

Learning about your illness and treatment

You may not feel ready to learn more about your illness and treatment at this time. When you are, your Nurse or any other member of your Health Care Team are here to answer your questions. We have listed some common topics and questions that patients often ask us about. If you would like, ask us for more information to read.

Tests and procedures <ul style="list-style-type: none"> Daily blood work Echocardiogram/x-ray CT scan CVAD/PIV – insertion Bone marrow biopsy Lumbar puncture Assessment: <ul style="list-style-type: none"> Physiotherapy Occupational therapy Social work Pharmacy Nutrition 	Blood counts <ul style="list-style-type: none"> Red blood cells <ul style="list-style-type: none"> - anemia White blood cells <ul style="list-style-type: none"> - neutropenia Platelets <ul style="list-style-type: none"> - low platelets Electrolytes <ul style="list-style-type: none"> - needing supplements Blood transfusions <ul style="list-style-type: none"> - consent form 	Visitors <ul style="list-style-type: none"> Can a family member stay with me? When should I limit visitors? What if a visitor is unwell? <p>Please refer to our Welcome to C4 Hematology book</p>
Getting chemo <ul style="list-style-type: none"> By mouth By needle – IV, under the skin, near the spine Will it hurt? How quickly will it start to work? Why do staff wear protective equipment? Changes that happen right away such as your urine colour. 	Chemo side effects <ul style="list-style-type: none"> Constipation Diarrhea Nausea/vomiting Not wanting to eat Mucositis Skin changes Fatigue Hair loss Drug specific side effects Sexuality/fertility 	Prevent infections <ul style="list-style-type: none"> Hand washing/skin care Good mouth care: <ul style="list-style-type: none"> - no flossing - use baby soft toothbrush - mouthwash after meals Care of CVADs Using infection control guidelines No plants or flowers
Nutrition <ul style="list-style-type: none"> Menus/complementary menu Food from home: <ul style="list-style-type: none"> - must be cooked - only fruits and vegetables that can be peeled Supplements: <ul style="list-style-type: none"> - Ensure/Boost - whey protein shakes 	Health care team <ul style="list-style-type: none"> Social worker Physiotherapist Occupational therapist OTA/PTA Dietitian Chaplain - spiritual care Pharmacist Nurse Health care aide Doctor 	Safety <ul style="list-style-type: none"> Keep a clutter free space Prevent a fall Risk of injury due to fatigue Ask for help when needed Do not use a razor with blades Avoid sharp objects (scissors, manicure tools)

My type of cancer is: _____

My doctor/nurse practitioner is: _____

My chemotherapy treatment is called: _____

Today's date: _____

Chemo calendar:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Planning: Going home

- Follow-up appointments
Outpatient Day Service, ODS
Juravinski Cancer Centre, JCC
- Home care/CCAC
- Restrictions when home
- Sexuality
- Re-admission plans/consolidation

Please refer to the handouts:

- Chemotherapy safely at home
- Fever, infection and side effects while on chemotherapy

