

CANCER SURVIVORSHIP CHECKLIST

What you need to know when you are **in treatment**.

NAME

AGE

CANCER TYPE

COMMUNICATION WITH MY HEALTH CARE TEAM

Get a full explanation of my diagnosis and care plan.

Share with my doctor what is most important to me, so my goals, values, and cultural practices may be included in my treatment plan.

Discuss any medications or supplements I am taking and how they will interact with my treatment.

Discuss my treatment options, including the benefits and side effects (both short- and long-term) of each.

Schedule all necessary appointments and get a copy.

Sign up for the online portal to access my medical chart and communicate with my care team.

Seek a second (or third) opinion if it will make me feel more comfortable about my decisions.

Ask if there is a clinical trial available that is appropriate for me. Discuss the pros and cons of participating in a clinical trial.

CARE PLAN

Ask for a written plan of care, including:

- Frequency of treatments and tests.
- Side effects I should expect and how to manage them.
- Any disruptions I should expect to my work, family, or other responsibilities.
- Resources I can use to understand the diagnosis and treatment better.
- How, who, and when to contact my care team if I have questions or concerns.



CAREGIVER(S)

Have a family member or friend attend appointments with me to provide support, ask questions, and take notes. Ask if audio recording the visit is permitted using a phone app or tape recorder.

Ask how a caregiver can get help or training if needed to care for me at home.

Discuss developmentally appropriate resources for my child(ren) to understand my diagnosis and treatment plan.

Discuss resources and support groups for my caregiver(s) and child(ren) to support their emotional or psychological concerns.

SUPPORTIVE SERVICES

Ask if I will need someone to drive me to the treatment(s), and ask for help if transportation is an issue.

Ask about priority or free parking for ongoing appointments.

Discuss meal planning and nutrition resources with a nutritionist.

Make a plan to incorporate movement into daily activities like walking to the mailbox, walking the family pet, or walking around the block in the neighborhood for 10 minutes a day.

Ask if cold-capping and neuropathy mitts and booties are available.

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