

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 while you are being treated

- Who will be coordinating my care (MD visits, scans, tests, referrals etc.)?
- During treatment, what type of side effects should I be looking for (like weight loss, appetite, depression, anxiety, changes in pain, discomfort etc.) and how can I manage them?
 - a. What do I do when I have symptoms or questions?
- Can I continue to work, exercise and do my regular routine?
- Can I take vitamins, yoga, massage, color my hair, take the subway, etc.?
- How can I decrease my risk of infections so I do not need to be in the hospital?
- How do I know if this treatment is working? Tumor markers, scans, tests? How frequent?
- Will I be in pain?
- Will I lose my hair?

- If this treatment does not work, what are our next steps?

What to learn about Cancer Drugs

- What drugs are we using for this?
- What do I need to know about these drugs?
- Will this medicine interact with other medicines that I am already taking? What about vitamins or “natural or herbal” supplements?
- Should I take my other medicines as prescribed?

What to learn about planning

- What do I need to know about working and daily life?
- What should I consider for the future and my family?
- What do I need to know and think about for the future such as a will, power of attorney, advanced healthcare directives (living will)?

Research and Clinical Trials

- Can a clinical trial help me?
 - Are there any clinical trials available?
- Where do I find more information on clinical trials?
- What actually happens during a clinical trial? (Is there an advantage to this that could positively affect my care and survival?)
- Am I eligible to participate?
- How do I enroll?
- What is the cost of a clinical trial?

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.