



Resident Guide for Clinical Exposure

Moving Forward After Cancer

**a Clinical Experience in Survivorship Care for Family
Medicine and Oncology Postgraduate Trainees**

FIRST EDITION

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Access to the complete Moving Forward After Cancer curriculum is available on the University of Manitoba Continuing Professional Development website, at: <https://www.cpd-umanitoba.com/elearning/moving-forward-after-cancer/>

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Moving Forward After Cancer

A Clinical Experience in Survivorship Care for Family Medicine and Oncology Postgraduate Trainees

Overview

Moving Forward After Cancer is delivered across three, integrated learning environments. An online self-study course primes trainees to participate in meaningful discussions at an instructor-led, interspecialty workshop. These are rounded-off with an opportunity to practice skills in a clinical experience that is organized locally.

Guide for Residents

A clinical experience has been arranged for you in an outpatient cancer clinic where cancer survivors receive care. This may be a clinic designated for follow-up care, or a clinic that combines on-treatment and follow-up care. There may be oncology trainees in these clinics as well.

To help you prepare for clinic, please review the four learning objectives described below. Your preceptor will also have a copy of these objectives and questions. Look for a moment either during or after clinic to talk with your preceptor about about your overall experience, as well as these objectives and questions.

Learning Objectives

1. Conduct a survivorship/follow-up care visit where the four domains of survivorship care are addressed.
 - Prevention of new and recurrent cancer through health promotion, including smoking cessation and physical activity.
 - Surveillance screening for new and recurrent cancer.
 - Management of physical and psychosocial consequences of cancer and cancer treatment (see below).
 - Coordination of care with other providers (see below).
2. Apply a specific management approach for at least two of these common survivorship issues.
 - Fatigue; peripheral neuropathy; depression; anxiety; sexual dysfunction; return-to-work issues
3. Identify and involve other health professionals in response to a health concern raised by a patient.
 - Who else can you involve in helping the patient move forward after cancer? For example: physiotherapists; dieticians; patient's family physician; fitness consultants; psychologists or counsellors.
 - How can communication among family physicians, oncologists and their patients be optimized?
4. Appreciate the patient experience of recovery and rehabilitation after cancer treatment.
 - Include this particular question in your patient visits today: "What have you found to be among the greatest challenges in your recovery since your cancer treatment ended?"