



# Wellbeing after Cancer.

## Care plan

Finding your 'new normal' after cancer treatment can be very challenging and you may notice a lot of changes to your daily routine, including follow-up appointments as part of surveillance or intervention, and ongoing communications with your treatment team. Some cancer patients find themselves reassessing their values and priorities at this time; while others are highly focussed on the prevention of cancer recurrence.

Survivorship care plans are emerging as an important tool in addressing the needs of cancer survivors. A care plan summarises information about your diagnosis, treatment, follow-up care, symptoms and side-effects to be aware of, and records strategies recommended by your doctor or specialist nurse that may help you work towards staying healthy.

Keep this care plan document and tailor it to your needs (e.g. make notes, record information, add questions you want to ask the clinicians at your next appointment). If you see other doctors and other health care providers in the future, it will inform them about your cancer diagnosis and important dates, treatment, and how best to monitor your health after treatment has finished. It can even be a useful tool to take along to your next GP appointment to discuss your health and wellness needs and develop a formal health management plan.

You can also call our Cancer Nurses on 13 11 20 for tailored advice and support, using your care plan as a prompt to guide the discussion.

### General information

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Blood pressure: \_\_\_\_\_ Date care plan was prepared: \_\_\_\_\_ Referring service: \_\_\_\_\_

Treating hospital: \_\_\_\_\_ Hospital phone number: \_\_\_\_\_

Treating consultant: \_\_\_\_\_ Specialist nurse: \_\_\_\_\_

GP name: \_\_\_\_\_ GP contact details: \_\_\_\_\_

# Treatment summary.

## Diagnosis/date of diagnosis

## Surgery

Surgeon: \_\_\_\_\_ Treating centre: \_\_\_\_\_ Date: \_\_\_\_\_

Procedure: \_\_\_\_\_

Other information *(please specify below)*

### Chemotherapy/targeted therapy

Medical oncologist: \_\_\_\_\_

Dates	Type of chemotherapy	Number of cycles

### Radiotherapy - type and length of treatment

Radiation oncologist: \_\_\_\_\_

Dates	Site	Dose	Number of treatments

**Hormone therapy/immunotherapy**

Specialist: \_\_\_\_\_

Dates/ongoing	Type

**Current side effects of treatment**

**Possible late or long term effects of treatment to watch out for and report**

### Future treatments/ongoing medications related to the cancer treatment

Dates	Type

### Signs and symptoms to watch out for and report

*Some symptoms you experience may be normal. However, if you have any symptoms that are concerning you (e.g. new, persistent for more than a week, or unexplained), please speak with your health professional or GP. Your symptoms may not be related to your previous cancer, but it is important to have them checked out.*

### Special instructions to continue to follow

## Follow-up plan.

Your follow-up plan will depend on your type of cancer and type of treatments you have received. If you have had surgery, follow-up will be with the surgeon. Following radiotherapy, you will see the radiation oncologist. If you have had chemotherapy, you may require follow-up with the medical oncologist. Generally, a follow-up includes talking about your medical history, examination and other tests or scans as required.

Follow-up plan - <i>this may change throughout your follow-up visits</i>			
Time	Appointments	Tests	Health care provider
First follow-up appointment			
In the next one to three weeks			
In the first year after treatment			
Years two to three			
Years four to five			

# Making a plan to live well.

After treatment has finished is a great time to make some changes and commit to staying healthy. General healthy living recommendations are for all people who have had a diagnosis of cancer. Simple measures can reduce many of the physical and emotional effects of cancer treatment. Speak to your treating team or your GP about making healthy lifestyle changes, or call 13 11 20 to speak to our Wellbeing after Cancer Nurse about recommended strategies to work towards making these changes.

Prevention and early detection strategies, including screening, are important to consider for maintaining a healthy lifestyle. Our **Find Cancer Early** program recommendations include:

**1. Participating in screening programs (if eligible).**

- breast
- cervical
- bowel

**2. Participating in vaccination programs (if eligible).**

- HPV
- Hepatitis B
- Influenza

**3. Being aware of your own body and routinely check for any changes.**

**4. Seeing your doctor if you have any symptoms or concerns.**

**5. Committing to annual gender-specific checks with your GP.**

## Resources and recommendations

	Recommended?
<b>Making regular appointments with your GP</b>	<input type="checkbox"/>
<b>Cancer Council Western Australia</b> <i>cancerwa.asn.au</i>	<input type="checkbox"/>
<b>The Australian Cancer Survivorship Centre</b> <i>petermac.org/services/support-services/australian-cancer-survivorship-centre</i>	<input type="checkbox"/>
<b>Maintain a healthy diet</b> <i>livelighter.com.au/Top-Tips</i>	<input type="checkbox"/>
<b>Maintain a healthy weight</b> <i>livelighter.com.au/Tools-and-Resources/Calculate-Your-Risk-BMI-Calculator</i>	<input type="checkbox"/>

## Resources and recommendations

	Recommended?
<b>Limit alcohol</b> <a href="http://livelighter.com.au/Top-Tips/Cut-Back-on-Alcohol">livelighter.com.au/Top-Tips/Cut-Back-on-Alcohol</a>	<input type="checkbox"/>
<b>Be physically active</b> <a href="http://livelighter.com.au/Top-Tips/Be-Active-Everyday--Sit-Less">livelighter.com.au/Top-Tips/Be-Active-Everyday--Sit-Less</a> <a href="http://cancerwa.asn.au/patients/support-and-services/life-now">cancerwa.asn.au/patients/support-and-services/life-now</a>	<input type="checkbox"/>
<b>Be SunSmart</b> <a href="http://cancerwa.asn.au/prevention/sunsmart">cancerwa.asn.au/prevention/sunsmart</a>	<input type="checkbox"/>
<b>Quit/avoid smoke</b> <a href="http://makesmokinghistory.org.au">makesmokinghistory.org.au</a>	<input type="checkbox"/>
<b>Finding Cancer Early</b> <a href="http://findcancerearly.com.au">findcancerearly.com.au</a>	<input type="checkbox"/>
<b>Emotional impact of cancer</b> <a href="http://cancerwa.asn.au/patients/coping-with-cancer/emotional-effects">cancerwa.asn.au/patients/coping-with-cancer/emotional-effects</a>	<input type="checkbox"/>
<b>Menopause - resources for women</b> <a href="http://menopause.org.au">menopause.org.au</a> <a href="http://jeanhailes.org.au">jeanhailes.org.au</a> <a href="http://bcna.org.au/media/2131/menopause_booklet.pdf">bcna.org.au/media/2131/menopause_booklet.pdf</a>	<input type="checkbox"/>
<b>Menopause - resources for men</b> <a href="http://andrologyaustralia.org">andrologyaustralia.org</a> <a href="http://prostate.org.au">prostate.org.au</a>	<input type="checkbox"/>
<b>Bone health</b> <a href="http://healthdirect.gov.au/healthy-bones">healthdirect.gov.au/healthy-bones</a>	<input type="checkbox"/>



## New priorities and goals

*Discuss with your GP, Practice Nurse, or Regional Cancer Support Coordinator for a referral to our Wellbeing after Cancer program.*

## Concerns

*Discuss any concerns you may have with your GP or speak to one of our Cancer Nurses on 13 11 20 for support or advice about other Allied Health and Supportive Care Services that are available (e.g. nutrition advice, physical therapy recommendations, sexuality counselling and more).*