



Putting Patients First (PPF)

(For Virtual Appointments)

Use this tool to help you report your symptoms and concerns to your cancer care team during your virtual appointments. Please keep this paper copy to re-use in all virtual appointments.

Tip: Review this resource & think about any questions you have **before** your virtual appointment.

Your symptoms and concerns are important. We want to know how you have been feeling since your last appointment. If you do not have time to cover all of your concerns, please make a plan with your care team **before you end the call.**

Note: If you do not want to have virtual appointments in the future, please ask your cancer care team if you can have in-person visits only. This is not always possible, but we will try our best.

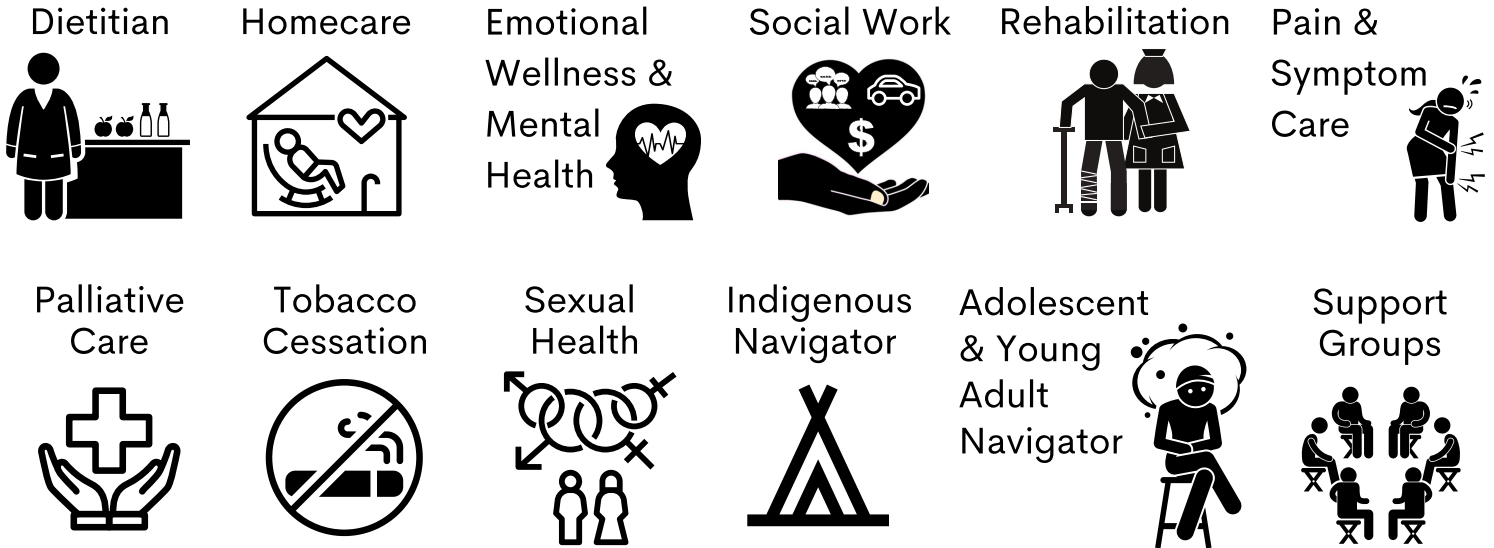
No pain	0	1	2	3	4	5	6	7	8	9	10	Worst possible pain
No tiredness (Lack of energy)	0	1	2	3	4	5	6	7	8	9	10	Worst possible tiredness
No drowsiness (Feeling sleepy)	0	1	2	3	4	5	6	7	8	9	10	Worst possible drowsiness
No nausea	0	1	2	3	4	5	6	7	8	9	10	Worst possible nausea
No lack of appetite	0	1	2	3	4	5	6	7	8	9	10	Worst possible lack of appetite
No shortness of breath	0	1	2	3	4	5	6	7	8	9	10	Worst possible shortness of breath
No depression (Feeling sad)	0	1	2	3	4	5	6	7	8	9	10	Worst possible depression
No anxiety (Feeling nervous)	0	1	2	3	4	5	6	7	8	9	10	Worst possible anxiety
Best well-being	0	1	2	3	4	5	6	7	8	9	10	Worst possible well-being
Best other _____	0	1	2	3	4	5	6	7	8	9	10	Worst possible other _____

<p><u>Emotional</u></p> <ul style="list-style-type: none"> • Fears/Worries • Sadness • Frustration/Anger • Change in appearance • Intimacy/Sexuality • Thoughts of ending my life 	<p><u>Physical/Mobility</u></p> <ul style="list-style-type: none"> • Fever/chills • Bleeding/bruising • Cough • Headaches • Concentration Memory • Vision or hearing changes • Numbness/tingling • Sensitivity to cold • Changes to skin/nails • Bladder problems • Lymphedema/swelling • Range of motion • Strength • Speech difficulties • Sleep • Dizziness • Walking/mobility • Trouble with daily activities (bathing, dressing etc.) 	<p><u>Nutritional</u></p> <ul style="list-style-type: none"> • Weight gain • Weight loss • Special diet • Difficulty swallowing • Mouth sores • Taste changes • Heartburn/indigestion • Vomiting • Constipation
<p><u>Social/Family/Spiritual</u></p> <ul style="list-style-type: none"> • Feeling alone • Feeling like a burden to others • Worry about family/friends • Support with children/partner • Meaning/Purpose of life • Faith 		<p><u>Informational</u></p> <ul style="list-style-type: none"> • Understanding my illness and/or treatment • Talking with my healthcare team • Making treatment decisions • Knowing about available resources • Taking medications as prescribed
<p><u>Practical</u></p> <ul style="list-style-type: none"> • Work/School • Finances • Getting to & from appointments • Homecare • Accommodations • Quitting tobacco • Drug costs • Health insurance • How much alcohol you drink 		<p style="text-align: center;">What are your top concerns to share with your cancer care team today?</p>

Other Help and Support

We have many other teams that can help support you, your family & caregivers.

You can also find more patient resources on the Cancer Patient Education website (www.cancercontrolalberta.com) or ask for a referral and we will connect you.



Online Patient Resources for Virtual Appointments

If you would like a paper copy of any resource to have at home, please ask your cancer care team.



Scan to connect to website

Step 1:

Go to the "CancerControl Alberta" Website



www.cancercontrolalberta.ca

Step 2:

Click on "Information for Patients & Families" icon



Information for PATIENTS & FAMILIES

Learn more →



Step 3:

Scroll down to available resources & click on link



Information for Patients and Families

Whether you are a patient, family member or caregiver, you can find information and resources to help you actively participate in your cancer care experience.



Facing cancer creates challenges. We know that providing the highest quality of care possible includes teaching and support. You are the most important member of the care team, so it's important that you know all you can. We hope you find the information, programs and support you need within these pages. As we continue to build our collection of resources, we encourage you to check back often. We look forward to working with you.

Additional Alberta Health Services Resource:

AHS Patient Resource for using "Zoom"



bit.ly/ahszoominfo