



### CST Talking Points for Nurses\*\*

1. **The Cancer Survival Toolbox<sup>®</sup> content is based on theoretically and scientifically-grounded evidence.** Survivors' experiences and survivorship research highlight 6 skills that are critical in the survivorship journey. These have been incorporated in the Toolbox: Communicating; Finding Information; Making Decisions; Solving Problems; Negotiating; and Standing Up for Your Rights. Toolbox format and delivery style reflect current knowledge of adult patient education.
2. **Potential issues can become real and major challenges when they are not dealt with in timely ways.** There are many issues that are common to people who are dealing with cancer. The Cancer Survival Toolbox can help you anticipate some of these issues and figure out ways to address them in a pro-active manner. This way, you can prevent or at least minimize some of the hardships that accompany the cancer experience.
3. **The Toolbox case studies are culturally sensitive and varied, allowing survivors to identify more closely with scenarios, concerns, and potential resolutions to the most common challenges facing today's survivors.** Scenarios and case studies included in the Toolbox are taken from the development team members' varied practice settings, reflecting culturally diverse patients', survivors', and caregivers' most common needs that have been identified in the literature.
4. **The Toolbox has been validated for use in culturally, economically, geographically, and cognitively diverse populations.** The Toolbox development strategies included review by various grassroots survivor advocacy groups, including groups representing targeted ethnic populations and individuals recognized as experts in particular topics.
5. **The Toolbox lets patients learn at their own speed and in their choice of settings.** The Cancer Survival Toolbox is available in a set of 10 CDs -- allowing users to listen, stop, review, and consider ways the lessons apply to each person's unique situations. The accompanying resource booklet provides written information in a handy format, including key points from each module, references to important literature, Web site addresses, Internet search suggestions, brief descriptions and resources of current laws pertaining to health insurance, suggested reading materials and resources, and a brief annotated listing of advocacy organizations and other sources of pertinent information.
6. **When the Toolbox is incorporated into our routines of care, not only do we save time, but we also know that all of our patients will get this important, basic information.** Nurses in almost every care setting are stretched to their limits for time with patients. The Toolbox helps nurses use their time most effectively and efficiently –

\*\* The Toolbox meets criteria established in *Standards of Oncology Education for Patient and significant Other and Public* (Oncology Nursing Society, third edition, copyright 2004).

giving patients a basic level of information from which to develop optimal understanding of their cancer, treatment plans, resources available, and common issues and challenges. From there, more patient-specific discussions can occur and specific interventions can be devised in partnership with patients.

7. **The Toolbox is continually reviewed for timeliness, accuracy and relevance, and is updated on a regular basis.** The Toolbox was initially released in 1998, with a set of 6 basic skills modules. At the next revision released in 2000, new modules *Topics for Older Persons*, *Finding Ways to Pay for Care*, and *Caring for the Caregiver* were added. *Living Beyond Cancer*, the most recent module, was added in 2004. The entire set of modules was reviewed, revised, and repackaged in 2006, and reflects current survivorship issues, research, and findings. *First Steps for Cancer Survival* and *Dying Well – The Final Stage of Survivorship* were added in 2008.
8. **The Toolbox and its modules can be used in educational groups and support groups to discuss topics of interest.** A Toolbox Facilitator's Manual is available on the Toolbox Web site at <http://www.canceradvocacy.org/toolbox>.