

CANCER SURVIVORSHIP CHECKLIST

What You Need to Know When You Are **IN TREATMENT**



This checklist provides an overview of important information and actions to help ensure you are receiving the care that is best for you. This checklist also provides suggestions for key information and questions to ask when you have been diagnosed with cancer or are receiving treatment for cancer.

SHARED DECISION-MAKING

- Have a family member or friend attend appointments with me to provide support, ask questions, and take notes.
- Get a full explanation of my diagnosis and chance of recovery.
- Share with my doctor what is most important to me, so my goals can be included in my treatment plan.
- Discuss my treatment options, including the benefits and side effects (both short-term and long-term) of each.
- Discuss the pros and cons of participating in a clinical trial.
- Seek a second (or third) opinion if it will make me feel more comfortable about my decisions.
- If I may wish to have children in the future, discuss my fertility options before treatment.

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 and when to contact my care team if I have questions or concerns.
- Have plan clearly explained by a member of my oncology care team so that I can understand it.
- Discuss involvement of caregivers and my preferences for how I would like to be treated.

HEALTH CARE

- Ask if I will need someone to drive me to the treatment(s) and ask for help if transportation is an issue.
- Discuss diet, exercise, or other health recommendations.

- Discuss any medications I am taking and how they will interact with my treatment.
- Schedule all necessary appointments and get a copy for reference.

EMOTIONAL/MENTAL HEALTH

- Discuss my emotional or psychological concerns (including anxiety, depression, or other worries).
- Ask for support or counseling for emotional, sexual, or relationship issues.
- Identify support groups or patient advocacy groups where I can get support.

FINANCIAL HEALTH

- Ask for information about the costs of treatment.
- Discuss financial concerns with my care team if financial concerns may make it hard to follow my treatment plan.
- Ask for resources for financial support, if needed.
- Discuss any concerns regarding getting or keeping health insurance.
- Talk to my employer or school if I need to take time off.
- Request information regarding my rights under the Family and Medical Leave Act (FMLA). This also applies to my caregivers.
- Discuss whether I am facing any problems at work or school that may get in the way of my treatment. Discuss whether I am dealing with any discrimination.

CAREGIVER(S)

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



NC CCCP appreciates NCCS for granting permission to use and print this document.

For additional questions, please visit www.canceradvocacy.org/checklist or call 1-877-622-7937

The Survivorship Checklist has been supported by an educational grant from Bayer HealthCare Pharmaceuticals Inc.



For more information on cancer treatment and survivorship, contact the Comprehensive Cancer Control Program, NC Cancer Prevention and Control Branch at <https://publichealth.nc.gov/chronicdiseaseandinjury/cancerpreventionandcontrol/index.htm> or your local cancer center. Go to www.facs.org/search/cancer-programs for information on your local cancer center.



NC Department of Health and Human Services
Division of Public Health
Cancer Prevention & Control Branch
<https://publichealth.nc.gov>
NCDHHS is an equal opportunity employer and provider. • 5/20