Clinician Follow Up Reference for Supportive Care

**Physical Concerns – “YES” to Appearance**

**Start With**
Asking the patient the below questions

Would you like resources to address your concerns about your appearance or body image?

**Options/Recourse**

- Refer to Social Worker for resources
- Refer to Journey Connections Tool

**MA or higher level screener:**
communicate these answers to Physician/APC in referral or notes for Next Step

**APC or higher level screener:**

If YES

- Refer to Psychosocial or Social Worker
- Share Patient Links and Handouts as appropriate
- See Reference links below for additional information

If NO

Options/Recourse

- It is important for oncologist/nurse to address this. Patients often don’t express their body image concerns with the healthcare team because they are concerned that it will be seen as trivial or shallow. Having the team address it up front, not only allows the distress to be addressed, but also validates that this is a normal experience for patients.

**Next Step**
Routine - within 1 week

**Notes**

**Stages I-III:** Refer to a clinical social worker within healthcare system. If there are no social workers on staff, then refer to a cancer support center for treatment related to body image distress. Can refer to Look Good Feel Better by the American Cancer Society when appropriate.

**Stage IV:** Refer to a clinical social worker within healthcare system. If there are no social workers on staff, then refer to a cancer support center for treatment related to body image distress. Can refer to Look Good Feel Better by the American Cancer Society when appropriate.

**Geriatric:** This population CAN have issues with this and should not be dismissed. Disheveled look can be a sign of having cognitive issues.

**Patient Links and Handouts:**

- [American Cancer Society, Look Good Feel Better](http://cancerhelp.me/appearance)
- [Cancer.Net, Self-Image and Cancer](http://cancerhelp.me/appearance)
- [Cancer.Net, Coping with Changes to Your Body as a Young Adult](http://cancerhelp.me/appearance)
- [NIH, NCI, Self-Image and Sexuality](http://cancerhelp.me/appearance)

CSOC Patient Handout can be accessed at:

http://cancerhelp.me/appearance

**References:**

- [Managing Body Image difficulties of adult cancer patients: Lessons from available research](http://cancerhelp.me/appearance)