



## Section Four: Making treatment decisions

*Tekiona Whā*  
Te mahi whakataunga  
maimoa

### Key points:

- The treatment choices you are offered will be based on all the information available about the cancer and your general health.
- The recommended treatment will depend on:
  - the type of lung cancer and its stage
  - your general health
  - how well you can breathe
  - your personal wishes and goals of care.
- You will be cared for by a team of health professionals that may include:
  - your GP or whānau doctor
  - oncology nurses and cancer care coordinators
  - a respiratory doctor
  - a surgeon
  - a medical oncologist

- a radiation oncologist
- a palliative care team
- other allied health professionals.
- You can ask another doctor for a second opinion about your cancer or treatment options if you want to.

## Ngā kōrero matua:

- Ka hāngai ngā kōwhiringa maimoa ka hoaturia ki a koe i runga i ngā pārongo katoa e wātea ana mō tō matepukupuku me tō hauora whānui.
- Ka whakawhirinaki te maimoa ka taunakitia ki ēnei:
  - te momo matepukupuku pūkahunahuna me tōna whakawāhanga
  - tō hauora whānui
  - te āhua o te whakahā
  - ōu ake wawata whaiaro me ōu ake whāinga manaakitanga.
- Ka tautāwhina koe e tētahi rōpū ngaio hauora, tae noa ki ēnei pea:
  - tō tākuta whānau
  - Ngā tapuhi mātai matepukupuku me ngā kaitakawaenga manaakitanga
  - he tākuta romahā
  - tētahi mātanga kokoti
  - He mātanga mātai matepukupuku
  - he mātanga mātai matepukupuku iraruke
  - ētahi atu ngaio hauora haumi.
- E āhei ana koe ki te uiui i tētahi atu tākuta mō he whakaaro tuarua e pā ana ki tō matepukupuku, ki ngā kōwhiringa maimoa rānei, mehemea ka pīrangī koe.

## How treatment decisions are made

The treatment choices you are offered will be based on all the information available about your cancer and your general health.

Recommendations will depend on:

- the type of lung cancer and its stage
- your general health
- how well you can breathe
- your personal wishes and goals of care.

## The treatment team

From the time you are diagnosed with lung cancer, you will be cared for by a team of health professionals, who may include:

- your GP or whānau doctor, who will often be the first person you see
- oncology nurses and cancer care coordinators, who specialise in the care of people receiving cancer treatment
- a respiratory doctor, who helps to diagnose and stage lung cancer and improve breathing
- a surgeon (cardiothoracic), who specialises in lung cancer surgery
- a medical oncologist, who specialises in the use of different medications to treat cancer
- a radiation oncologist, who specialises in the use of radiation treatment
- a palliative care team, who specialises in symptom management and quality of life.

Your treatment team may also include other health care professionals such as a social worker, psychologist, dietitian, physiotherapist, practice nurse, community health nurse, pharmacist, occupational therapist, or a palliative care specialist.

## Talking to your cancer treatment team

When you first learn you have lung cancer, you may have many questions. Before you visit your cancer treatment team, we suggest you think about the questions you would like them to answer and how much detail you are comfortable with. There is a lot of information to take in, so it can be helpful to have a support person with you when you visit. See page 44 for some questions you may wish to ask your treatment team.

It is useful to ask your treatment team who to contact, and how, if you have any questions outside of your appointment times.

## Asking for a second opinion

You may want to ask another doctor about your cancer or treatment to help you feel more confident about your treatment decision. You can ask your cancer doctor or GP to refer you to another cancer doctor to get a second opinion if you want one.

## Your rights - Health and Disability Commission

Your rights as a health and disability service consumer are protected by the Health and Disability Commission's Code of Rights. If you have concerns about a health and disability service, independent advocates are available to support and guide you, or you can complain directly to the Health and Disability Commissioner.



You can find more information here:

[www.hdc.org.nz/your-rights/the-code-and-your-rights](http://www.hdc.org.nz/your-rights/the-code-and-your-rights)

## Interpreting services

New Zealand's Code of Health and Disability Services Consumers' Rights states that everyone has the right to have an interpreter present during a medical consultation. If you do not speak English as your first language or are deaf, you may find it helpful to use an interpreter when you have your hospital appointments. You can speak to a member of your health care team about arranging interpreters in your local area.

## Talking to others

Once you have talked about your treatment options with your treatment team, you may want to discuss this with other people. Talking it over can help you decide what is right for you. You may want to talk to your whānau or friends, specialist nurses, your GP or whānau doctor, the Cancer Society, or a hospital social worker or spiritual advisor.

## Coping with waiting

Waiting is a big part of receiving your diagnosis and starting treatment. It can take several days, or even weeks for your treatment team to review your test results before they can discuss treatment options with you.

If you are finding the waiting difficult, contact your GP or whānau doctor or cancer nurse coordinator.



You can find more information on coping with waiting on our website: [cancer.org.nz/coping-with-waiting](http://cancer.org.nz/coping-with-waiting)

## Taking part in a clinical trial

There are many new and emerging treatments for cancer. Clinical trials are a vital part of the search to find better cancer treatments.

Clinical trials test new and modified treatments to see if they are better than existing treatments. In randomised clinical trials, you will receive either the standard treatment currently available or the new treatment being tested. Neither you nor your doctor can decide which treatment you get.

People all over the world have taken part in clinical trials that have improved cancer treatments, but not all treatments tested in trials turn out to be helpful.

If you are asked to participate in a clinical trial, make sure you fully understand the reasons for the trial and what it means for you. It is your decision whether you take part in the trial or not.