

Pain and Symptom Management Team

The Pain and Symptom Management Team at the Juravinski Cancer Centre can help you learn ways to manage pain and symptoms caused by your cancer or related treatment.

Please read the information in this handout before coming to your first appointment.

To your appointment, please bring:

- ✓ **A family member or friend.** They can help with questions you want to ask and clarify information.
- ✓ **Your medications,** which includes any vitamins and herbal or naturopathic preparations you take. Bring a list, and if possible the bottles.
- ✓ **This booklet** with your questions and concerns – on the back page.
- ✓ **Pain Diary** – on the back page.



Please allow 90 minutes for your first appointment.

Clinic E is on the 2nd floor across from the elevators.

There is a waiting list for appointments. If you cannot make your appointment please call new referrals at 905-387-9495.

Pain and Symptom Management Team

- Dr. Slaven
- Dr. Shaw
- Helaine Guther, Social Worker
- Anna Krpan, Secretary
- Deb Evans, RN,
Clinical Nurse Specialist
- Dorothy Edwards, RN

We also work closely with:

- visiting nurses
- registered dietitians
- aboriginal navigator
- mental health clinical nurse specialist
- chaplain
- family doctors

We are a teaching hospital linked with McMaster University. Students and health care providers who are learning about cancer care may be involved with your care.

What do we do?

We can help you with some of the symptoms that you have, such as:

- pain
 - nausea and vomiting
 - constipation
 - difficulty sleeping
 - fatigue
 - depression and anxiety
 - shortness of breath
-

We also help with other concerns that you may have, such as:

- how you are coping with cancer
- how your spouse and family are coping with your cancer
- how you and your caregiver are doing with changing care demands
- what to expect in the future and how to make plans for the future
- spiritual concerns
- money worries

We are here to listen, help you and connect you with resources.

When you come for your appointment

1. Please complete your Symptom Assessment when you arrive in clinic. By telling us how you are feeling, we will be able to better understand and help you with your symptoms.
2. You will meet with the nurse and doctor and talk about how you are doing. You may need a brief physical exam.

We will come up with a plan to help you. This plan may include:

- changes to your medications
- tests such as X-rays or CT scan to help us better understand what is causing your pain or other symptoms
- procedures with other doctors such as radiation treatment and nerve blocks
- Hamilton Niagara Haldimand Brant Local Health Integrated Network, HNHB LHIN (formerly CCAC) referral to make sure that you have the support at home you need
- other specialists as needed

Ask us your questions, tell us your concerns.

Questions

Pain Diary

It is helpful to us to know how your current pain medication is helping. If possible, please fill in this pain diary for 2 days and bring to your appointment.

Date and time	Where is the pain?	What did you take?	Did it help?	Comments
			<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> some	
			<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> some	
			<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> some	
			<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> some	
			<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> some	



Juravinski Cancer Centre
699 Concession Street
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905-387-9495

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