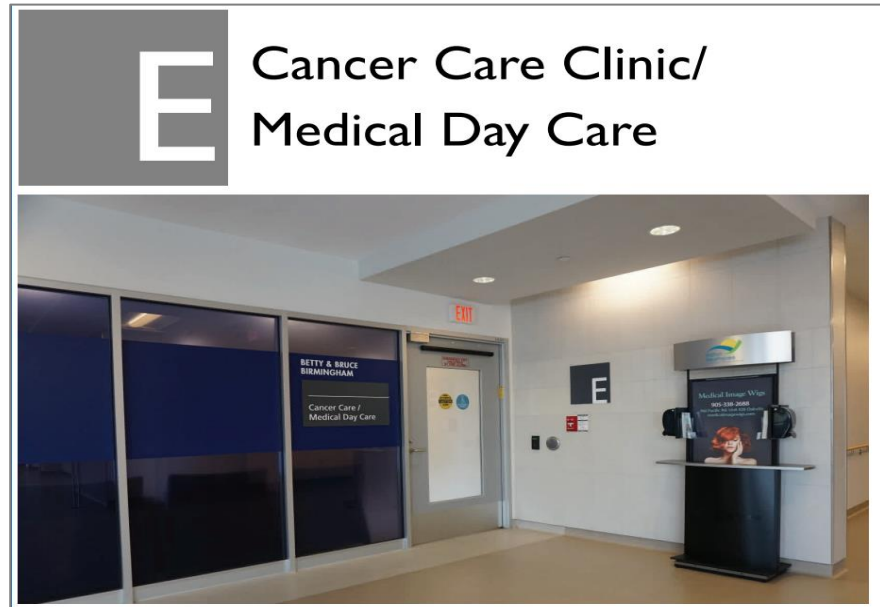




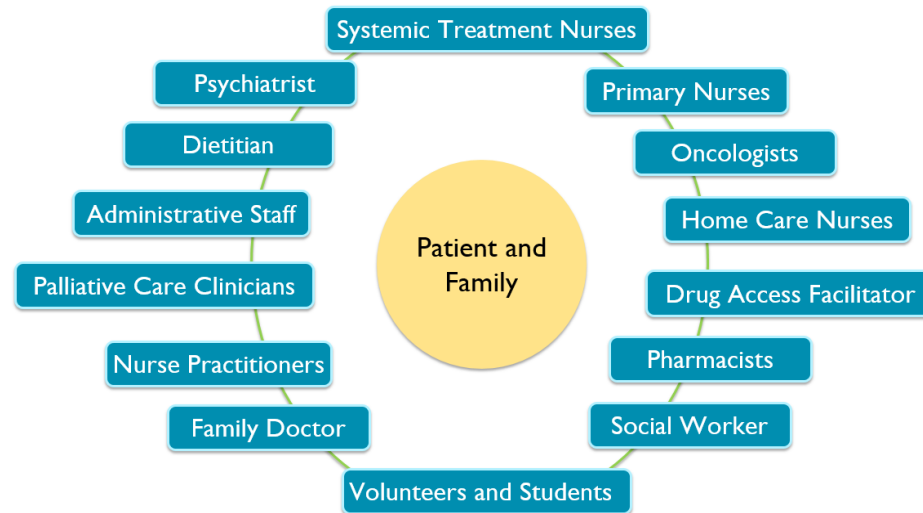
## Helping You Prepare for Your Cancer Treatment Appointments



As you begin your cancer care treatment and journey, the information below will help you understand:

- Your Cancer Care team
- The clinic routine and your appointments

## Your Cancer Care Team



There will be a team of healthcare providers and other staff available to you throughout your treatment and after it ends. Some of your team members will work directly with you to provide your treatment and address any care needs you may have. Other members are available to support you and your caregivers with any physical and/or emotional impacts of a cancer diagnosis and treatment if needed.

1. Systemic Treatment Nurses work in the treatment area. They support you and give your treatments through an intravenous (IV).
2. Primary Nurses work in the clinic to support you at appointments or between appointments together with your Oncologist.
3. Oncologists work with you to determine the best treatment and ensure you are tolerating it. They can also refer you to other doctors to help manage your illness if needed.
4. Nurse Practitioners work together with your Oncologists and Nurses to support you during treatment and after your treatment ends.

5. Pharmacists can help you understand your treatment medications and potential side effects, clarify information about herbal products and identify drug interactions.
6. Drug Access Facilitators can assist with medication access and coverage for oral medications when they are not covered by a drug plan.
7. Patient and Family Counsellors include Social Workers and Psychiatrists who can provide support with social, psychological and emotional concerns.
8. Registered Dietitians can help with any nutrition-related questions or concerns.
9. Volunteers assist the clinic staff in a variety of ways.
10. Student learners studying to become cancer care providers may see you together with your Oncologist and Nurse.
11. Your Family Doctor will support you with non-cancer related health care concerns.
12. Clerical or Administrative Staff handle test bookings or changing your appointments and communicating with you about these appointments.

## What to Expect During Your Cancer Therapy Appointments

We talk about your treatment in cycles. Each cycle is made up of:

- ✓ Lab and Clinic Visits
- ✓ Treatment Visits
- ✓ There may or may not be days/weeks off with no treatment
- ✓ The cycle repeats



### Clinic Visit

#### During this visit you will usually:

- ✓ Arrive 1½ hours before your appointment time to have blood work done
- ✓ Complete your symptom self-assessment with “Your Symptoms Matter” questionnaire (more on next page)
- ✓ You may be seen by a Nurse, Nurse Practitioner and Oncologist

#### At this visit you should:

- ✓ Tell your Cancer Care team about how you have been doing and explain any side effects that you may be having
- ✓ Ask your questions or discuss your concerns
- ✓ Bring a notebook to write down important information

#### Your Cancer Care Team will:

- ✓ Review your symptom self-assessment scores and give you care to meet your needs
- ✓ Answer any questions you may have
- ✓ Review your blood work results and determine whether it is safe to proceed with your next treatment.
- ✓ If your blood cells are not fully recovered, your Oncologist may:
  - proceed with treatment with a lower dose
  - delay your treatment up to one week and then recheck your blood count

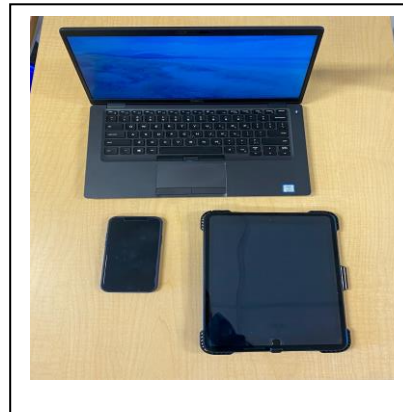
## Your Symptoms Matter

As an active participant in your care, you are asked to tell us how you are feeling at every clinic visit. This helps us understand how the treatment is making you feel. The first step is to complete a symptom self-assessment questionnaire called “Your Symptoms Matter” (YSM) which is available in different languages.

- YSM is a valuable tool that you and/or a caregiver may complete at a computer kiosk at the clinic or on a personal device.
- You will be asked to rate 12 common symptoms on a scale of 0 to 10 (0 meaning the symptom is absent and 10 meaning it is the worst possible for the symptom).
- Your symptom scores help us give you the care that most closely meets your needs
- Please ask for assistance if needed.



Go to: <https://isaac.ontariohealth.ca> on your device or scan the QR code with your phone.



## Treatment Visit

### **Before you arrive for your visit:**

- Eat a light breakfast
- Take any medications as prescribed

### **When you arrive:**

- Register at the Cancer Clinic reception desk
- Wait to be called into the Treatment Suite
- Your treatment nurse will wear personal protective equipment (PPE) when administering the treatment

### **What will happen while the treatment is given?**

- You will sit in a reclining chair
- The nurse will go over the information about your specific cancer treatment with you
- The nurse will start your intravenous (IV) and pre-medications and/or fluids may be given
- Once complete, your IV will be disconnected

### **Other important notes:**

- Some treatments are very short but others can take up to 8 hours. Your nurse will let you know approximately how long you will be.
- Plan to bring a tablet or device, book, puzzle, game or hobby such as craft/knitting
- Have someone with you on your first treatment to drive you home afterwards

## What to Bring to Treatment Visits



- Your health card
- Dress comfortably and wear a shirt with sleeves that can be rolled up
- Bring any medications that you need to take throughout the day
- Bring snacks or food if you will be here for a while
- Bring personal entertainment materials, mobile devices etc. with earphones
- Family member or friend (older than 12 years)
- Have someone available to drive you home after your treatment
- Money/bank card for possible prescriptions and parking
- A notebook to write down any important information

## Parking

If you would like to purchase a parking pass visit the Information Desk in the Main Lobby on the first floor of the hospital. Here is a link to further information about [parking](#).

## Who to Contact for Help

<b>Monday-Friday, 8:30am-4:00pm</b>	<b>After Hours, Weekends and Statutory Holidays</b>
<b>Halton Healthcare Cancer Care Clinic 905-338-4635</b>	<b>CareChart Digital Health</b> (after-hours symptom management service) <b>1-877-681-3057</b>
Please leave a message for your clinic nurse and you will receive a call back for assistance.	An operator will answer your call and connect you to a specialized oncology nurse for assistance. Please have your treatment information sheet and medication list on hand when you call.