

Discussion Points For Your Cancer and Treatment Choices

Our goal is to help you and your family obtain the answers you need to set clear expectations before, during and after treatment. These questions are meant to be a guide and all questions do not need to be asked at every visit. The questions below are listed for you to consider as you meet with your care team, some of which will apply at different steps in the process.

These questions may also be downloaded as an app that you may keep on your phone for anytime that you need it. The weblink for the app is

<http://www.appsbar.com/WebApp/Modules/launcher.php?AppID=838253&Loading=Complete>. There is a barcode at the end of this document that you can get to from your smartphone.

Suggestion questions are listed to consider some of which will apply no matter where you are in your treatment process. You will not need to ask every question at every visit.

When you or a loved one are faced with cancer, there are many decisions to be made. Your physicians, nurses and health care team want to help you make the right choices. We hope these questions will be useful for you and your family in the decision making process. Keep it handy for each visit and as you reach different steps along your journey.

- This tool can be used during your discussions with all of the physicians, nurses and health care team members interacting with your care.
- Try to always have someone with you at each appointment for support and a notebook to take notes to help you remember what was said and what you have to do.
- Try to review your insurance coverage monthly to make certain nothing has changed (co-pays, co-insurance, and any limitations on your choices of doctors or drugs).
- Review your employer's Human Resources policies (regarding FMLA, leaves of absence, and short and long term disability.)
- Make it a point to call and check on coverage for services before you get to the physician's office.

After treatment

- **What is my future plan of care? Does my plan include:**
 - Follow up visits and with whom (oncologist, surgeon, PCP, cardiologist etc)
 - Dates and explanation for lab work, screening and testing
 - Visits to dietician or nutritionist to set a progressive healthy diet
 - Referral for physical therapy to get you started on a good comprehensive exercise program
 - Referral for psychologist to monitor for fear, anxiety and / or depression
 - Tips for keeping healthy weight, proper hydration
 - Date for return to work
 - Schedule for medication

- Names and number of people to call with questions

Here are some other questions that may arise, during or after treatment, or for the future:

- How often do I need to have follow up visits with my oncologist?
- What tests and/or blood work will I need to have and how frequently?
- What signs and symptoms should I look for to know if the cancer returns?
- Will I need to be on medication for cancer for the rest of my life?
- I cannot afford some of my medication and/or co-pays, who can help me with this?
- When can I return to work?
- If I am unable to do my same job, where can I find advice?
- When can I have sexual relations with my significant other?
- Can I still have children, breast feed etc.?
- What can I do if:
 - I am afraid the cancer will come back
 - I am depressed over how I look and feel
 - I am short of breath all the time, my feet and legs are swollen
 - I have frequent headaches
 - I cannot sleep
 - I sleep all the time
 - I have numbness and tingling in my fingers, etc
 - Other items _____
- Is there help for obtaining a prosthesis?
- Can I take vitamins, herbal or natural supplements?
- When can I exercise and how much can I do?
- What type of diet should I be on, are there foods I should avoid?

Please let us know how you used these questions, so we can improve them to help others.

We hope that these questions helped you with your journey. At your convenience, within the next month, go to <https://www.surveymonkey.com/r/PAVEapp> for a short, confidential survey designed to help us understand how these questions were helpful and if you have any suggestions to improve them.

If you prefer to complete the survey by mail, one is attached and you can complete and mail to Katie Eads at NAMCP, 4435 Waterfront Drive, Suite 101, Glen Allen, VA 23060.

We would like to thank the Institute of Medicine of the National Academies for their permission to reference "Questions for Patients with Cancer to Ask their Care Team", from their "Delivering High-Quality Cancer Care: Charting a New Course for a System in Crisis" report released by the National Academies Press in September 2013.



To use the app, scan the barcode above with a **QR Reader** (you can download a QR Reader free through your App store) on your smartphone. Once scanned, you can save the app to your QR Reader's history or bookmark the link, so you can access it anytime. The App highlights include: Complete set of the questions, information about the PAVE process and NAMCP Medical Directors Institute in addition to the post treatment survey.