Clinician Follow Up Reference for Supportive Care

Self Care Concerns -

"YES" to any having someone available to help if...



Have you had help in the past when feeling sick or not being able to run errands? If Yes

Conduct an ADL/IADL assessment

- Encourage patient to seek out any help they have used in the past
- Family, friends, faith community, neighbors
- Home services (i.e. homemaker, hired caregiver, visiting nurse)
- Do you need help paying for home services?

Inquire if there is an understanding of how their cancer diagnosis or treatment may affect their ability to live at home alone.

Document patient's responses and note in referral.

If No

Conduct an ADL/IADL assessment

- Do you need as sistance getting home services (i.e. homemaker, hired caregiver, visiting nurse)?
- Do you need help paying for home services?
- Inquire if they have family, friends, neighbors, or a Faith community from whom they would be comfortable asking for help.

Inquire if there is an understanding of how their cancer diagnosis or treatment may affect their abilities.

Document patient's responses and note in referral.

Next Step

Refer to Social Worker

Refer to Physician/APC or Nurse if suspect physical difficulties

Physical difficulties that may be partially or fully reversible, consider referral to PT/OT

Assess for patient frailty or physical function

See Reference links and Websites below for additional information

Share Patient Links and Handouts as appropriate Timing

If this is an

area that is causing an immediate safety risk, depression or anxiety, orifyou feel that patient currently livingin unsafe environment, discuss same day.

Or

Routine, within 1 week

Notes

Any Stage – Patients at any stage may need help. Needing assistance may arise as a result of treatment. Financial issues may be a barrier to getting services, offer any assistance available i.e., low income or already getting services from Department of Aging.

Patients may need guidance asking for help. "Do you need help asking for help?" Provide prompts to educate the pt on how to ask for help "you've offered to help, could you ______? Role play as a possible tool to help.

Stage IV - Several stage IV cancers qualify under compassionate allowances for quickly obtaining Social Security Disability Insurance or Supplemental Security Income programs which could help pay for home care services.

Geriatric - *Geriatric sub-team discussing clinician guidance for screening, info to follow.* Local Senior Citizen's Centers may have social workers who could have helpful resources.

Patient Links and Handouts:

- CancerCare,Coping With Cancer When You're On Your Own
- American Cancer Society, Patient Programs and Services
- > Cancer Support Community
- ► Family Caregiver Alliance®
- > III Dept of Human Services. Home Services
- > The Catholic Charities
- Culinary Care
- Care.com

CSOC Patient Handout can be accessed at: http://cancer-help.me/self-help

References:

 Screening, assessment, and care of anxiety and depressive symptoms in adults with cancer: an American Society of Clinical Oncology guideline adaptation.

Andersen BL, DeRubeis RJ, Berman BS, Gruman J, Champion VL, Massie MJ, Holland JC, Partridge AH, Bak K, Somerfield MR, Rowland JH, American Society of Clinical Oncology. Screening, assessment, and care of anxiety and depressive symptoms in adults with cancer: an American Society of Clinical Oncology guideline adaptation. J Clin Oncol. 2014 May 20;32(15):1605-19. [87 references]

Websites for communicating, help and support

- My Cancer Circle
- Take them a meal
 Meal train
- CaringBridge
- PostHope
- CaringBridge (Spanish)Lotsa Helping Hands
- MyLife Line

