

## Preparing for Your Doctor's Visit: A Worksheet for Cancer Survivors

You may see your cancer treatment team less after you have finished treatment. Your ongoing health needs are important. It can be helpful to prepare for your doctor's visit to make sure you get all of your questions answered. Take 10 minutes to fill out this worksheet before your next visit. Bring the worksheet to your visit and share with your doctor.

**In the last three months, how often have you worried about your:**

	Never	Rarely	Sometimes	Often	Always	Not applicable
Ability to do the things you enjoy						
Cancer coming back						
Emotions (such as being sad, angry or anxious)						
Finances						
Follow-up care (getting needed tests, referrals to other doctors for help, etc.)						
Health						
Health care team not addressing concerns						
Insurance problems						
Job or work						
Outlook on life						
Paying for medical care (such as doctor's visits, drugs, counseling)						
Relationships with family and friends						
Relationship with spouse/partner						
Side effects from cancer						
Sexual relationships						

**Other things I'm concerned or worried about:**

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## Questions for My Doctor

It can feel like a lot to keep track of all the information, resources and recommendations during and after cancer treatment. Below are some suggested questions you may want ask your doctor to make sure you know what is coming next. It can also help to write down any other questions you have. Bring your questions to your visit to go over with your doctor.

Suggested Questions to Ask Your Doctor
<ul style="list-style-type: none"> <li>• Who am I supposed to see for my follow-up care?</li> <li>• How often do I need to receive follow-up care?</li> <li>• What type of follow-up care do I need?</li> <li>• Will my cancer come back?</li> <li>• What kind of cancer screening do I need?</li> <li>• What are my possible late and long-term side effects?</li> <li>• What lifestyle changes can I make to help me feel better?</li> <li>• Are there resources that can help me?</li> </ul>

### Questions I want to ask my doctor:

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## Helpful Resources

Resource	Description	Web Link	Contact Information
American Cancer Society	Patient services and cancer-related education	<a href="http://cancer.org">cancer.org</a>	<ul style="list-style-type: none"> <li>• Phone: 800-227-2345</li> <li>• Live chat available</li> </ul>
Cancer and Careers	Workplace advice, interactive tools and educational events	<a href="http://cancerandcareers.org/en">cancerandcareers.org/en</a>	<ul style="list-style-type: none"> <li>• Phone: 646-929-8032</li> <li>• Email: <a href="mailto:cancerandcareers@cew.org">cancerandcareers@cew.org</a></li> </ul>
CancerCare	Professional support services and cancer information	<a href="http://cancercare.org">cancercare.org</a>	<ul style="list-style-type: none"> <li>• Phone: 800-813-4673</li> <li>• Email: <a href="mailto:info@cancercare.org">info@cancercare.org</a></li> </ul>
Cancer Support Community	Offers social and emotional support for people impacted by cancer	<a href="http://cancersupportcommunity.org">cancersupportcommunity.org</a>	<ul style="list-style-type: none"> <li>• Phone: 1-888-793-9355</li> <li>• Live chat available</li> </ul>
National Cancer Institute Office of Cancer Survivorship	Resources for survivors, providers and caregivers	<a href="http://cancercontrol.cancer.gov/ocs">cancercontrol.cancer.gov/ocs</a>	<ul style="list-style-type: none"> <li>• Phone: 1-800-422-6327</li> <li>• Email: <a href="mailto:NCIinfo@nih.gov">NCIinfo@nih.gov</a></li> <li>• Live chat available</li> </ul>
National LGBT Cancer Network	Provides online support groups and educational resources for survivors	<a href="http://cancer-network.org">cancer-network.org</a>	<ul style="list-style-type: none"> <li>• Phone: 212-675-2633</li> <li>• Email: <a href="mailto:liz@cancer-network.org">liz@cancer-network.org</a></li> </ul>
Patient Advocate Foundation	Provides professional case management services to resolve to access care and financial obstacles	<a href="http://patientadvocate.org">patientadvocate.org</a>	<ul style="list-style-type: none"> <li>• Phone: 800-532-5274</li> <li>• Email: <a href="mailto:help@patientadvocate.org">help@patientadvocate.org</a></li> </ul>

## Provider Checklist

Use this checklist to help inform your clinical encounters with cancer survivors. Encourage the cancer survivors you are caring for to use the patient worksheet before they come to their next visit. The patient worksheet and provider checklist are designed to be used together to support patient-provider communication.

### Communication

- Use simple, plain and clear language without medical jargon.
- Ask the patient what language they are most comfortable using. Obtain appropriate interpretation services for every appointment.
- Use the teach-back method. For example: "I want to make sure I am being clear...Can you tell me what you heard me say?"
- Ask the patient what questions they have.
- Include the patient in all decisions about their cancer-related follow-up care.
- Engage the patient in problem-solving their issues with you.

### Care Coordination

- If you are part of the treatment team, provide a survivorship care plan to the patient and all of the other patient's providers. If you are the patient's primary care doctor or another specialist, ask the treatment team for a survivorship care plan.
- Check to see if you have the patient's survivorship care plan on file. Document any changes to the plan as appropriate and share updates with the patient's other medical care providers.
- Provide the patient with tools and resources to help them understand their treatment and follow-up care.
- Use cancer survivorship guidelines to inform referrals to medical, rehabilitation, mental health and/or behavioral specialists to address concerns.
- Refer patients to appropriate support groups and/or community-based resources as needed.
- Ask the patient who is currently involved in their care (partner, family, friends, children, etc.) and if there is anyone else they would like to be involved in their care.

### Screening & Surveillance

- Ask the patient what kinds of cancer screenings and surveillance they are receiving. Obtain records of these screenings from relevant providers of care.
- Use cancer survivorship guidelines to recommend cancer screening and surveillance and connect patients with appropriate clinicians.

### Physical/Psychosocial Effects & Health Promotion

- Ask the patient about what physical and/or psychosocial challenges they are facing.
- Ask the patient what healthy lifestyle behaviors they take part in (e.g. diet, exercise, smoking cessation).
- Ask the patient what they would like to change to improve their health, and provide relevant resources on healthy nutrition, physical activity and smoking cessation.
- Use cancer survivorship guidelines to inform your referrals and care recommendations.

### Access to Care

- Ask the patient what problems or barriers they may have to getting care (e.g. transportation, employment, childcare, finances, insurance, etc.).
- Provide patients with local, state and/or national resources to address issues as needed.

### Helpful Resources

Resource	Description	Web Link
American Cancer Society Nutrition and Physical Activity Guidelines	Guidelines for cancer survivors about food choices, physical activity, and dietary supplements	<a href="https://cancer.org/health-care-professionals/american-cancer-society-prevention-early-detection-guidelines/nupa-guidelines-for-cancer-survivors.html">cancer.org/health-care-professionals/american-cancer-society-prevention-early-detection-guidelines/nupa-guidelines-for-cancer-survivors.html</a>
American Cancer Society Survivorship Care Guidelines	Clinical guidelines for primary care providers	<a href="https://cancer.org/health-care-professionals/american-cancer-society-survivorship-guidelines.html">cancer.org/health-care-professionals/american-cancer-society-survivorship-guidelines.html</a>
American Society of Clinical Oncology Guidelines	Clinical practice guidelines	<a href="https://asco.org">asco.org</a>

Cancer Survivorship E-Learning Series for Primary Care Providers	A no-cost, online continuing education program for primary care providers on how to care for survivors in the primary care setting.	<a href="http://cancercenter.gwu.edu/for-health-professionals/training-education">cancercenter.gwu.edu/for-health-professionals/training-education</a>
National Cancer Institute Office of Cancer Survivorship	Resources, data, and funding opportunities	<a href="http://cancercontrol.cancer.gov/ocs">cancercontrol.cancer.gov/ocs</a>
National Comprehensive Cancer Network Guidelines® & Clinical Resources	Provides clinical practice guidelines	<a href="http://nccn.org">nccn.org</a>