

## Questions to ask about follow-up care

- Will I receive a Treatment Summary and Survivorship Care Plan? (see below)
- What follow-up care do I need? With whom and how often?
- Do I need any follow-up tests and how often?
- What symptoms or side effects should I report and to whom?
- Are there late or long-term side effects or health issues I should be aware of?
- Are there helpful survivorship programs or resources you can now recommend for me, my caregiver, and family members?

## Treatment Summary & Survivorship Care Plan

Your primary care doctor and other doctors not directly involved in your cancer care likely have limited knowledge of the treatment you received and of your related needs going forward. A summary of your cancer diagnosis and treatment you received or are still receiving, along with a plan for your follow-up care and screenings, will help them to better manage your recovery and overall health. You will also be better prepared to deal with your new healthcare needs. This information is part of your permanent health record for the rest of your life.

Near the end of your active cancer treatment or if you are moving to extended treatment to control your cancer, your oncologist or a member of your healthcare team should prepare a written Treatment Summary and Survivorship Care Plan for you. It is important that you request this document if it is not given to you.

Your healthcare team may use their own form or they may use one of the templates from the American Society of Clinical Oncology (ASCO) or Journey Forward. If your healthcare team does not routinely provide this report, visit the resource page on our website [www.BagItCancer.org/resources](http://www.BagItCancer.org/resources) for versions that they can complete for you.

**Follow-up Care Plan**

Planned for ongoing (adjuvant) treatment for cancer  Yes  No

Additional treatment name	Planned duration	Possible Side effects

**General Information**

Patient Name: \_\_\_\_\_ Patient DOB: \_\_\_\_\_  
Patient phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Health Care Providers (Including Names, Institution)**

Primary Care Provider: \_\_\_\_\_  
Surgeon: \_\_\_\_\_  
Radiation Oncologist: \_\_\_\_\_  
Medical Oncologist: \_\_\_\_\_  
Other Providers: \_\_\_\_\_

**Treatment Summary**

**Diagnosis**

Cancer Type/Location/Histology Subtype: \_\_\_\_\_ Diagnosis Date (year): \_\_\_\_\_

Stage:  I  II  III  Not applicable

**Treatment**

Surgery  Yes  No Surgery Date(s) (year): \_\_\_\_\_

Surgical procedure/location/findings: \_\_\_\_\_

Radiation  Yes  No Body area treated: \_\_\_\_\_ End Date (year): \_\_\_\_\_

Systemic Therapy (chemotherapy, hormonal therapy, other)  Yes  No

Names of Agents Used \_\_\_\_\_ End Dates (year) \_\_\_\_\_

Persistent symptoms or side effects at completion of treatment:  No  Yes (enter type(s)):

**Familial Cancer Risk Assessment**

Genetic/hereditary risk factor(s) or predisposing conditions: \_\_\_\_\_

Genetic counseling:  Yes  No Genetic testing results: \_\_\_\_\_

Additional health care screening tests. Provider: \_\_\_\_\_

to the cancer

type of cancer and

below. If you have any factors or nurses to find out

- Weight changes
- School/Work
- Fertility

## Physical changes

Some have described survivorship as being “disease-free, but not free of your disease.” What you experience with your body may be related to the type of cancer you had and the treatment you received. It’s important to remember that no two people are alike, so you may experience changes that are very different from someone else’s, even if that person had the same type of cancer and treatment. You may find that you are still coping with the effects of treatment on your body. It can take time to get over these effects.

## Questions to ask about late and long-term side effects

- What can be done to manage any side effects that continue after treatment?
- What are the most common late and long-term effects that may develop based on my treatment plan?
- What should I do if I notice a late effect?
- What screening tests do you recommend based on my cancer history?
- Are there other doctors or specialists I should see, such as a cardiologist or endocrinologist?

## Supportive Care After Cancer Treatment

After active treatment ends, you may continue to experience some lingering and/or late side effects including pain, fatigue, loss of appetite, nausea, vomiting, shortness of breath, and insomnia. Palliative care specialists can work with you and your oncology team to relieve these symptoms and improve your quality of life. Depending on your cancer and the symptoms you are experiencing, your palliative care team may prescribe medication, physical or occupational therapy, as well as recommendations for nutrition and activity. Some complementary and integrative therapies such as relaxation techniques, massage, and acupuncture may provide relief from physical symptoms in addition to the benefit of emotional and spiritual support.

If you have not already been receiving this kind of supportive care, let your healthcare team know what you are dealing with and ask for help! Most insurance plans, including Medicare and Medicaid, cover at least some services.