Clinician Follow Up Reference for Supportive Care

Self Care Concerns –
“YES” to any having someone available to help if...

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 assistance 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, or if you feel that patient currently living in 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®
➢ Ill 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.

Websites for communicating, help and support

➢ My Cancer Circle
➢ CaringBridge
➢ CaringBridge (Spanish)
➢ Lotsa Helping Hands
➢ PostHope
➢ MyLifeLine

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