
GUIDE

Wellness Beyond Cancer Program



*Pear Blossom:
Flower of Good Health and Hope*

*Providing support and guidance
once cancer treatment is completed.*



The Ottawa | L'Hôpital
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Disclaimer

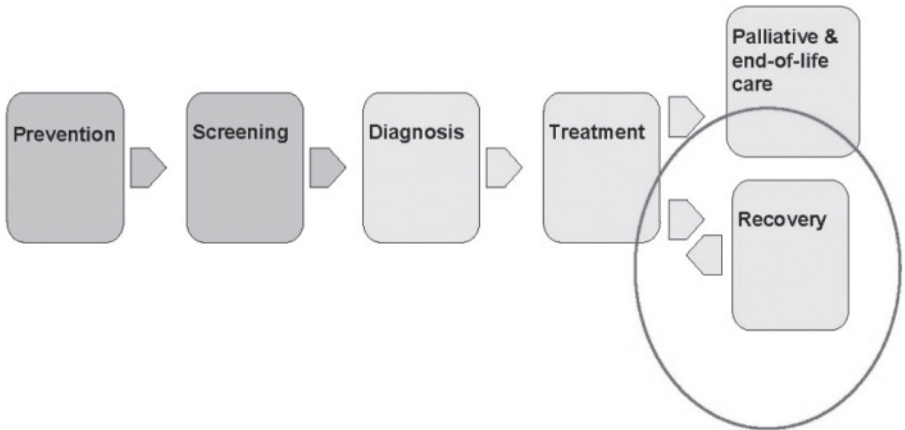
This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified health-care provider. Please consult your own health-care provider who will be able to determine if this information is appropriate for your specific situation.

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Introduction

Congratulations on completing your cancer treatment! You may now wonder “what happens next”? While you may feel relief that your treatment is over, you may also feel somewhat anxious about not seeing your Oncologist on a regular basis. The Wellness Beyond Cancer Program is here to help you move to your “new normal”.



No further treatment is needed at this time at the Cancer Centre. You will however, need ongoing follow-up. The purpose of follow-up is to:

1. Monitor for cancer spread and detect early recurrence of the cancer you have had;
2. Early detection of other cancers;
3. Look for and manage late and long term effects of cancer and its treatment;
4. Provide emotional and informational support;
5. Promote healthy lifestyle behaviours and encourage regular cancer screening.

About the Wellness Beyond Cancer Program

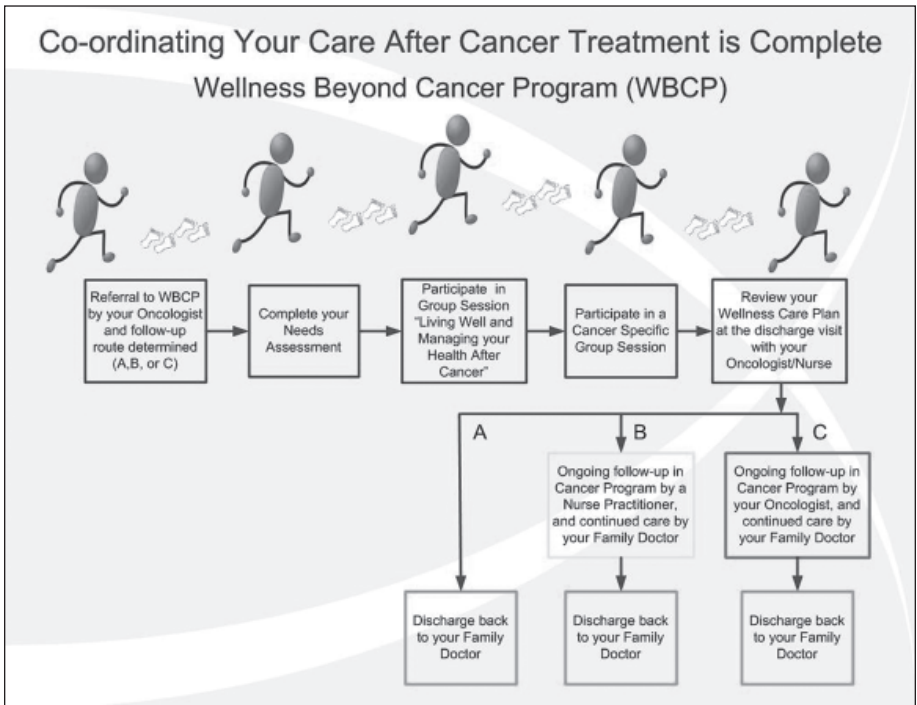
Your life may be changed forever by cancer. Some people have a greater appreciation of life and are concerned less about the “small things”. Others are more worried about their health and are unsure how to cope with moving from active treatment into well follow-up. This phase is often called “survivorship”. This shift may be one of the most complex times of the cancer journey. However, the shift can feel different for every person because their individual needs are unique.

The Wellness Beyond Cancer Program provides care and support for people at the end of their active cancer treatment. It ensures they get the follow-up care and resources they need to best manage their health. Many people find their life returns to “life before cancer”. However, some people continue to have physical, emotional or financial concerns. Some people refer to this as their “new normal”. We hope to empower you to manage your care and overall well being as you move forward from being a cancer patient to living well beyond cancer.



When and How Are Individuals Referred to the Program

Your oncologist will refer you to the program once your active treatment is complete. Together, you and your oncologist will decide who the most appropriate health care provider is to lead your ongoing care. This decision depends on several factors. These can include the type and stage of the cancer that you had, as well as treatment side effects you may have had. You may be followed by: a) your Family Physician/Nurse Practitioner b) a Nurse Practitioner at the Cancer Centre or c) an Oncologist in the Cancer Program. The goal is to integrate your cancer follow-up care with your other regular health needs under the care of your Family Physician/Nurse Practitioner.



Our Services

- Helping you to develop your wellness care plan
- Providing you with group education sessions focused on common issues
- Helping you to link up with regional resources
- Providing one-on-one support as needed

You, your Family Physician/Nurse Practitioner and your Wellness Beyond Cancer Program Team will work together to give you advice for your ongoing care. You will also receive support and education to best meet your individual needs.

Our Core Team

Program Administrator:	Cathy DeGrasse
Medical Lead:	Dr. Roanne Segal
Nurse Practitioner:	Gail Larocque
Care Facilitator:	Carrie Liska
Co-ordinator:	Nathalie Langevin

Others you may know or meet:

- Advanced Practice Nurses:
 - Gynecological Cancer Lynne Jolicoeur
 - Colorectal Cancer Marlene Mackey
- Intake Coordinator, Psychosocial Josée Charlebois
- Oncology Program:
 - Surgical Oncologists (Surgeon)
 - Medical Oncologists
 - Radiation Oncologists

You are an important member of your health care team. Your role is to ask questions until you understand the recommended plan for your follow-up care, share your needs and expectations, and be part of the decision making.



What to Expect

You may be surprised that you now have a new set of questions and concerns. Many people have mixed emotions when they complete their active cancer treatment. Some feel relieved their treatment is over. However, many feel an unexpected surge of anxiety about what the future holds. Some might worry they are not doing enough to fight cancer. Others may feel uneasy about not seeing their oncology health care team on a regular basis. Some people feel “lost” as they are unsure what to focus on next. Every person has his or her own concerns but there are some common ones.

What are the most frequent and distressing symptoms in survivorship?

- Fatigue/sleep problems
- Fear of cancer coming back
- Managing stress
- Body changes
- Managing difficult emotions
- Long-term effects of treatment
- Pain
- Living with uncertainty

Talking with your health care team is important. Remember; keep asking questions until you understand what you need to do to take care of yourself. The Wellness Beyond Cancer Program Team will help you determine and address your needs.



Commonly Asked Questions

- What follow-up care should I have now that my cancer treatment is finished?
- Who will co-ordinate my care?
- How often should I see my doctor?
- Which doctor should I see?
- What should I discuss with my doctor during follow-up visits?
- What signs and symptoms I should watch for?
- When should I seek medical advice?
- What kinds of medical information should I keep?
- How can I cope with my fear of cancer coming back?
- Should I change my lifestyle?
- Where can I get more information about cancer survivorship?
- What do I do if I find something new and am worried the cancer has returned?

Your Wellness Beyond Cancer Care Plan

As time goes by, it may be difficult to recall all the details of your diagnosis and treatment. At the same time, this information will be very valuable to the doctors and nurses who care for you throughout your lifetime. Your “Care Plan” is an important document that records your diagnosis and the treatments you received. Your Care Plan also includes follow-up recommendations. It describes how often you should have a check-up and what tests you will need in the future. Your Surgeon, Radiation Oncologist or Medical Oncologist and your Nurse develops your Care Plan with you. This is based on medical guidelines for your specific disease and your personal needs.

My Care Plan

- ☒ My diagnosis
- ☒ My cancer care team
- ☒ My cancer treatment
- ☒ My cancer monitoring plan
- ☒ My personal needs

Keep your personal Care Plan and share it with your current and future health care providers. This Care Plan will be your guide to monitoring and taking care of your health. It will provide your Family Doctor/Nurse Practitioner, and other health care providers, with the information needed to oversee your health care.

Contact Us

Wellness Beyond Cancer Program

Hours of operation:

8 a.m. to 4 p.m.

Phone:

613-737-7700, ext. 70256



We look forward to working with you to develop your personal Care Plan and hope you will use the resources available as you step into your new future! We are here for you!

Key Local Resources

- The Ottawa Hospital Cancer Program:
(www.ottawahospital.on.ca/wps/portal/CancerProgramEN) – Support and Follow-up Section
- The Maplesoft Cancer Survivorship Centre:
(<http://www.ottawacancer.ca/en/cancer-survivorship-centre/about-the-centre.aspx>)



Other Helpful Websites

- Canadian Cancer Society: <http://www.cancer.ca/>
- Cancer Foundation: <http://www.ascocancerfoundation.org/patient/Survivorship>
- Cancer Care Ontario: (www.cancercare.on.ca)
- Livestrong: <http://www.livestrong.org>
- National Cancer Institute: <http://www.cancer.gov/cancertopics/life-after-treatment>
- National Coalition For Cancer Survivorship:
<http://www.canceradvocacy.org/>
- BC Cancer Agency: <http://www.bccancer.bc.ca/PPI/RecommendedLinks/coping/survivorship.htm>
- American Cancer Society: <http://www.acscsn.org/>
- Oncolife: <http://www.oncolink.org/oncolife>
- Princess Margaret Hospital: <http://www.survivorship.ca/>

Notes
