can help. Like oesophageal speakers, they may also suffer from local infection or inflammation and should know how to deal with this. If not, consult your specialist nurse.

Emergency

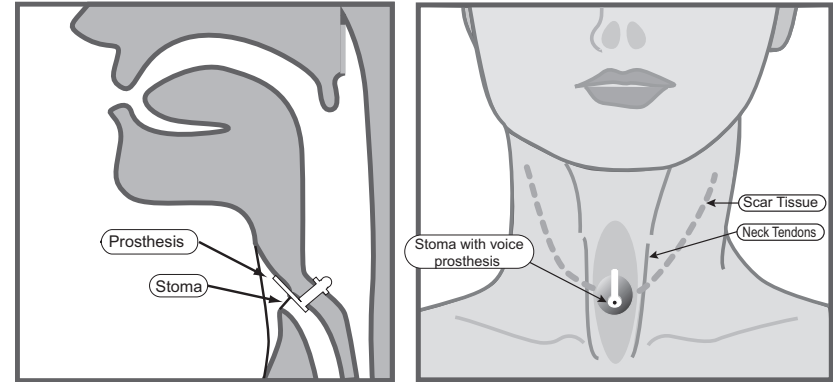
The bearer requires the urgent attention of the **EAR NOSE & THROAT DEPARTMENT**

Having suffered a **LARYNGECTOMY** the patient may not be able to speak if the prosthesis is absent or defective.

If oxygen is required it should be applied **TO THE NECK ONLY**. It serves no purpose in the nose or mouth.

If voiceless, the patient will try to show medical staff more details of the problem on the next page.

Prolonged delay may have long-term consequences and involve the patient in further surgery.



- 1 My prosthesis has come out and I cannot insert a dilator. Please attempt this for me to keep the fistula open.

- 2 My prosthesis has come out and needs replacing. I am keeping the fistula open with a dilator/catheter.

- 3 My prosthesis is leaking and I cannot drink without coughing. Please replace it.

- 4 If you cannot replace the prosthesis, please insert a catheter to enable me to eat and drink.

- 5 I have an infection of the trachea which is causing discomfort.

PROSTHESIS

Maker..... Size.....

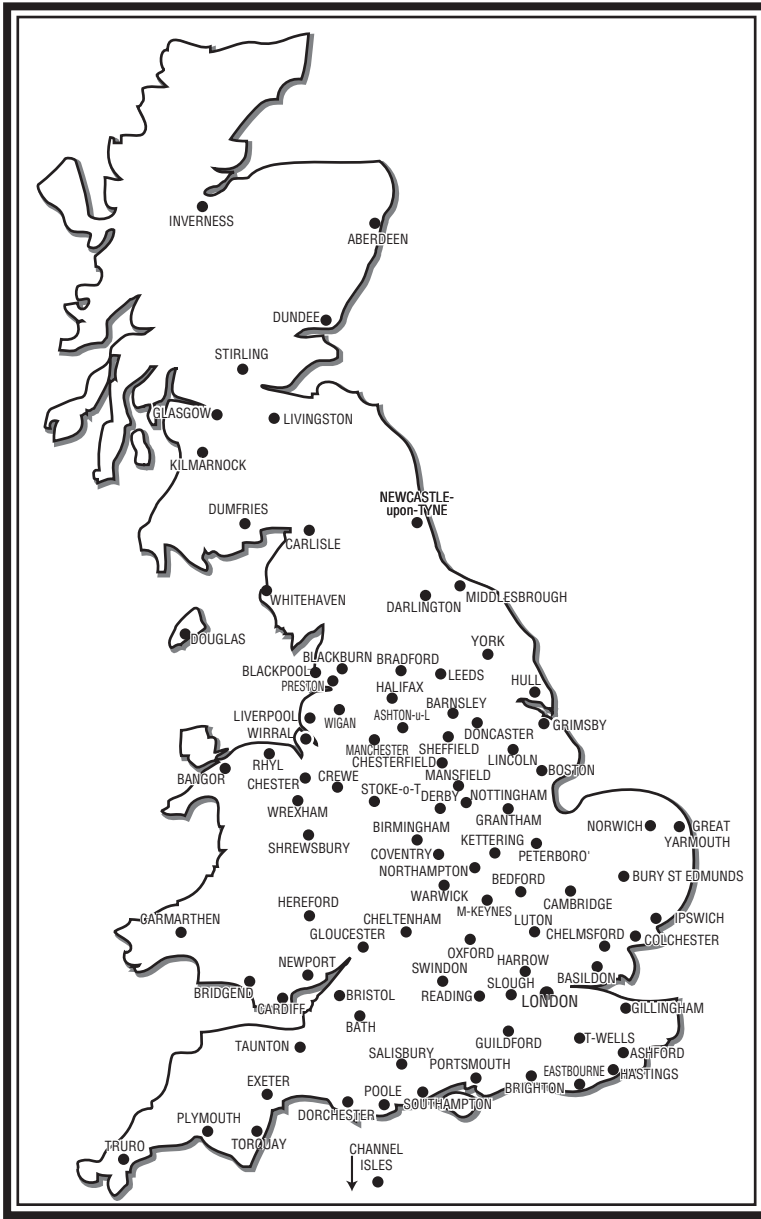
Type

Duck bill Low pressure..... In-dwelling

A Laryngectomee's Guide to the British Isles

TOWN	HOSPITAL	AREA	TELEPHONE	WARD
Ashford, Kent	William Harvey Hosp.	Willesborough	01233 616260	Rotary Ward, ring ahead
Ashton-u-Lyne	Tameside General	Fountain St.	0161 3316000	Ward 5, Hartshead Bldg
Barnsley	Barnsley District Gen.	Pogmoor Rd	01226 730000	ENT outpts. Mon-Fri only
Basildon, Essex	Basildon Hospital	Nethermayne	01268 598427/8	Orsett Ward via A&E
Bath	Royal United Hospital	Combe Park	01225 428331	Waterhouse Ward Ext 4425 S< 01225 824333
Bedford	Bedford Hosp. South	Kempston Rd.	01234 355122	Primrose Unit
Birmingham	Heartlands Hospital	Bordesley Gr.	ENT 0121 424 1555	ENT Outpatients SVR
Birmingham	Queen Elizabeth Hosp	Edgbaston	0121 472 1311	SVR at ENT OPD or East 5
Blackburn	Royal Blackburn Hosp	Haslingden Rd	Ward 01254 735186	B14 or SLT Mon-Fri or A&E
Blackpool	Victoria Hospital	Whinney Heys	01253 300000	ENT Mon-Fri 8.30-5pm
Boston, Lincs	Pilgrim Hospital	Sibsey Road	01205 445649	Ward 5B
Bradford	Bradford Royal Hosp	Duckworth Lane	01274 542200	Ward 18 ask for S<
Brighton	Royal Sussex County	Eastern Road	01273 696955 Ext 4813	ENT Outpatients
Bristol	St Michael's Hospital	Southwell St.	0117 9285272	Ward 72. Call ahead
Bristol (N)	Southmead Hospital	Westbury-o-T	0117 9505050	U Ward
Bury St Edm's	West Suffolk Hospital	Hardwick Lane	01284 713000	A&E for dilator/catheter only
Cambridge	Addenbrooke's Hosp.	Hills Road	01223 216561/217588	ENT Ward M5.
Carlisle	Cumberland Infirmary	Newtown Rd	01228 523444 Ext 4176	Ward Beech C or D
Chelmsford	Broomfield Hospital	Court Road	01245 362000	ENT Out Patients Dept
Cheltenham	Cheltenham General	Sandford Rd	0300 4223145	ENT ward or SLT Outpts.
Chester	Countess Chester Hosp		01244 365000	ENT via A&E
Chesterfield	Royal Hospital	Calow	SLT 01246 512080 Ex2080	Or ring H&N ward ex.hrs
Colchester	Colchester General	Turner Road	01206 747474	Brightingsea Ward via A&E
Colchester	Essex County Hosp	Lexden Road	H&N CNS 1206 744783	ENT dept. ring ahead
Coventry	Walsgrave Hospital	Clifford Br. Rd.	024 7696 4000	Ward 32 via A&E
Crewe	Leighton Hospital	Leighton	S< 01270 612 342	Ward 19 via A&E
Darlington	Memorial Hospital	Hollyhurst Rd	01642 818544	Ring ENT Ward 34
Derby	Royal Derby Hospital	Uttoxeter Road	01332 788358	Ward 307 or ENT OPD
Doncaster	Doncaster & Bassetlaw	Arnthorpe Rd	01302 553143	Ward S12
Dorchester	Dorset County Hospital	Williams Av	01305 251150	ENT via A&E. Ring ahead
Douglas, IOM	Noble's Hospital	Strang	01624 650210	OPD Suite F via A&E
Dudley	Russells Hall Hospal	Pensnett Road	01384 456111	ENT Ward D6. Ring ahead
Eastbourne	District General	Kings Drive	01323 417400 Ext4054	Glynde Ward
East Grinstead	Queen Victoria Hosp	Holtye Road	S< 01342 414526	Ring ahead for details
Exeter	Royal Devon & Exeter	Barrack Rd.	01392 411611	Otter Ward. H&N Clin. Mon
Gateshead	Queen Elizabeth	Q.E. Avenue	0191 4820000	A&E referral to Newc's le
Gillingham, Kent	Medway Maritime	Windmill Rd	01634 830000	Kingfisher Ward, walk-in
Gloucester	Gloucester Royal	Gt Western Rd	01452 528555	SVR by H&N CNS or S<

ABBREVIATIONS: SVR – Surgical Voice Restoration A&E – Accident & Emergency
 CNS – Clinical Nurse Specialist ENT – Ear Nose & Throat S</SLT – Speech & Language Therapist
 TOF/TEP – Tracheal-Oesophageal Fistula HNU/H&N – Head & Neck Unit OPD – Outpatients Dept.



TOWN	HOSPITAL	AREA	TELEPHONE	WARD
Grantham	Grantham & District	Manthorpe Rd	S< 01476 464248	ENT via A&E; ring ahead
Great Yarmouth	Jas. Paget Univ.Hosp	Gorleston	CNS 01493 453401	Ring ahead to arrange
Grimby	Diana Princess of Wales	Scartho Road	S< 01472 875405	Essential to ring ahead
Guildford	Royal Surrey County	Egerton Road	01483 571122 Ext 6764	Clandon Ward or Thurs HNU clinic. Ring S< ahead
Halifax	Calderdale Royal	Salterhebble	ENT 01422 222336	ENT clinic Mon Wed Fri
Hastings	Conquest Hospital	St Leonards	01424 755255 Ex8639	SVR by S< by appt.
Haywards Heath	Princess Royal Hospital	Lewes Road	01444 441881 Ext 8252	Albourne Ward, ask for S<
Hereford	County Hospital	Union Walk	01432 355444	ENT Practitioner Ext. 1725
Huddersfield	Royal Infirmary	Acre Street	ENT 01484 342671	Drop-in clinic Mon-Fri
Hull	Hull Royal Infirmary	Anlaby Road	SLT 01482 804331	Therapies Centre
Hull	Castle Hill Hospital	Cottingham	01482 624854	ENT OPD Dawn Gill
Ipswich	Ipswich Hospital	Heath Road	01473 712233	ENT/SLT walk-in
Kettering	General Hospital	Rothwell Road	01536 492000	AM Lee Ward. Ring ahead
Leeds	Leeds General Infirm.	Gt George St	ENT 0113 3922480	ENT outpts
Leicester	Royal Infirmary	Balmoral Bldg	ENT 0116 258 5318	Mon10-noon Thur 14.30-16.30
Lincoln	Lincoln County	Greetwell Rd.	01522 512512	Clayton Ward
Liverpool	Aintree Univ. Hosp.	Longmoor Lane	0151 5255980	Ward 28. Clinics Tue & Thurs by appointment
London (Cen)	Guys Hospital	St Thomas St	0207 188 7188	Blundell Ward. HNU Fri am.
London (Cen)	Charing Cross Hosp.	Fulham Pal. Rd	S< 0208 846 1761	ENT via A&E
London E11	Whipps Cross Hosp.	Whipps Cr. Rd.	S< 0208 535 6795	Primrose Ward via A&E
London SW17	St George's Hospital	Blackshaw Rd	0208 672 1255	A&E and ask for S<
London/Harrow	Northwick Park Hosp	Watford Road	CNS 0208 869 3098	Ex-hrs Haldane Rm via A&E
Luton	Luton and Dunstable	Lewsey Rd	CNS 01582 718038	H&N Mon-Fri 8-4pm by appt.
Manchester	Wythenshawe Hosp.	Southmoor Rd	0161 998 7070	Ward F 9
Manchester	Royal Infirmary	Oxford Road	ENT 0161 276 8634	8am-5pm SVR at ENT OPD
Middlesbrough	James Cook Un. Hosp	Marton Rd	01642 818544	ENT Outpts
Milton-Keynes	Milton-K's General	Eaglestone	01908 243633	Ward 19 via A&E
Newcastle	Freeman Hospital	Freeman Rd	0191 233 6161	ENT Dept/SLT walk-in 9-5
Newcastle	Newcastle General	Westgate Rd	0191 273 8811	A&E referral to Freeman
Northampton	Northampton Gen Hosp	Cliftonville	ENT 01604 545509	Ring S< for appt
Norwich	Norfolk & Norwich	Colney	01603 287116	ENT Outpts 9.00-16.00
Nottingham	Queen's Medical Centre	Derby Road	SLT 0115 9249924x6122	Mon-Fri ENT OPD ring ahead
Oxford	John Radcliffe Hosp.	Headington	01865 741166	ENT Ward, call S<
Peterborough	Edith Cavell Hospital	Bretton Gate	01733 874000	Ward 12 Tel: 01733 875319
Plymouth	Derriford Hospital	Derriford Rd	01752 763182	ENT Walk-in 8.30-16.30
			01752 792274	Lynher Ward out of hours
Poole	Poole General	Longflete Rd	01202 442933	'Cerne', Sec. C2 Call S<

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Portsmouth	Queen Alexandra	Cosham	023 92 286394 Ex6048	SLT 023 92 286147 by referral
Preston	Royal Preston Hosp	Fulwood	01772 522498	ENT Ward 3 01772 523164
Reading	Royal Berkshire	London Rd	0118 322 5111	Dorrell Ward
Salisbury	District Hospital	Odstock	ENT 01722429325	ENT outpts Mon-Fri am
Sheffield	Royal Hallamshire	Glossop Rd	0114 2712676	ENT outpatients
			CNS 0114 2711587	Bleep 2033
Shrewsbury	Royal Shrewsbury	Mytton Oak Rd	01743 261207	HNU 9-5 by appointment
Slough	Wexham Park Hosp	Wexham	S< 01753 634075	ENT Ward 3, via A&E
Southampton	General Hospital	Tremona Rd	CNS 07917534558	Ward F 5 Ring 02380 794644
Stoke-on-Trent	Univ. Hosp. of N.Staffs.	Prince's Road	01782 715444	ENT or SLT via A&E
Swindon	Great Western Hosp.	Marlboro' Rd	01793 604020	Meldon Ward
Taunton	Musgrove Park Hosp.		01823 344111 Ex4111	Blake Ward 01823 342023
Torquay	Torbay Hospital	Lawes Road	ENT OPD 01803 655134	Ask for H&N CNS
Truro	Royal Cornwall Hospital	Treliske	01872 250000	Wheal Coates ENT Ward
Tunbridge-Wells	Maidstone & TWells Hosp	Mt. Ephraim	01892 526111	Ward 12 via A&E ring ahead
Wakefield	Pinderfields General	Aberford Rd	01924 542600	Gate 37 D Floor ring ahead
Warwick	Warwick Hospital	Lakin Road	01926 495321	Hatton/23-hr Ward
Whitehaven	West Cumberland	Hensingham	01946 693181	As k for Outpatient SVR appt.
Wigan	Roy. Albert Edward Inf.	Wigan Lane	01942 244000	ENT ward via A&E
Wirral	Arrowe Park Hospital	Upton	0151 6785111	ENT ward via A&E
Wolverhampton	New Cross Hospital	Wolv'pton Road	01902 695046	Ring ahead for ENT OPD
York	York District General	Wiggington Rd	S< 01904 725768	Ward 15 Tel: 01904 726015

SCOTLAND

Aberdeen	Royal Infirmary	Forester Hill	S< 01224 553143	Ward 45 Ring ahead
Dumfries	Dumfries Royal Infirm	Banfend Road	01387 246246 Ex2017	S< on Ward 5
Dundee	Ninewells Hospital	Ninewells Av	01382 496571	ENT clinic no. 4 via A&E
Edin/Livingston	St John's Hospital	Howden Rd	01506 523 000	ENT Ward 19A
			S< 01506 524191	oer via A&E ex-hrs
Glasgow	Southern General	Govan Road	0141 201 1100	Ward 62 by appt or via A&E
				S< Tues, Thurs
Glasgow	Royal Infirmary	Castle Street	0141 2114743	ENT clinic
Inverness	Raigmore Hospital	Old Perth Road	01463 704000	SVR by S< via A&E
Kilmarnock	Crosshouse Hospital	Crosshouse	01563 521133 Ex3811	ENT dept
Stirling	Stirling Royal Infirm	Livilands	01786 4340000	ENT ring ahead for details

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WALES

A Laryngectomee's Guide to the British Isles

TOWN	HOSPITAL	AREA	TELEPHONE	WARD
Bangor	Ysbytu Gwenedd	Penrhosgamedd	01248 384384	ENT Ward via A&E
Rhyl	Glan Clwyd Hospital	Bondelwyddan	01745 583910	A&E to call ENT Ward 4
Bridgend	Princess of Wales	Coity Road	01656 752752	ENT via A&E
Cardiff	Univ. Hosp. of Wales	Heath Park	029 20747747	Ward A5 North via A&E
Carmarthen	Glangwili General	Dolgwilli Road	01267 235151	ENT ward
Newport	Royal Gwent Hospital	Cardiff Road	01633 234234	D2 West S< 9-5 or ENT
Wrexham	Maelor Hospital	Croesnewydd	01978 291100	ENT via A&E

CHANNEL ISLES

The Channel Isles are not part of the EEC so take out insurance

St Helier	Jersey General Hosp	Gloucester St	01534 622000	CNS at ENT outpatients
St Martin (Guernsey)	'Mill House' at Medical Specialist Group	Le Vauquiedor	01481 725241 Ex 4188	SVR by S<

IRELAND

Northern

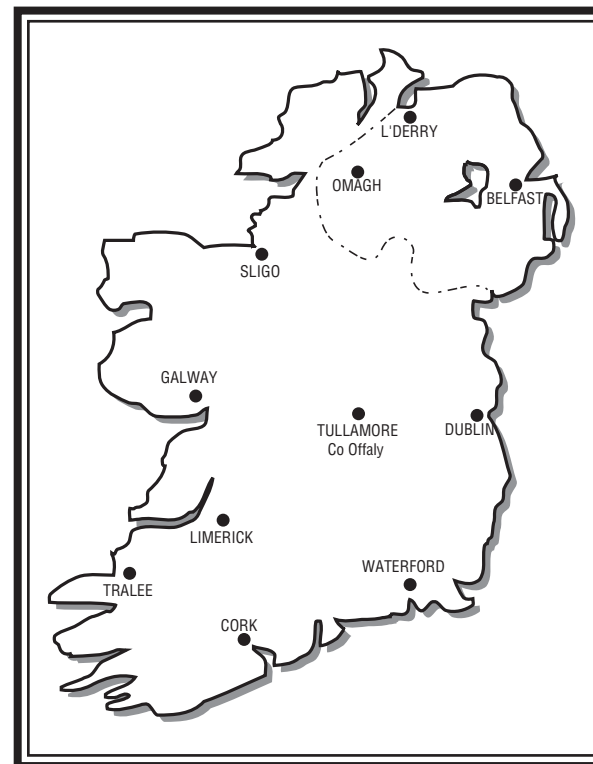
Belfast	Royal Victoria Hosp	Grosvenor Rd	028 90 240503	Ring ahead
Londonderry	Altnagelvin Hospital	Glenshane Rd	028 71 345171	Thurs ENT Outpt clinics
Omagh	Tyrone County Hosp	Hospital Road	028 82 833100	Ring ahead

Republic

TELEPHONING Locally: dial as shown including [0]
From UK or overseas: substitute 00353 for [0]

Cork	South Infirmary	Old Blackrock Rd	[0]21 4926100	Speak to ENT in all cases
Dublin northside	Mater Hospital	Eccles Street	[0]1 8301122	
Dublin northside	James' Hospital	James' Gate	[0]1 4537941	
Dublin northside	Beaumont Hospital	Beaumont	[0]1 8093000	
Dublin southside	St Vincent's Hospital	Elm Park	[0]1 2694533	
Galway	Univ. College Hosp	Newcastle Rd	[0]91 524222	
Limerick	Limerick Regional	Dooradoyle	[0]61 301111	
Offaly	Tullamore General	Arden Road	[0]506 21501	
Sligo	Sligo General	The Mall	[0]71 9171111	
Tralee	Tralee General	Tralee	[0]66 7126222	
Waterford	Regional Hospital	Dunmore Road	[0]51 8480000	

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The hospital list in the Republic of Ireland was prepared by O'Neill Healthcare Ltd of Dublin, who offer help to any visiting laryngectomees on: 01 8326509.

cas d'urgence

Cette personne parle anglais et il a besoin d'un service d'Oto-Rhino-Laryngologie d'urgence.

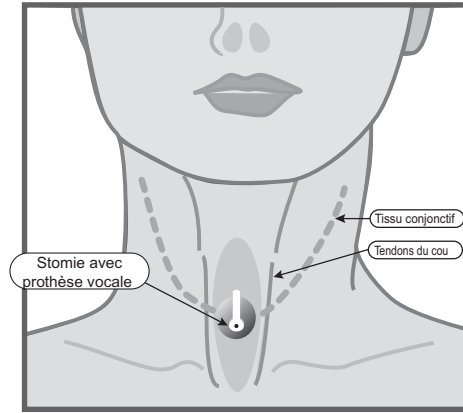
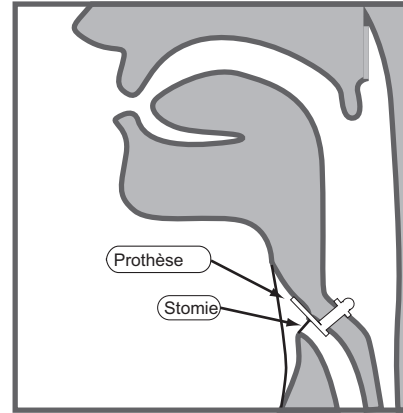
Ayant subi une LARYNGECTOMIE, ce patient ne pourra pas parler si la prothèse est déplacée ou défectueuse.

S'il a besoin d'oxygène, celui-ci doit être administré au niveau du cou; le donner par le nez ou la bouche ne servira à rien.

Si le patient ne peut pas parler il tentera d'indiquer au personnel médical les détails du problème – voir la page suivante.

Si le médecin ou l'orthophoniste ne parle pas anglais, un interprète serait utile.

Tout délai risque d'entraîner de graves conséquences pour le patient, voire une nouvelle intervention chirurgicale.



- 1 My prothesis has come out and I have been unable to insert a dilator. Please attempt this for me to keep the fistula open.
- 2 My prothesis has come out and needs replacing. I am keeping the fistula open with a dilator/catheter.
- 3 My prosthesis is leaking and I cannot drink without coughing. Please replace it.
- 4 If you cannot replace the prothesis, please insert a catheter to enable me to eat and drink.
- 5 I seem to have an infection of the trachea which is causing discomfort.

- 1 *Ma prothèse vocale est sortie et je n'ai pas réussi à placer un dilateur. Veuillez tenter de l'introduire pour garder la fistule ouverte.*
- 2 *Ma prothèse vocale est sortie; veuillez la remplacer. Je garde ouvert la fistule au moyen d'un dilateur ou d'un cathéter.*
- 3 *Une fuite à travers de ma prothèse me fait tousser lorsque je bois. Veuillez la remplacer.*
- 4 *S'il vous est impossible de remplacer la prothèse, veuillez insérer un cathéter pour me permettre de manger et de boire.*
- 5 *Je crois avoir une infection de la trachée qui me cause une gêne.*

PROTHESIS/PROTHÈSE

Maker/Fabricant Size/Taille

Type/Type

Duck bill Low pressure..... In-dwelling

Bec de cane Basse pression Sans languette

en caso de emergencia

Esta persona habla inglés y necesita los servicios de urgencia de un departamento de otorrinolaringología en un hospital.

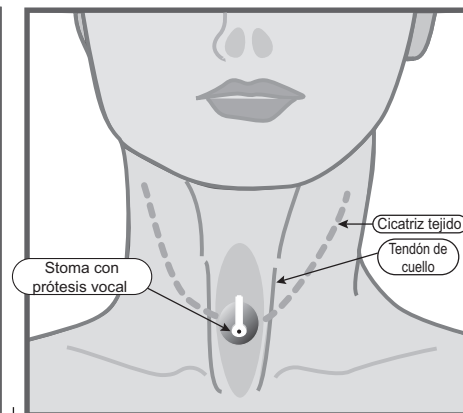
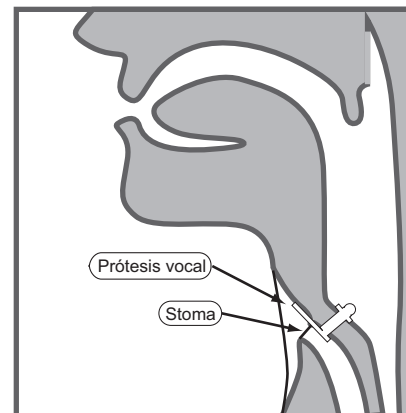
El ha sufrida un LARINGETOMIA. El enfermo no puede hablar si la prótesis no está bien colocada, o está ausente.

Si necesita oxígeno, esto se debe aplicar por el cuello. No sirve para nada aplicarlo por la boca o por la nariz.

El enfermo tiene más información sobre la problema, vease al otro lado de este papel.

Si el médico o el ortofonista no habla inglés, sera necesario un interprete.

Cualquiera demora resultará en graves consecuencias para el enfermo.



1 My prothesis has come out and I have been unable to insert a dilator. Please attempt this for me to keep the fistula open.	1 <i>Mi prótesis vocal está fuera de su sitio y no puedo introducir el dilator. Por favor ponga la in su sitio para quedar abierta la fistula.</i>
2 My prosthesis has come out and needs replacing. I am keeping the fistula open with a dilator/catheter.	2 <i>Mi prótesis vocal está fuera de su sitio y puede Ud. recolocar de nuevo, por favor. La fistula la tenga abierta por medio de un dilador/catéter.</i>
3 My prosthesis is leaking and I cannot drink without coughing. Please replace it.	3 <i>Un escape alrededor de mi prótesis me hace toser. Puede Ud. recolocar por favor.</i>
4 If you cannot replace the prothesis, please insert a catheter to enable me to eat and drink.	4 <i>Si no llega a recolocar la prótesis, por favor introduzca un catéter para que yo pueda comer y beber.</i>
5 I seem to have an infection of the trachea which is causing discomfort.	5 <i>Creo que tengo una infección de la tráquea que me duele.</i>

PROSTHESIS/PRÓTESIS

Maker/Marca Size/Talla

Type/Typo

Duck bill..... Low pressure..... In-dwelling

Pico de Pato Baja presión Sin lengüeta

Notfall

Der Träger spricht Englisch und benötigt dringende Hilfe der HALS;- NASE; UND OHREN ABTEILUNG.

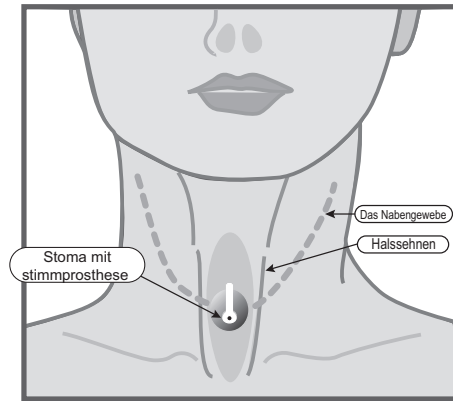
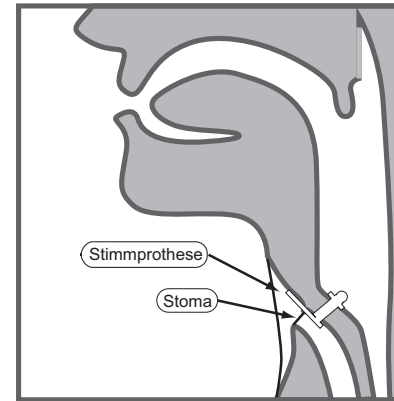
Der Patient musste sich einer Laryngektomie unterziehen und kann möglicherweise nicht sprechen wenn die Prothese verrutscht abwesend oder defekt ist.

Sollte Sauerstoff benötigt werden, sollte dies nur über den Halsbereich angewendet werden. Über Nasen- oder Mundbereich wäre dies zwecklos.

Wenn stimmlos, kann dem betreuenden Arzt weitere Details des Problems auf der nächste Seite gezeigt werden.

Sollte der behandelnde Arzt oder Logopäde kein Englisch sprechen, wäre ein Übersetzer sehr hilfreich.

Eine Verzögerung in der ärztlichen Behandlung könnte für den Patienten lang anhaltende Gesundheitsschäden oder weitere Chirurgie bedeuten.



- 1 My prosthesis has come out and I have been unable to insert a dilator. Please attempt this for me to keep the fistula open.
- 2 My prosthesis has come out and needs replacing. I am keeping the fistula open with a dilator/catheter.
- 3 My prosthesis is leaking and I cannot drink without coughing. Please replace it.
- 4 If you cannot replace the prosthesis, please insert a catheter to enable me to eat and drink.
- 5 I seem to have an infection of the trachea which is causing discomfort.

- 1 *Meine Stimmprothese ist herausgekommen und es ist mir nicht möglich, einen Dilator einzuführen. Bitte unternehmen Sie für mich diesen Versuch, damit die Fistel geöffnet bleibt.*
- 2 *Meine Stimmprothese ist herausgekommen und muss ersetzt werden. Ich halte die Fistel mit einem Dilator / Katheter geöffnet.*
- 3 *Meine Prothese weist ein Leck auf, und ich kann nicht trinken ohne zu husten. Bitte ersetzen Sie diese.*
- 4 *Wenn Sie die Stimmprothese nicht ersetzen können, bitte führen Sie einen Katheter ein, damit ich trinken und essen kann.*
- 5 *Es scheint, dass ich eine Luftröhre entzündung habe, welches mir Unbehagen verursacht.*

PROSTHESIS/STIMMPROTHESE

Maker/Hersteller..... Size/Größe.....

Type/Ausführung

Duck bill..... Low pressure..... In-dwelling

Duckbill..... Strömungswiderstand Verweilkanüle

WHEN I first went in search of a list of this sort, I presumed it would require no more than a few keystrokes on a mainframe computer at the Department of Health and the names and details would come tumbling out effortlessly in a few minutes. No such luck, though I finally got a list of hospitals with head and neck oncologists which served well later as a cross-reference. It was a medical librarian who first warned me this was not going to be an easy journey and put me onto the website which enabled me to contact all the NHS Trusts, mostly by email, that produced the information contained. Hospitals that have been unwittingly omitted will be included in the next edition if they will make themselves known to me.

I am very grateful for the encouragement and good wishes I have received from all quarters and most particularly I salute the help of the Patient Advice and Liaison Services (PALS) around the country which did so much of the devilling for me.

Without the surgical team which took me apart and put the good bits back together again I would not be writing this. My fellow laryngectomees at the Southampton walk-in clinic, our Macmillan CNS and S&L therapists have been endlessly patient with me and I thank them all for their support and adding their own experience and wisdom.



PAUL CANTLIE was first diagnosed with malignant laryngeal cells in the autumn of 1997, underwent radiotherapy which gave a remission of over two years, but required a laryngectomy in the winter of 2001.

He lives as a widower in Hampshire and regularly attends at the walk-in clinic in Southampton where those needing a valve change or other routine treatment can gather weekly and keep in touch with each other and offer advice and reassurance to any newcomers.

After his car was wrecked under him 100 miles from home, he realized that while neither hurt nor unvoiced on that occasion and able to get home by train, he might not always be so lucky and it would be as well to think about how a hospital would deal with a voiceless laryngectomee.

From this developed the idea of this guide as a means of allowing neck-breathers to travel with more confidence than in the past.

He is Head & Neck Patient Representative with the newly formed Wessex Cancer Network and attends a number of patient and clinical service improvement groups in the same capacity.