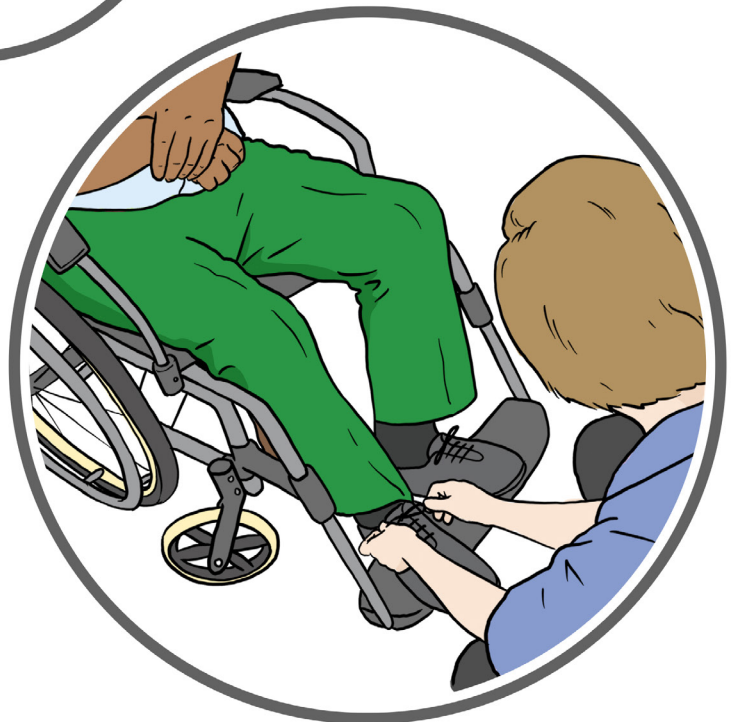
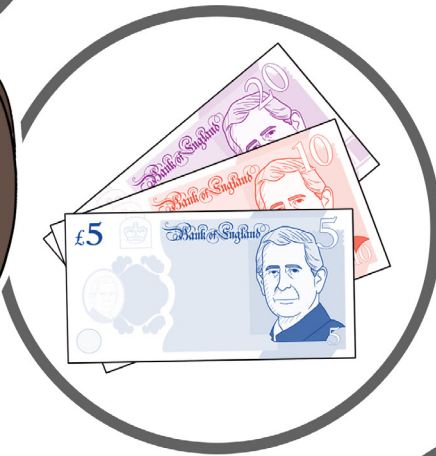
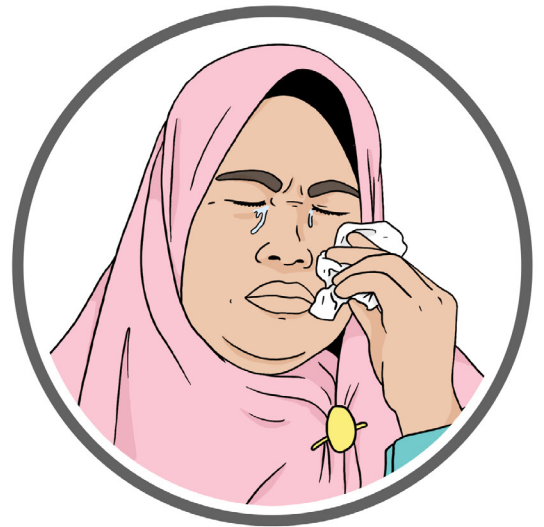


In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

Holistic Needs Assessment (HNA)





About this easy read booklet



This booklet is about doing a **Holistic Needs Assessment**. This is sometimes called an **HNA**.



You can learn about what a Holistic Needs Assessment is and when you will have one.



If you are worried about your health, you should talk to a doctor or nurse.

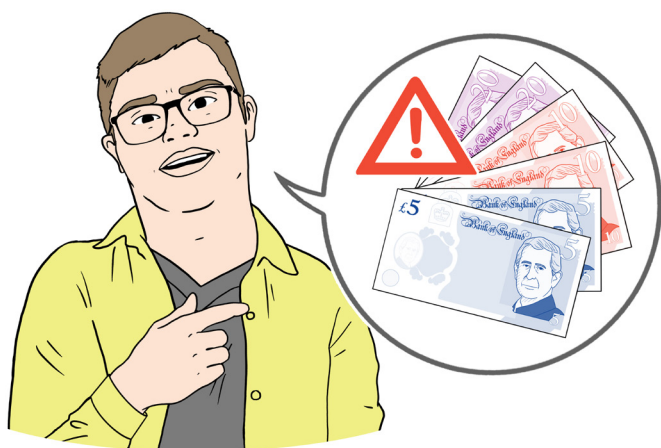
What is a Holistic Needs Assessment?



A Holistic Needs Assessment is a talk you have with someone from your cancer team.

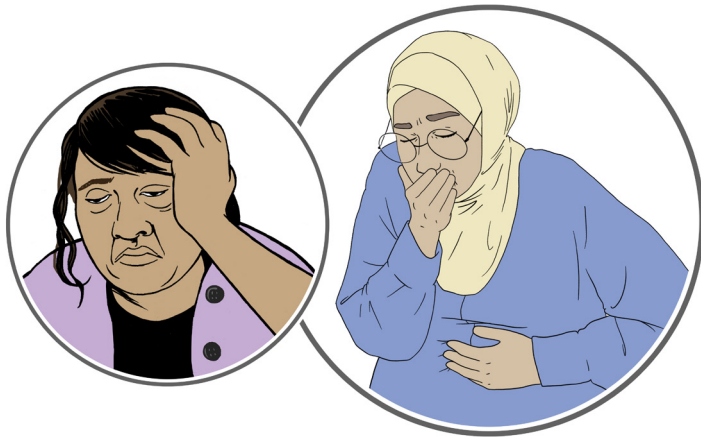


Holistic means thinking about the whole person. This means thinking about your health and your feelings or worries.



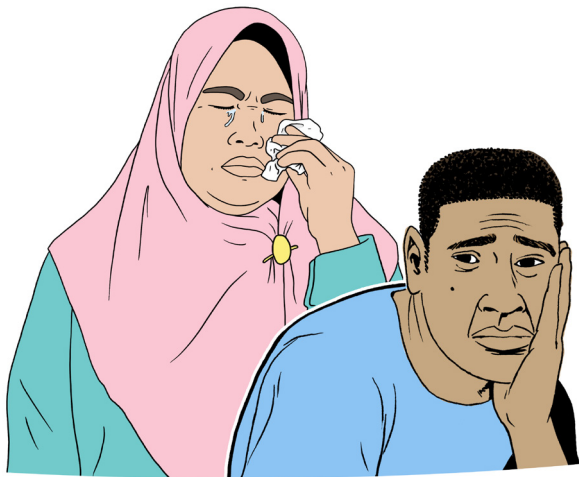
You can talk about anything in your life that is important to you or that you are worried about. This does not only have to be about cancer.

You can talk about things you are worried about. These could be:



- **Physical**

This could be side effects of cancer treatment like tiredness or feeling sick.



- **Emotional**

This means your feelings, like being sad or worried.



- **Practical**

This could be everyday things like money or needing help at home.



- **Friends and family**

You may be worried about your family or someone that looks after you.



- **Spiritual**

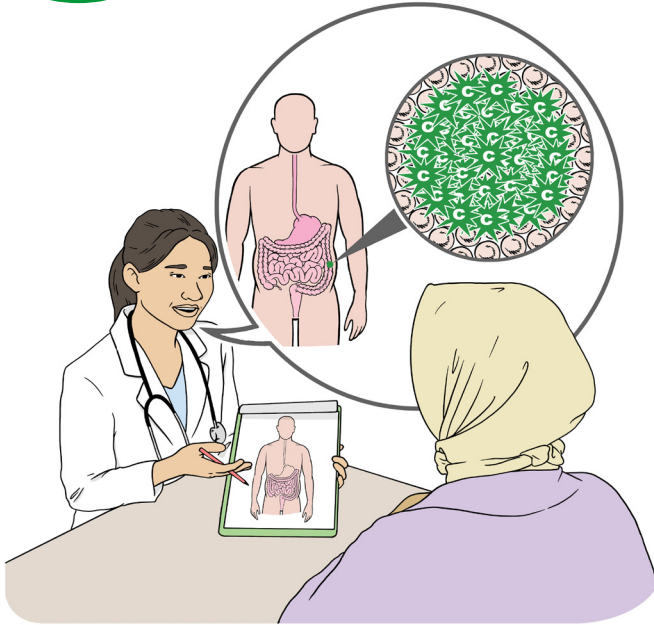
This could be about your beliefs or religion.



If you are not offered an HNA, you can ask for one.



When will I have an HNA?

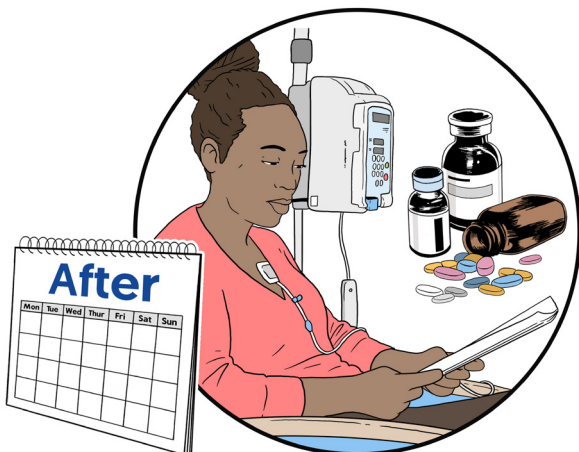


You might be offered an HNA at different times. This can be:

- when you were told you had cancer, this is called being diagnosed



- when you are having your treatment



- after your treatment has ended.



You can ask for an HNA or a review of your care plan at any time. This means they will see if anything needs to be changed.



Why should I have an HNA?



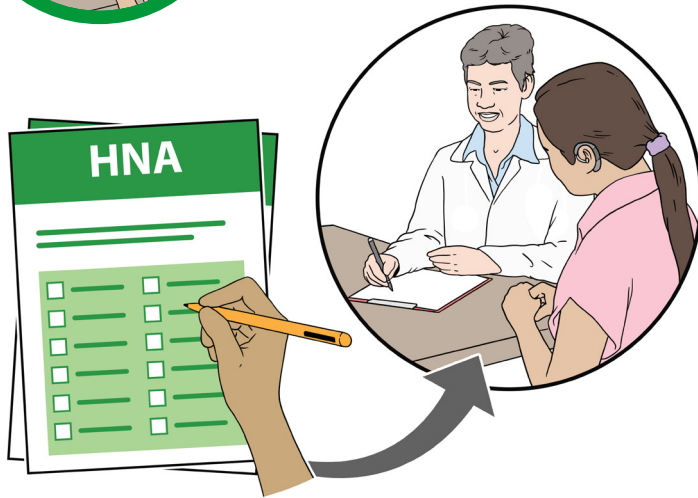
An HNA can help your cancer team understand what is important to you.



They can give you advice and information to help you.



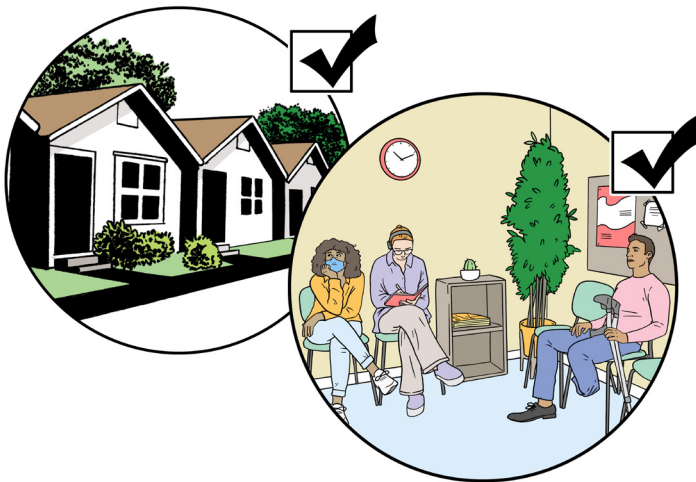
Before an HNA appointment



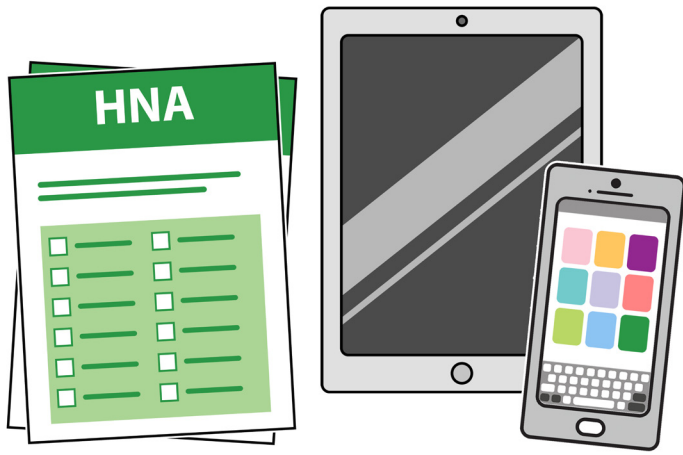
Before your appointment you will be asked to fill out a questionnaire.



It will ask about what you may be worried about.



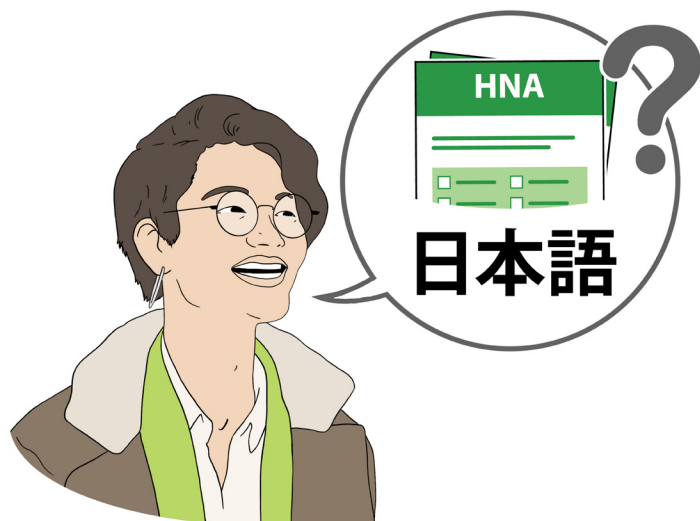
You can do the questionnaire at home or in the waiting room before your appointment. You can ask someone if you need help.



You can do your questionnaire on paper or on an electronic device, like a phone or tablet. This is sometimes called an **electronic Holistic Needs Assessment (eHNA)**.

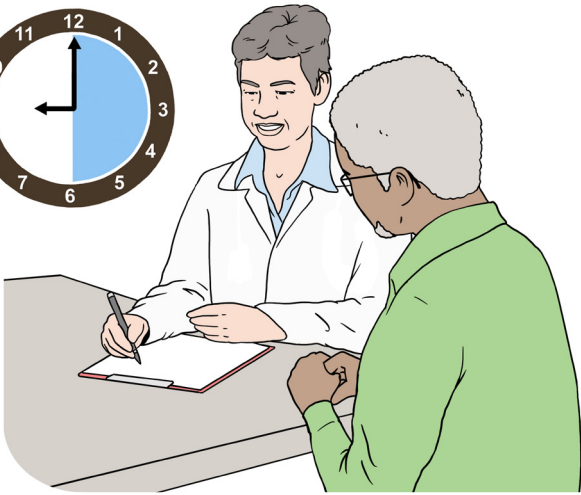
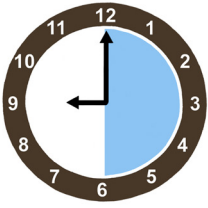


The questionnaire will help your cancer team know what you would like to talk about in your HNA appointment.



If you use a different language, ask your cancer team for a questionnaire in your language.

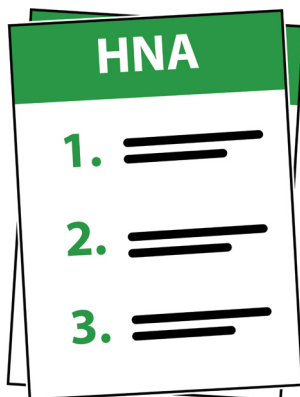
What happens at an HNA appointment?



The appointment usually takes around 30 minutes. Some people may need longer.



You can bring a family member, friend or carer to your appointment.

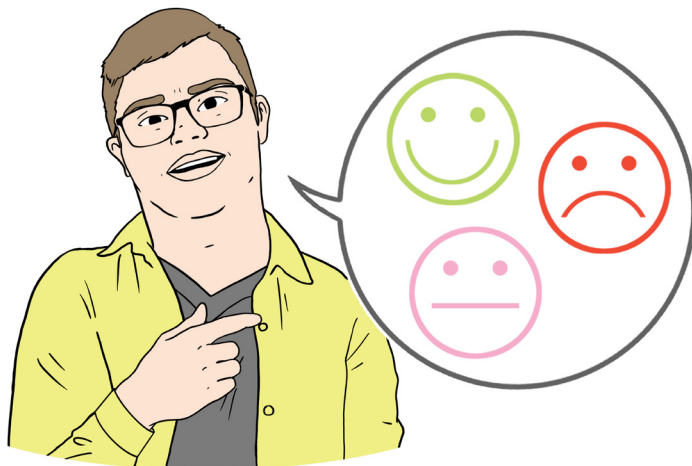


An HNA has 3 parts.



The 3 parts are:

1. You answer questions about your feelings and worries.



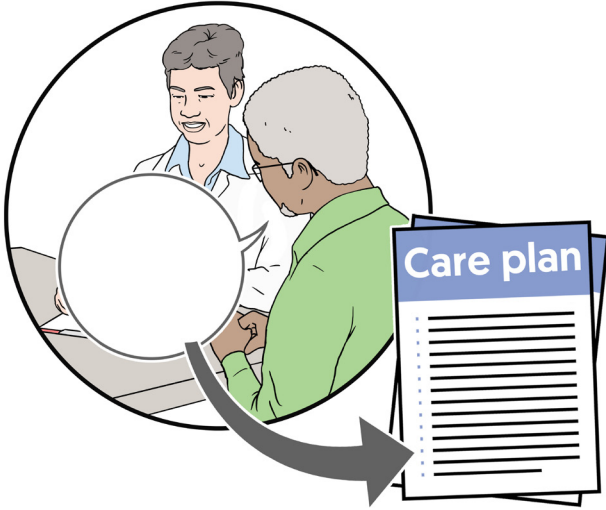
2. You will talk about your answers with your cancer team.



3. Your cancer team will make a **care plan** and offer you advice.



Your care plan



Your cancer team will write down the things you talked about. This is called a **care plan**.



Your care plan will include:

- the main worries you have



- things you can do to help with your worries



- services that can support you



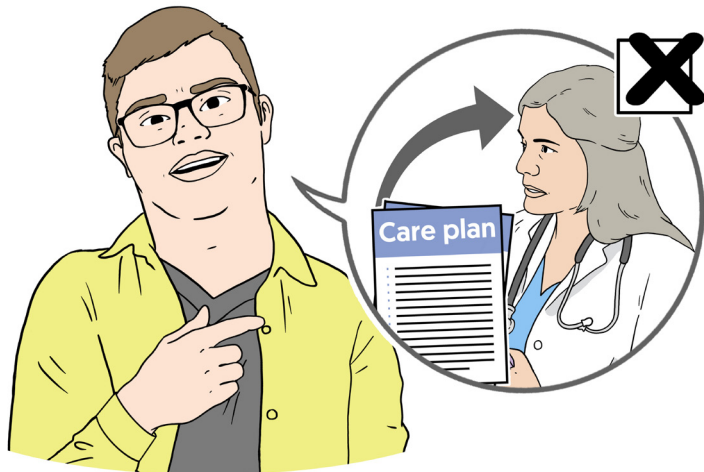
- information about who to speak to if you need more help.



You can look at your care plan at any time and share it with your family and friends so they know how to support you.



Your cancer team may want to share your care plan with your doctor or other members of your healthcare team.



You can tell your cancer team if you do not want them to share your care plan.



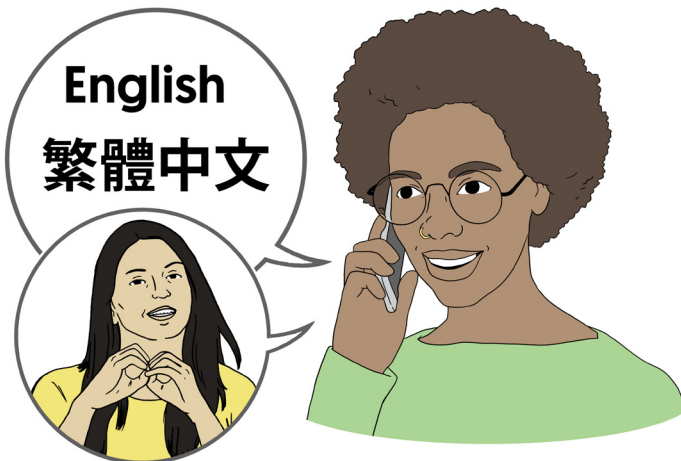
How Macmillan can help you



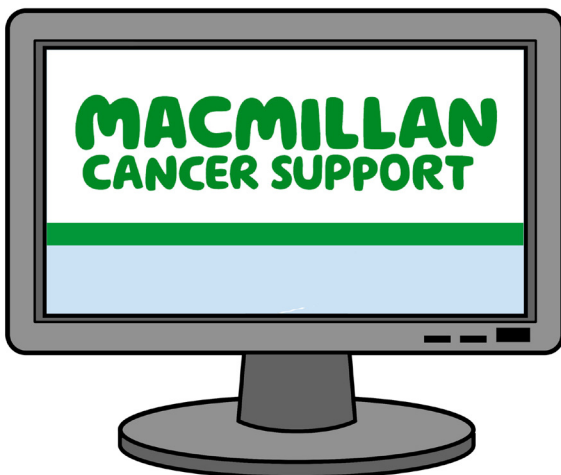
You can get support from:

The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.



We can help you in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.

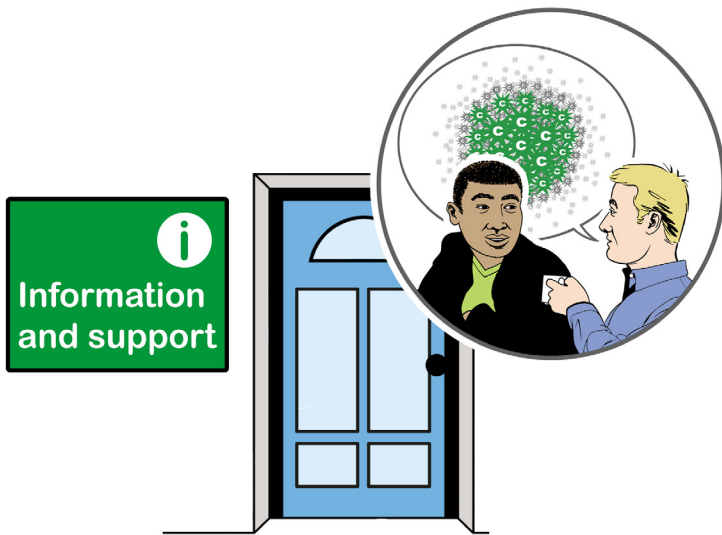


The Macmillan website

Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer.

You can also use our web chat to ask questions at

[macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



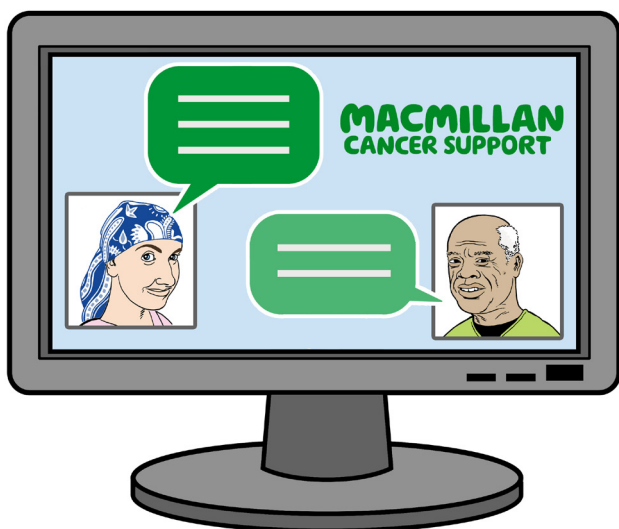
Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us.



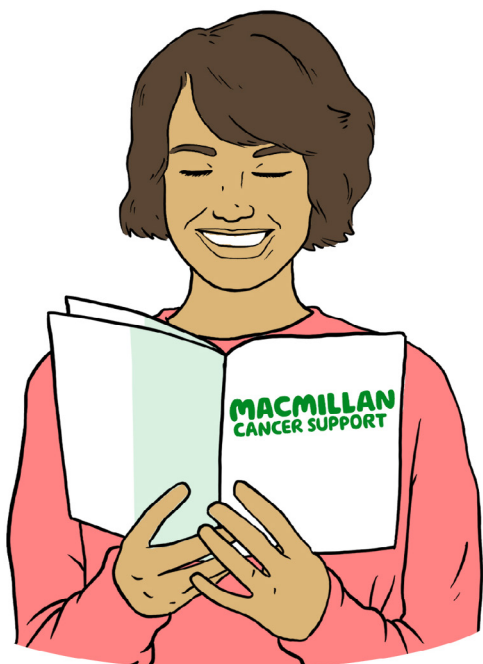
Local support groups

Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



Macmillan Online Community

You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

[be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Videos

You can watch videos about cancer at

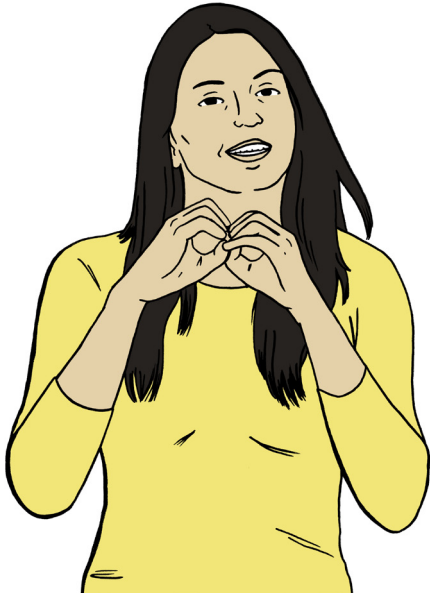
[macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



Audio

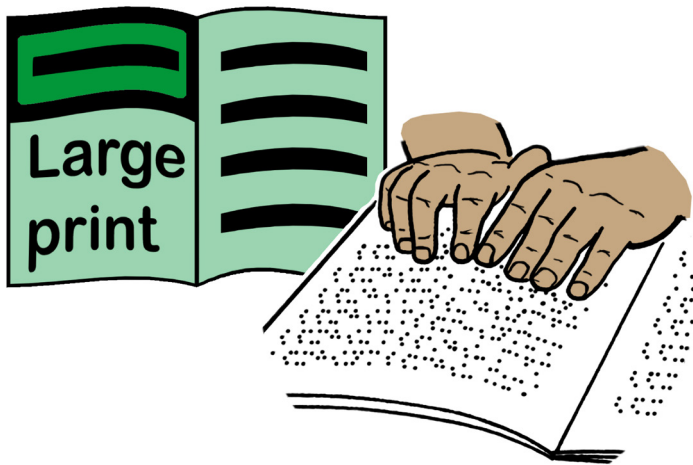
You can listen to information about cancer and order CDs from

[macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



Large print or Braille

Tell us if you need information in large print or Braille.

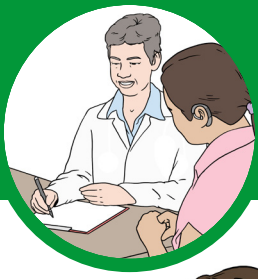
Email: informationproductionteam@macmillan.org.uk



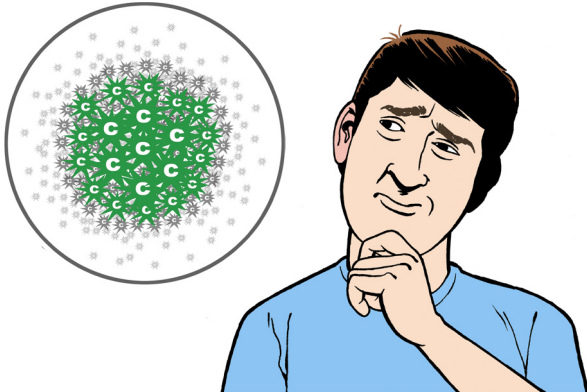
Translations

Tell us if you need information in another language.

Email: informationproductionteam@macmillan.org.uk



More easy read booklets



Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:

About Macmillan

- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)

About cancer

- Lung cancer
- What is cancer?

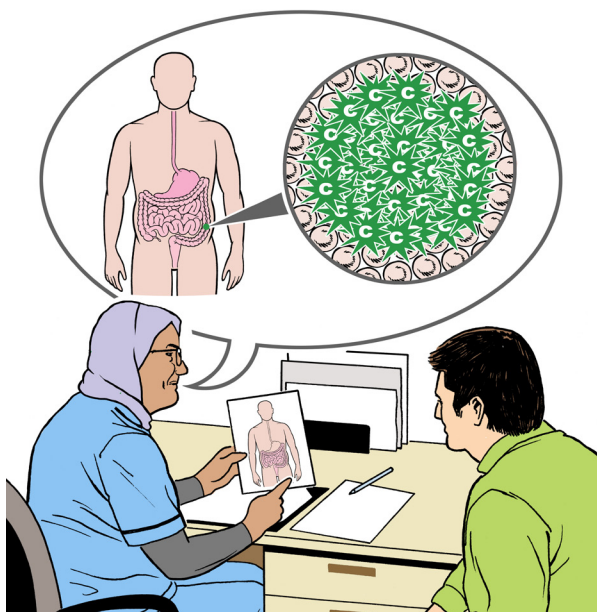
Signs and symptoms

- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor

Treatment for cancer

- Chemotherapy
- Deciding about treatment
- Giving your consent
- Having surgery
- If you are unhappy with your care
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer





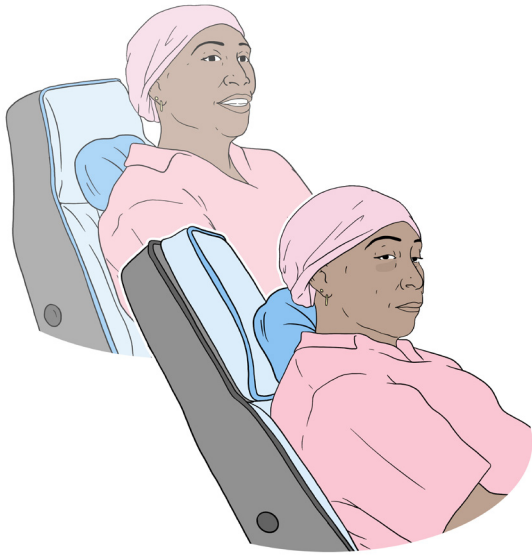
Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex

Living with cancer

- 7 steps to equal healthcare
- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings
- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your sex life and cancer
- Your social life and cancer





End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying



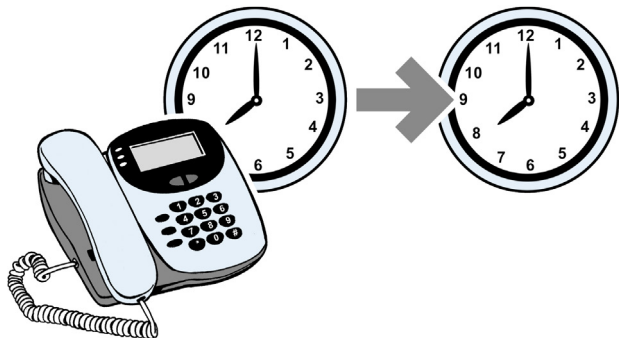
After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

To order easy read booklets like this one go to the website macmillan.org.uk/easyread or call us on **0808 808 00 00**

This booklet is about doing a Holistic Needs Assessment (HNA).

It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:

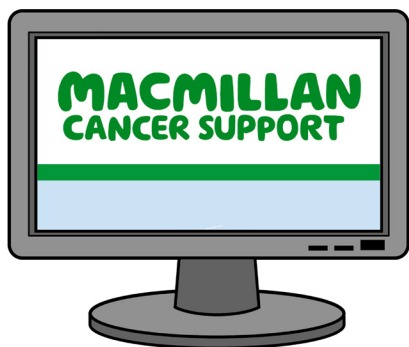
0808 808 00 00

7 days a week from 8am to 8pm.



- If you use a textphone, you can call:

18001 0808 808 00 00



- Or go to the website

macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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