



This Cancer Care Plan will facilitate cancer care following active treatment. It may include important contact information, a treatment summary, recommendations for follow-up care testing, a directory of support services and resources, and other information. [1]

Care Plan for Breast Cancer

Prepared by: Shirley Jones, RN on 3/1/2017 at Main Street Cancer Center

General Information

Patient Name	Melissa Doe
Medical record number	12347687
Phone (home)	202-547-1000
Phone (cell)	202-547-1000
Email	melissadoe@melissadoe.com
Date of birth	2/1/1950
Age at diagnosis	66
Support contact	

Care team

Hematologist/oncologist	Dr. James Martin, 202-123-4568, drmartin@mainstreetcancer.edu
General/breast surgeon	Dr. Anne Jones, 202-123-4569, annejones@mainstreetcancer.edu
Radiation oncologist	Dr. Sarah Smith, 202-123-4562, sarahsmith@mainstreetcancer.edu
Plastic surgeon	
Primary care physician	
OB-GYN	
Nurse/nurse practitioner	Shirley Jones, RN, 202-123-4567, shirleyjones@mainstreetcancer.edu
Mental health/social worker	
Coordination of care	



Background Information

Family history	Multiple relatives
Genetic testing	Ordered, Results: BRCA Negative
Other health concerns	Anemia, Depression, Migraine headaches, Osteoarthritis

Left breast

Definitive breast surgery	Lumpectomy on 3/15/2017
Sentinel node biopsy	Yes, 3/15/2017
Axillary dissection	No
Lymph nodes	0 positive
Tumor type & stage	Infiltrating ductal, T2 (Tumor is more than 2 cm (3/4 of an inch) but not more than 5 cm (2 inches) across), N0 (Cancer has not spread to nearby lymph nodes)
Pathologic stage	Stage II (Early cancer with a good prognosis)
Estrogen receptor status	Positive
Progesterone receptor status	Positive
HER2 status	Negative

Treatment Plan & Summary

Patient's height	66 in	
	Pre-treatment	Post-treatment
Patient's weight	145 lb	138 lb
Patient's BSA	1.75 m ²	1.71 m ²
Patient's BMI	23.4	22.3

Regimen	TC Docetaxel (Taxotere) 75 mg/m ² iv over 30-60 min d1 Cyclophosphamide (Cytoxan) 600 mg/m ² iv over 30-60 min d1 Q3w x 4 cycles
Treatment on clinical trial	No



Therapeutic agents	# cycles	% dose reduction
Docetaxel	4	0
Cyclophosphamide	4	0

Biologic therapy	Planned: No, Administered: No
Pre-operative chemo administered	No
Chemotherapy treatment period	4/15/2016 -7/15/2016
Possible side effects of regimen	Anemia, Nausea/vomiting, Neuropathy
Reconstruction	Planned: No, Completed: No
Radiation therapy	Planned: Yes, Completed: 4/15/2016
Growth factor given	No
Serious toxicities during treatment	Anemia, Dehydration, Mucositis
Hospitalization for toxicities	No
Neurotoxicity impairing activities	No
Reason for stopping chemotherapy	Completed therapy
Disease status at end of treatment	No evidence of disease
Endocrine therapy	Aromatase inhibitor: exemestane
Endocrine therapy timing	5 years, starting 8/1/2016

Follow-Up Care

UPON SCREENING, THE PATIENT HAS BEEN DETERMINED TO HAVE THE FOLLOWING ISSUE(S):

Patients – Please consult your health care provider for medical advice specific to you before using any medications, supplements, or other products, and before beginning any lifestyle program.



Needs/Concerns	Suggested intervention(s)
General anxiety	<ul style="list-style-type: none"> • Referral to support group, e.g. American Cancer Society (www.cancer.org, 800-227-2345), Cancer Support Community (www.cancersupportcommunity.org 888-793-9355) • Referral for cognitive behavioral therapy or counseling.
Insomnia	As appropriate: <ul style="list-style-type: none"> • Instructions on sleep hygiene • Pain evaluation • Hot flash management • Treatment for anxiety
Fatigue	<ul style="list-style-type: none"> • Regular physical activity (e.g., walking 20 minutes daily) • Evaluation for hypothyroidism, anemia, depression
Decreased range of motion in shoulder	Referral to physical therapy
Joint aches and pains	<ul style="list-style-type: none"> • Symptom management • Consideration of switch to another aromatase inhibitor, as some can cause joint aches/pain
Intimacy and sexuality	<ul style="list-style-type: none"> • Evaluation and treatment for anxiety, depression, as appropriate • Referral to counseling and/or support group to address body image concerns, such as breast asymmetry, prosthesis, e.g. the American Cancer Society's Look Good...Feel Better program (www.cancer.org, 800-227-2345) • Recommendation for vaginal lubricant (Astroglide) or moisturizer (Replens, 1x every 3 days) • Screening for pain with intercourse • Consideration of low dose vaginal estrogen (Estring, Premarin, Estrace) provided patient is not taking an aromatase inhibitor

Surveillance	When/How often	Coordinating provider
Medical history/physical exam: Yrs 1-3	Every 3 months	Dr. James Martin
Medical history/physical exam: Yrs 4,5	Every 6 months	
Post-treatment mammography	Every 6 months	
Bone densitometry	Every year	
Pelvic examination	Every year	
Breast self-examination	Every month	

Preventive care recommendations	All preventive measures per PCP, Bone health, Colon cancer screening, Exercise
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End Notes

Note 1: *Important caution.*

This is a summary document whose purpose is to review the highlights of the cancer chemotherapy treatment plan for this patient. This does not replace information available in the medical record, a complete medical history provided by the patient, examination and diagnostic information, or educational materials that describe strategies for coping with cancer and adjuvant chemotherapy in detail. Both medical science and an individual's health care needs change, and therefore this document is current only as of the date of preparation. This summary document does not prescribe or recommend any particular medical treatment or care for cancer or any other disease and does not substitute for the independent medical judgment of the treating professional.