

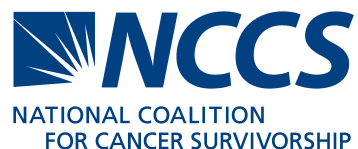
“I used to walk around with reams and reams of paper... My treatment summary and plan is concise and easy. It's like having someone go through my medical record and extract the most pertinent information and translate it into an easily readable packet.”

—Marian Malloy Blackman, Breast Cancer Survivor

“A written summary would have helped my parents and me, and I know it would help many other survivors.”—Elisa Shea, Ewings Sarcoma Survivor

“Patients completing primary treatment should be provided with a comprehensive care summary and follow-up plan that is clearly and effectively explained.”

—*Lost in Transition*, Institute of Medicine, 2005



National Coalition
for Cancer Survivorship
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National Coalition for Cancer Survivorship

The power of survivorship. The promise of quality care.

The National Coalition for Cancer Survivorship

NCCCS advocates for quality cancer care for all Americans and provides tools that empower people affected by cancer to advocate for themselves. Founded by and for cancer survivors in 1986, NCCCS created the widely accepted definition of survivorship and considers someone a cancer survivor from the time of diagnosis through the balance of life. Its free publications and resources include the award-winning Cancer Survival Toolbox®, a self-learning audio program created by leading cancer organizations to help people develop essential skills to meet the challenges of their illness. More information is available at www.canceradvocacy.org or 1-888-650-9127.

www.canceradvocacy.org

Surviving Cancer

The National Coalition for Cancer Survivorship considers someone a survivor from the moment of diagnosis through the balance of life.



Get a Plan.

“When survivors like me finish their therapies, they should be given something on paper that describes all of their treatments, the possible side effects, what they should do to monitor their health and who will be following up on their care. There's so much to remember—no one can possibly keep it all in their head.” —Patricia Hebard, Breast Cancer Survivor

Many people who have been diagnosed and treated for cancer report one of the most unsettling moments of their cancer experience is when their treatment ends. There may be a celebration and an expectation that life will go “back to normal,” but the survivor is left with many questions, such as “What’s next? Who is in charge of my care now? How do I know if my cancer returns? What should I look for? What should my other doctors know about my cancer?”

You may have received cancer treatment from an oncologist, but chances are you have other doctors or healthcare providers who will be caring for you in the future—such as your primary care physician, gynecologist, urologist, cardiologist, rheumatologist, dietitian or others. These participants in your care will need to know about your cancer, the treatment you received, and any possible long-term and late effects.



Why do you need a Survivorship Care Plan?

A Survivorship Care Plan can help reduce your risk of developing other illnesses, prescribe the appropriate tests to screen for a recurrence of your cancer, and make it easier for you to provide important information to other healthcare providers who need to know your health history. It can also save you the time and effort of re-writing this information every time you see a new doctor. You might switch insurance plans, move to another state, or your doctor might retire; but your Survivorship Care Plan will follow you to your new providers. Most importantly, understanding your cancer treatment and follow-up needs puts you and your loved ones in a better position to monitor your health and participate in decisions about your future care—not just your cancer treatment and its side effects, but also your social and emotional needs.

What is a Survivorship Care Plan?

A Survivorship Care Plan is something your doctor gives you that describes your cancer, all the treatment you had, and what you need to do now to stay healthy. Cancer experts say this plan should include the items in the box to the right. Ask your doctor to put this information together in one document and go over it with you in plain language. You and your doctor can find more information and sample forms at www.journeyforward.org.

How do I get a Survivorship Care Plan?

Providing a Survivorship Care Plan is not a completely new concept, but it is not necessarily routine for oncologists. Several doctors who treat cancer either in private practice or at cancer centers around the country have begun this practice and are making care planning templates available to others. If your doctor is not familiar with Survivorship Care Plans, we recommend the two resources to the right, as starting points for you and your doctor to begin the process.

WHAT SHOULD BE IN A SURVIVORSHIP CARE PLAN

Dates of your diagnosis and all treatments

Specific information about your cancer, tests you had, treatments you received (could include surgery, chemotherapy, radiation, names and amounts of all drugs, even pills) and other services, such as counseling and nutrition

Possible long-term effects of your treatments

Specific information about the follow-up care you need (such as tests, regular visits with your doctor, etc.)

Your doctor's advice about how to stay healthy and take care of yourself after having cancer (for example, diet, exercise and emotional support)

Full contact information for all of your doctors, nurses or anyone else who took care of you

The name of one person who will be in charge of managing your care

Ask your oncologist for a written summary that details your diagnosis and treatment, along with a plan for your follow-up care. This document is part of your **Survivorship Care Plan**. It will inform the other members of your healthcare team and can serve as a road map for your care going forward.

JOURNEY FORWARD

This program offers a kit of materials for both patients and physicians, including an electronic Survivorship Care Plan Builder for the doctor and electronic Medical History Builder for patients. Tools and background information are available at

www.journeyforward.org

CANCER.NET

This is an informative patient-friendly website hosted by the American Society of Clinical Oncology. Its extensive Survivorship section contains templates that physicians can use for survivorship care planning.

www.cancer.net/patient/survivorship