

## 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.

### What to learn about your cancer – at the beginning

- What does an abnormal test mean?
- What other tests do I need to confirm my diagnosis?
- What type of doctor (s) do I need to see and do I need to see more than one type?
- Should I get a second opinion?
- How do I tell my family, my work etc.?
- Do I need surgery, chemotherapy, radiation? (one, combination, all three)
- Can I work during my treatment?

- Will I have access to a cancer nurse, care manager, social worker, care coordinator or community health worker to help me during and after treatment?
- Does my type of cancer have a tumor marker? How do we monitor it and why?
- What can I expect from treatment? Can the cancer be cured or will treatment only stop the cancer from growing? What is the quality of life expected with and without this treatment?
- What does life expectancy or survival rate mean? At what point do I need to consider Hospice/Palliative/Pain Management Only care?
- What are my long term chances, and how long will I live if treatment works or if it does not? (How can I learn about treatment options and details on survival)?
- What happens if I cannot afford the medications, treatment, copay- will someone help me find resources?
- What other services or resources do you recommend might be useful during my treatment and after? (These questions can be directed at any one of the care team members)
  - a. Meals
  - b. Transportation
  - c. Medication Management
  - d. Physical therapy
  - e. Nutritional guidance
  - f. Home Care
  - g. Home Health
  - h. Cancer Patient Community or local cancer support group or online cancer forums (Forums, Services, American Cancer Society, Cancer Support Community)

**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.