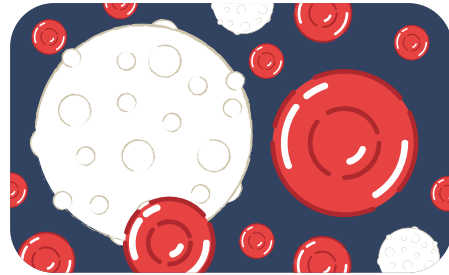


Haematology



Symptoms

- Pallor – skin may appear to be paler than normal - may be more difficult to discern in black and South and South East Asian patients
- Unexplained, recurrent fevers for 2 weeks or more
- Night sweats – especially if the amount of sweat soaks the bedsheets
- Persistent fatigue/feeling tired lasting for 2 weeks or more
- Unexplained weight loss - more than 5% of the patient's normal weight within 3 months
- Unexplained bruising and/or bleeding, including petechiae (pinpoint bleeding under the skin)
- Unexplained persistent or recurrent infections for 2 weeks or more
- Persistent swollen lymph nodes for 2 weeks or more - particularly under the armpits and around the neck
- Swollen liver/spleen – patient may feel pain/discomfort in their upper abdomen or experience persistent fullness or bloating
- Bone pain - particularly in the hips, pelvis or spine

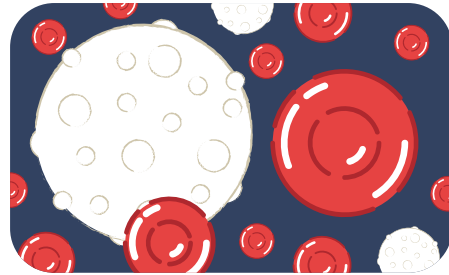


Ask

- How long has the patient had these symptoms?
- How much weight have they lost? And over how long?
- Have they noticed new lumps around their neck, armpits or around the groin?
- Has the patient experienced any unexplained bleeding? Do you notice blood when they brush their teeth, recurrent nose bleeds? If so, over what time period ?
- 'Do you look paler than usual?'
- Has the patient noticed any unexplained bruising? If so, over what time period ?
- Have they experienced recurrent fevers? If so, over what time period?
- Has the patient experienced night sweats? If so, how does the patient describe these?
- Have they experienced any dizziness, shortness of breath or tiredness?
- Have they had recurrent infections? Or infections which do not respond to treatment?

The full Let's Communicate Cancer course is available by clicking [here](#)
Version 1: The information provided is in line with current guidance on March 2023

Haematology



Pharmacy Products

- Patients with fevers may purchase thermometers to monitor their temperature
- Patients with abdominal pain/discomfort may purchase medications to resolve this symptoms e.g. senna, lactulose, hyoscine, analgesia



Follow up/Referral

Patients with the following should be encouraged to make an urgent appointment with their GP to have a blood test

- Pallor – skin may appear to be paler than normal - may be more difficult to discern in black and South and South East Asian patients
- Persistent fatigue/feeling tired lasting for 2 weeks or more
- Unexplained, recurrent fevers for 2 weeks or more
- Night sweats - especially if the amount of sweat soaks the bedsheets on 1 or more nights
- Unexplained persistent or recurrent infections for 2 weeks or more
- Persistent swollen lymph nodes for 2 weeks or more
- Unexplained bruising and/or bleeding, including petechiae (pinpoint bleeding under the skin) for 1 week or more

Please be aware that these symptoms may, or may not, be caused by cancer but should be investigated to help diagnose patients with other conditions which also require treatment.

Please advise patients who do not meet the criteria for urgent, or non-urgent review by a GP to come back to a pharmacy for further advice if the symptoms do not resolve within a further 7 days.

Please refer to the Lets Communicate Cancer e-learning programme for further training resources for pharmacy staff regarding cancer, its management and the role of pharmacy staff.

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