Practical Answers for UNC Cancer Care Patients and Families
We created this binder to help you get the most out of your visits with UNC Cancer Care. It has the answers to some of our most asked questions.

This binder includes space that is just for you. At each of your visits, you will get a lot of information. Bring this binder with you to every visit. This will help you keep track of the information that you and your team talk about together.

What is UNC Cancer Care?
- UNC Cancer Care visits
- UNC Medical Center

What is my Care Plan?
- Your care plan
- Save education materials

Who is my UNC Cancer Care Team?
- Team member roles
- Other support team members

What is my schedule?
- Keep a calendar of important dates
- Write down your appointments

How do I contact my UNC Cancer Care Team?
- Important phone numbers
- When to call your team

What are my test results?
- Organize lab results
- Keep up with x-rays and scans

Where can I get support?
- Support at UNC
- Local support

What are my questions
- Questions for your team
- Notes

www.unccancercare.org | www.unchealthcare.org
What is UNC Cancer Care?

The 2 Sides of UNC Cancer Care

UNC Cancer Care is the name of your health care team. It is made up of 2 equal parts: the Patient Care side and the Research side.

The Patient Care Side of UNC Cancer Care

- Team members who work in patient care are hands-on. They are the people that you see at your clinic appointments, in your hospital room and in the pharmacy.
- Most patient care is done at the N.C. Cancer Hospital, although UNC Cancer Care team members also take care of patients throughout the UNC Medical Center campus.
- UNC Cancer Care also has patient care sites in other areas of North Carolina, including Rex Cancer Center in Raleigh, Carolina Pointe II in Durham and a new campus in Hillsborough.

The Research Side of UNC Cancer Care

- Team members on the research side are usually behind the scenes. They work to understand the cause of cancer and to improve cancer prevention and treatment. Researchers provide the tools and knowledge needed for the best patient care.
- Most of the research for UNC Cancer Care is done through the Lineberger Comprehensive Cancer Center in Chapel Hill.
- A clinical trial is another name for a research project that aims at improving patient care. The outcomes of these clinical trials lead to better cancer treatment today and in the future. For more information about Clinical Trials supported by Lineberger, call 919-966-4432 or toll free 1-877-668-0683.
- Lineberger team members have also formed the UNC Cancer Network. This Network allows them to bring their research to more people throughout the state. For more information about the network, visit the web at: http://www.unccancercare.org/unc-cancer-network.
Your UNC Cancer Care visits may include many appointments with different team members. In addition to your appointments, you may also be scheduled for some tests and blood draws.

Having many appointments in one visit can be stressful and confusing. All that you need to know is when to get here, where to go and what to bring—your UNC Cancer Care team will take care of the rest.

**When to Get Here and Where to Go**

You will get an Appointment Reminder before every visit. At the beginning of every visit, you have a Registration Appointment. Your Registration Appointment is just as important as your other appointments.

**What to Bring**

For every visit, you need to bring:

1. The bottles of medicine that you are taking, including vitamins, herbs and supplements. Or you may bring a list of your medicines.
2. Your UNC Medical Card, if you have one.
3. Your health insurance information.
4. A friend or family member, if you can.

As your team addresses all of your needs, your visits can be long. You may also want to bring something to do (book, laptop, magazine, etc.), a jacket or sweater to keep you comfortable, a snack and drink, or money for snacks and drinks.
We want you to be comfortable while you are here with us. From food and drinks to medical supplies, everything you need can be found right here at the UNC Medical Center.

UNC Medical Center, pictured below, is made up of the 5 specialty hospitals. All 5 hospitals are connected on the Ground Level.

### Food and Drink

There are many dining options at the UNC Medical Center.

- **The Terrace Café** is on Level 1 of the N.C. Children’s Hospital. Hours are 6:30 AM to 9:00 PM. Pizza, salads, sushi and traditional hot meals are served.

- **The Overlook Café** is on Level 2 in the hallway between the N.C. Neurosciences Hospital and the N.C. Cancer Hospital. Hours are Monday—Friday from 11 AM to 7 PM. Choices include pizza, flatbread, soups, fresh salads, sushi, sandwiches and more.

- **The Corner Café** is on the Ground Level of the N.C. Memorial Hospital, in the Anderson Pavilion. Hours are Monday—Friday from 7:00 AM to 2:00 PM. Choices include burritos, sandwiches and more.

- **Starbucks** is on the Ground Level in the hallway between the N.C. Neurosciences Hospital and the N.C. Cancer Hospital. It is open 24 hours a day.

- **Vending machines** can also be found throughout the UNC Medical Center Campus.

### ATM and Banking

ATM’s are available throughout the UNC Medical Center:

- **Cash Points** (State Employees Credit Union) is in the N.C. Memorial Hospital Main Lobby, in the N.C. Women’s Hospital lobby near the escalator and in the N.C. Cancer Hospital in the Starbucks entry.

- **Sun Trust** is in the N.C. Memorial Hospital Main Lobby.

- **Bank of America** is on the Ground Level of the N.C. Memorial Hospital, near the Corner Café.

- **Wells Fargo** is in the N.C. Memorial Hospital Main Lobby, across from the cashier’s desk.
Medical Supplies

- Carolina Care at Home is on the Ground Level lobby of the N.C. Memorial Hospital.
- This service coordinates the support and supplies that you may need at home, including medical equipment, home care and hospice service.
- Carolina Care at Home is open Monday - Friday from 10 AM to 7 PM and Saturday from 10 AM to 2 PM.

Call 984-974-0454 to learn more about Carolina Care at Home.

Pharmacy

- The Central Outpatient Pharmacy is on the Ground Level lobby of the N.C. Cancer Hospital.
- The pharmacy is open Monday – Friday from 7 AM to 8 PM.
- For patients discharged from UNC Medical Center or the Emergency Room with a new prescription, the pharmacy is also open on Saturdays, Sundays and holidays from 7:30 AM to 2:30 PM.

Call 984-974-2374 if you have any questions for the pharmacy.

Guest Services

- Guest Services desks can be found on the Ground Level lobbies in each hospital.
- Staff members can give directions, answer questions and help you with any needs you may have.
- Guest Services in the N.C. Cancer Hospital Lobby are Monday - Friday from 8:00 AM to 3:00 PM.

Call Guest Services at 984-974-0709 with questions.

Gift Shops

- Butterfly Boutique is on the Ground Level of the N.C. Cancer Hospital. Hours are Monday – Friday from 9:00 AM to 4:30 PM.
- Cranberry Corner is on the Ground Level of the N.C. Memorial Hospital. Hours are Monday – Friday from 8:00 AM to 8:00 PM, and Saturdays – Sundays from 1:00 PM to 5:00 PM.
- Find snacks, cards, balloons, magazines and more at the gift shops.

Call the Gift Shops at 984-974-8138 with questions.
The UNC Medical Center Campus is very big. It can be confusing the first few times you visit. Always ask a staff member for directions if you have trouble finding your way.

The N.C. Cancer Hospital has 7 levels. The Ground Level (Level G) connects the N.C. Cancer Hospital to the other 4 specialty hospitals. If you park in Dogwood Deck and walk across the bridge to get to the N.C. Cancer Hospital, you will be on the Ground Level. Registration Desks are also on the Ground Level.

Ground Floor Level (Level G) of the N.C. Cancer Hospital

Maps of the other 6 levels in the N.C. Cancer Hospital are on the next 3 pages.
Manning Level (Level M) of the N.C. Cancer Hospital

- The lowest level of the N.C. Cancer Hospital is called **Level M**.
- The Valet Parking Lot for the N.C. Cancer Hospital is on this level.
- The Manning Level contains all the radiation oncology clinics and treatment rooms.

Basement Level (Level B) of the N.C. Cancer Hospital

- **Level B** of the N.C. Cancer Hospital is between the Manning Level and the Ground Level.
- Level B connects to an outdoor courtyard and labyrinth for meditation.
- Radiology and x-ray services are on Level B.
Level 1 of the N.C. Cancer Hospital

- The Mammography Center and the Pediatric Hematology/Oncology Clinic are both on Level 1 of the N.C. Cancer Hospital.

- All pediatric inpatient rooms are located in the N.C. Children's Hospital.

Level 2 of the N.C. Cancer Hospital

- The Adult Oncology Clinics, which include Surgical Oncology, Multidisciplinary Oncology and Hematology/Oncology, are on Level 2.

- The Bone Marrow Transplant Clinic, Blood Collection Lab and Genetic Counseling Offices are also on this level.
Level 3 of the N.C. Cancer Hospital

- The Infusion Center, including the Clinical Trials Unit, is on Level 3 of the N.C. Cancer Hospital.
- The Blood Donation Center is also on this level.

Level 4 of the N.C. Cancer Hospital

- The inpatient units are on Level 4 of the N.C. Cancer Hospital.
Who is My UNC Cancer Care Team?

The Roles of Each Team Member

UNC Cancer Care uses a team, or multidisciplinary, approach to cancer care. YOU are the most important member of the team. You have the right to make decisions about your health care. We are here to make sure that you have all the information you need to make these decisions.

Expect your team members to tell you who they are and what they do. Your team will keep in close contact with your regular health care provider. You will still need to call your regular provider for problems not related to your cancer. If you do not have a regular provider, your care team can help you find one. If you change your regular provider, please let us know.

The roles of some of your team members are described over the next few pages.

Doctors

Your doctors are responsible for creating your treatment plan.

- The lead doctor is called the **Attending**. He or she is responsible for teaching the interns, residents and fellows. He or she is also responsible for your medical care.

- **Fellows** are doctors who have finished their training as a resident. They are getting more training to become experts in their field.

- **Residents** are doctors who have finished medical school. First year Residents are called “Interns”.

- Cancer doctors are called **Oncologists**. You may have many oncologists with different specialties on your team. You may have a surgical oncologist, who specializes in removing tumors; a medical oncologist, who specializes in cancer drugs; and a radiation oncologist, who specializes in radiation therapy.

- You may also see doctors who are trained in other body systems, like kidney or brain doctors.

- The doctors on your team take turns seeing patients on the inpatient units. If you have to stay on an inpatient unit for a long time, you will have a new team of doctors every few weeks. Your clinic doctor may not be your inpatient doctor, but he or she will be in close contact with the inpatient team.
Some patients will also have other independent providers on their team.

- **Physician Assistants (PA’s)** and **Nurse Practitioners (NP’s)** are certified providers who work with doctors.
- They are trained to diagnose illnesses, prescribe medicines, order tests and manage any problems that you may have.

**Nurses**

Registered Nurses (RN’s) are responsible for your care and comfort at your visit, whether for an outpatient appointment or an inpatient stay.

- **Outpatient Nurses** are RN’s who work in the clinic. They may give medicine, answer your questions, talk to you about your plan of care and help you take care of any wounds, central lines or drains. Outpatient nurses in the infusion areas can also give chemotherapy and blood products. Outpatient nurses wear light blue uniforms.

- **Inpatient Nurses** are RN’s who work in the hospital. They usually work 12-hour shifts. They try to take care of the same patients for each of their shifts. Inpatient nurses can give chemotherapy and blood products, give medicines, monitor vital signs, change dressings and support your needs. Each inpatient nurse takes care of 2-5 patients on their shift. Inpatient nurses wear light blue uniforms.

- **Nurse Navigators** are RN’s with many years of training and experience in cancer care. They can help you understand your medicines and treatment plan, keep track of your appointments and solve any problems that may come up during your cancer care. Nurse Navigators do not usually wear uniforms.

- **Certified Nursing Assistants (CNA’s)** are staff members who are trained to take blood pressures, check blood sugar levels and help patients bathe or get dressed. CNA’s work with the RN and wear maroon uniforms.
Case Managers

- **Case managers** can find programs to help you pay for your care and find support groups near your home. They can help you get to and from your visits and plan for the future with Advanced Directives. Case managers can also help you cope with personal or family problems.

- Case managers are usually nurses or social workers.

Chaplains

- **Chaplains** are trained to help patients and their families address their spiritual needs.

- All patients have a chaplain on their team. If you would like to speak with the chaplain, let a member of your team know or call the Pastoral Care Offices at 984-974-4021.

Dietitians

- A **dietitian** is a nutrition expert. They can work with you to pick the right foods to improve your health.

Interpreters

- UNC Health Care has a large interpreter services program to make sure that all patients and families can talk with their health care team. Interpreter services are free.

- You can also ask your nurse for a TTY telephone (phone for hard-of-hearing patients or visitors) if needed.

Pharmacists

- **Pharmacists** are the medicine experts on your team. Your pharmacist makes sure that your medicines are being used in the safest and best way. They work in both the clinics and the inpatient units. Pharmacists can answer questions and help you manage your medicines.
Students

- UNC Health Care supports the education of future professionals. It is possible that students from many health-related fields will be active in your care.
- Students work closely with our staff and are held to the same standards regarding patient confidentiality and practice as staff.
- Students are carefully supervised by other team members when they are providing care.

Support Staff

Behind the scenes of each clinic and inpatient unit are the administrative staff.

- **Nurse Managers** are responsible for the overall leadership and operations of the clinic and unit. They also supervise staff. Nurse managers can be a resource for patients, families and the health care team.
- **Patient Care Coordinators** are responsible for organizing your first visit with UNC Cancer Care. Your Coordinator will get everything that your UNC Cancer Care team needs organized and ready for your first visit, including lab tests and x-rays from your other providers.
- **Schedulers** are responsible for making your return appointments. Clinic patients will see a scheduler after each clinic visit. Schedulers will work with you to plan your next visit.
- **Health Unit Coordinators** (HUCs) provide support for each inpatient unit. They also communicate patient and family requests to other team members. They are often the ones who answer the call bell. They help with patient admissions, transfers and discharges. HUC’s can also answer your questions about hospital services.
- **Registration Center Staff** will help you register for your visit, including filing your insurance. They will also give you the paperwork needed for your visit and your identification (ID) bracelets or cards. They will guide you to your first appointment or your inpatient unit.
Therapists

Therapists often become team members when they are needed. There are many different kinds of therapists.

- **Occupational Therapists** work with you to improve your ability to do everyday things, like brushing your teeth or remembering things. They can help you regain skills that you lost due to your illness.

- **Physical Therapists** can help you prevent injuries or regain strength that you lost during your illness or treatment. They can help you with walking, going up or down stairs and getting in or out of bed.

- **Speech Therapists** work with people who have trouble speaking, chewing or swallowing.

- **Radiation Therapists** give radiation based on prescribed doses from the doctor. They make sure that you and the radiation machines are set up in the right way. They will also stay nearby during your treatment.

- **Recreational Therapists** teach skills to improve the health and well-being of patients. The pediatric oncology clinics and the inpatient oncology units at UNC have full-time recreational therapists on staff.

- **Respiratory Therapists** help treat patients with breathing problems. They give oxygen and other breathing treatments. Respiratory therapists also teach patients about their equipment and how to manage their breathing problems.

Volunteers

- You and your family members may meet a **volunteer** in the waiting room or on your inpatient unit. Many volunteers have been UNC Health Care patients in the past.

- Volunteers serve many roles. They bring coffee and newspapers to waiting areas, serve on the Patient and Family Advisory Council and work as Patient Guides. Volunteers also help in Flower and Mail Delivery, at the Information Desk or in the Gift Shop.

- Volunteer opportunities are available for adults, college students and high school students (ages 14-18). If you are interested in volunteering, please call the volunteer office is 984-974-4793.
How Do I Contact my UNC Cancer Care Team?

Important Phone Numbers

*If you do not see the number of a department or area that you are looking for, call the main hospital information number. They can direct your call.*

<table>
<thead>
<tr>
<th>N.C. Cancer Hospital</th>
<th>UNC Health Care</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>984-974-0000 or toll free 866-869-1856</strong></td>
<td><strong>984-974-1000</strong></td>
</tr>
<tr>
<td><a href="http://www.unccancercare.org">www.unccancercare.org</a></td>
<td><a href="http://www.unchealthcare.org">www.unchealthcare.org</a></td>
</tr>
</tbody>
</table>

Admitting........................................................................................................... 984-974-0200
Billing for Hospital and Physician Accounts............................................. 984-974-2222
.................................................................................................................... or toll free 800-594-8624
Carolina Pointe II.......................................................................................... 919-957-6600
Comprehensive Cancer Support Program.................................................... 984-974-8100
Financial Counselor ......................................................................................... 984-974-8143
Financial Services ......................................................................................... 919-966-3425
Guest Services .................................................................................................. 984-974-0709
Health Link........................................................................................................... 919-966-7890
Hospital Pharmacy............................................................................................ 984-974-2374
Hospitals Police................................................................................................. 984-974-3686
Lost and Found .................................................................................................. 984-974-1241
Parking Office .................................................................................................... 984-974-1031
Patient and Family Resource Center ............................................................. 984-974-8100
Patient Relations ............................................................................................... 984-974-5006
Valet Parking..................................................................................................... 984-974-7596

Other Important Numbers: .............................................................................
When to Call Your Team

Your UNC Cancer Care team wants to know when you are not feeling like yourself. Each type of cancer and treatment can cause different side effects that your team needs to know about.

Ask your team the following questions:

- For what reasons should I call during my treatment? What number should I use?

- What phone number should I use on nights, weekends and holidays? When can I expect a return call?

Call 911 in an emergency, or go to the Emergency Room near your home.

What is My UNC Chart?

Our electronic medical record, EPIC@UNC, makes it easy for you to access your medical information and stay in touch with your UNC Cancer Care Team. My UNC Chart is an online service that helps you stay connected with your care through one secure, easy-to-use online portal. To sign up, ask a staff member to help or go to myuncchart.org. Once you are signed up, you can:

- Manage your appointments
- Pay bills online
- Get the MyChart MOBILE app
- Request prescription refills
- Track your health
- Connect with your UNC Cancer Care Team
Many patients describe diagnosis, treatment and survivorship as a journey. At times, this journey can be confusing and overwhelming. With UNC Cancer Care, you are not alone.

- You will find more information about each program in the included fliers and brochures.
- Fliers and brochures about your disease and needs may also be included. Below is a list of some of the many services that offer support.

### Support at UNC

- **Beacon Child and Family Program** provides care to patients and families who live with fear, physical danger, threats, abuse or other family violence. Call 984-974-0470 for more information.

- The **Cancer Support Calendar** is a list of local support groups, events and learning opportunities for cancer patients. The calendar is updated every season. The most recent version of the calendar can be found at unclineberger.org/patientcare/programs/ccsp. Click on the Support Calendar pin on this page.

- The **Comprehensive Cancer Support Program (CCSP)** is a team of experts within UNC Cancer Care who give extra support to cancer patients and families. Call 984-974-8100 or see the included flier to learn about the many programs offered by CCSP.

- The **Fertility Preservation Program** offers counseling, support and treatment options for patients whose treatment may affect their ability to have a baby. Call 877-338-4693 or talk to your team.

- **Financial Assistance Programs** can help patients who do not have insurance, are worried about paying their medical bills, or cannot afford their medicines. Call 919-966-3425 Monday through Thursday 8:00 am to 4:30 pm and Friday 8:00 am to 1:00 pm.

- The **Genetics Counseling Program** offers consults for those who may be at increased risk of having cancer. A referral and an appointment are needed. Call 919-843-8724 for more information.

- The **Hospital Ethics Committee** offers support for patients or family members who need help making hard decisions about health care. Call 919-843-1470 for a consult.

- UNC’s **Nicotine Dependence Program** can help those patients who use tobacco and are interested in talking to someone about quitting. Call 984-974-8453 for details.
As part of CCSP, the Patient and Family Resource Center (PFRC) is in the lobby on the Ground Level of the N.C. Cancer Hospital. PFRC includes the Mary Anne Long Brighter Image Boutique and the William G. Clark III Education Center. Go over the flier in this section to learn about everything that the PFRC has to offer.

Ronald McDonald House provides housing for families of children who live least 35 miles away and are getting treatment at the N.C. Children's Hospital. They also provide a Family Room inside the hospital for those who have a child who is inpatient. Call them at 919-913-2040 for more information.

SECU Family House provides housing for families with adult patients being treated for a critical illness or injury at UNC Hospitals or its clinics. Call 919-932-8000 to learn about SECU.

Social Work services can help you cope with your disease and treatment, find support near your home and help you manage the cost of your care. The UNC Social Work flier that is in this section has details.

Other Services, Support or Resources

Notes:
Comprehensive Cancer Support Program (CCSP)

The Comprehensive Cancer Support Program, or CCSP, has a wide range of services for cancer patients and their families. The CCSP strives to provide thoughtful support to people whose lives have been touched by cancer.

The CCSP includes the following support programs:

**The Patient and Family Resource Center** (984) 974-8100
The Patient and Family Resource Center is on the Ground Level of the N.C. Cancer Hospital. It offers education, support and comfort services. You will find a library, computer access, wigs and head coverings, recliners for resting, a computerized massage table and helpful staff.

**Counseling and Mental Health Service** (919) 966-3494
This program offers individual, couples, family and group consults and psycho-therapy. Staff can help you manage depression, anxiety and other symptoms that can be related to cancer and its treatment.

**Survivorship Programs** (919) 966-3494
The survivorship program has both clinical services and education for patients living with cancer during and after active treatment.

**Wellness: Exercise & Nutrition** (984) 974-8100
Learn ways to introduce or regain physical activity and exercise into your life, including group classes and individual consultations. Oncology-certified dietitians can work with you to pick the right foods to improve your health and well-being.

**Symptom Management & Supportive Care** (919) 966-1500
Supportive Care helps manage the side effects of cancer treatment and cancer-related problems such as pain, nausea, lymphedema and fatigue. This service is open to patients from the start of their treatment through survivorship.

**Integrative Medicine** (919) 966-3494
Many patients find the programs in Integrative Medicine helpful. Examples include consults with a doctor, yoga, massage, meditation, health coaching and acupuncture.

For more information: www.unclineberger.org/ccsp or 919-966-3494
The Mary Anne Long Brighter Image Boutique is inside the Patient and Family Resource Center located on the Ground Floor of the N.C. Cancer Hospital. Staff can help you with many of your concerns about how cancer or cancer treatment has changed how you look and feel. Services in the Boutique are free of charge.

**How can the Staff help me?**

The Staff can:

- Fit you with a new or gently used wig on loan.
- Teach you how to take care of your wig.
- Offer head coverings for men and women.
- Show you ways to tie scarves or wear hats.
- Refer you to other resources online and in the area.
- Offer support and comfort.

Boutique hours are **Monday through Friday 9:00AM—4:00 PM. Call 984-974-8100 for an appointment.**

**What other services can help me feel better?**

The Patient and Family Resource Center has other ways that can help you feel better about yourself.

The American Cancer Society **Look Good...Feel Better Program®** has trained volunteers who lead a step-by-step makeover. Patients coming to the program who are getting cancer treatment will get a free makeup kit at their first session.

The program is offered in the Patient and Family Resource Center on:

- The 3rd Monday of every month from 10:00 AM—12:00 Noon (in English)
- The 3rd Monday of February, May, August and November from 1:00—3:00 PM (in Spanish)

Stop by the Patient and Family Resource Center or call 984-974-8100 to reserve your spot in the program. A team member can also help you find a **Look Good...Feel Better Program®** closer to your home.

Massage can help you feel more relaxed and less stressed. The **SpaPod** is a massage bed in a quiet area of the Patient and Family Resource Center. The bed looks a lot like a metal cocoon or even a small space ship. Listen to your own music or just close your eyes and rest as you enjoy the computer-driven massage.

Stop by the Resource Center or call 984-974-8100 to reserve a spot in the **SpaPod.**
We understand that a new cancer diagnosis be a confusing and stressful time for patients and their families. Outpatient Social Workers at the N.C. Cancer Hospital can give you, your family and your caregivers support throughout your cancer journey. Any patient who is not staying overnight at the hospital is an outpatient.

### Social Workers can help you:

- Understand and cope with your diagnosis
- Think through treatment decisions
- Apply for assistance programs
- Cope with a personal or family crisis
- Get medical care that you can afford
- Find transportation to appointments
- Find hospice care
- Find resources and care in your home town
- Talk with your UNC Cancer Care Team
- Reduce your stress
- Talk with your kids, family or co-workers about your cancer

### How do I contact a Social Worker?

For adult patients: (984) 974-8367
For pediatric patients: (984) 974-8373
For bone marrow transplant patients: (984) 974-8380

* If you are currently a patient in the hospital, your clinical care manager can help you contact your outpatient social worker.

### Financial Help at UNC:

**Charity Care**
919-966-3425 or www.unchcare.org/site/healthpatientcare/patient/other/financial.htm

**Pharmacy**
984-974-2374 or visit the pharmacy on the ground floor of the Cancer Hospital

**Hospital Bills**
984-974-2222 or toll free at 866-595-3175

Courtyard view, N.C. Cancer Hospital
What is my Care Plan?

Your care plan includes your diagnosis, treatment, side effect management and home care. Some care plans are complicated. Your team will work with you to help you understand your care plan.

During your time with UNC Cancer Care, your team will teach you about your care plan. They may give you booklets, fliers and other materials.

- Use this section to keep those materials in one place.
- Write down the names of each new material that they review with you in the section below. Writing down the names of the materials will help both you and your team keep track of what you have talked about in the past and what needs to be talked about in the future.
- If you ever have a question about your care plan, ask a member of your team.

Materials About My Diagnosis:

1. 
2. 
3. 
4. 
5. 

Materials About My Treatment:

1. 
2. 
3. 
4. 
5.
Materials About Side Effect Management:

1. 
2. 
3. 
4. 
5. 

Materials About My Tests and Procedures:

1. 
2. 
3. 
4. 
5. 

Materials About Home Care:

1. 
2. 
3. 
4. 
5. 

Other Materials:

1. 
2. 
3.
What is my schedule?

Your time with UNC Cancer Care may include many visits. You may have visits with your UNC Cancer Care team; chemotherapy, radiation or surgery visits; or visits for labs or scans, such as X-rays or MRIs.

It can be hard to keep track of all of your visits with us. Use the following pages to keep a calendar of important dates in your care plan. You can write down the dates of your visits, when to watch for certain side effects and even how you are feeling each day.

Here are some items that you may want to write down on your calendar. Your UNC Cancer Care Team can help you write down important dates if you need help.

<table>
<thead>
<tr>
<th>Calendar Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinic visits</td>
</tr>
<tr>
<td>Scans, such as MRI or CT</td>
</tr>
<tr>
<td>Lab appointments</td>
</tr>
<tr>
<td>When to take your medicines</td>
</tr>
<tr>
<td>Your chemotherapy schedule</td>
</tr>
<tr>
<td>Your surgery schedule</td>
</tr>
<tr>
<td>Your radiation treatment schedule</td>
</tr>
<tr>
<td>Side effects to watch for on certain days</td>
</tr>
<tr>
<td>Support groups or programs you want to attend</td>
</tr>
<tr>
<td>Transition Clinic Visits</td>
</tr>
</tbody>
</table>

Notes:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notes: ____________________________________________________________
______________________________________________________________
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
</table>

Notes: ______________________________________________
___________________________________________________
___________________________________________________
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notes: __________________________________________

_________________________________________________

_________________________________________________
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notes: __________________________________________________________

________________________________________________________________

________________________________________________________________

________________________________________________________________
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notes: ________________________________________________

___________________________________________________

___________________________________________________
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notes: ____________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
You may have many tests during your time with UNC Cancer Care. Some patients like to keep important results to have at home.

All of your test results are kept at UNC. You can get a copy of your results by calling the Medical Information Management Department at 919-966-2336. Or you can visit their website at: www.unchelsecare.org/site/healthpatientcare/medinfomgmt

You may want to keep the results of tests like the ones below in this section.

<table>
<thead>
<tr>
<th>Possible Tests and Procedures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood tests</td>
</tr>
<tr>
<td>MRI</td>
</tr>
<tr>
<td>CT</td>
</tr>
<tr>
<td>X-ray</td>
</tr>
<tr>
<td>PET scan</td>
</tr>
<tr>
<td>Pathology report from surgery</td>
</tr>
<tr>
<td>Mammogram report</td>
</tr>
<tr>
<td>Biopsy results</td>
</tr>
<tr>
<td>MUGA or ECHO</td>
</tr>
<tr>
<td>PFTs</td>
</tr>
<tr>
<td>Ultrasound</td>
</tr>
<tr>
<td>Lumbar puncture results</td>
</tr>
</tbody>
</table>

Notes:
What are my questions?

A new diagnosis of cancer can be overwhelming and confusing. We expect you to have questions.

Use this section to keep notes of questions. We tried to get you started by listing questions based on those recommended by the Institute of Medicine for patients with cancer. Work through each question with your team. Add extra paper when needed.

### Questions to Ask Your Team About Prognosis

- What is the goal of treatment? Is it directly treating my cancer or helping with symptoms?
- How long can I expect to live?
- How will I feel?
- Can I be cured? If I cannot be cured, will I live longer with treatment? Will I feel better or worse?
- Can I get care that focuses on how I feel instead of how long I live?
- What options do I have if I don't want to get cancer treatment?
- When should I think about hospice?
- How often should we check in about my care plan?

### Questions to Ask Your Team About Advance Care Planning

- Are there things I should be doing to plan ahead:
  - Draft a will?
  - Decide on my advance directives?
  - Choose someone who can speak for me, if I am unable?
  - Address financial or family legal issues?
  - Appoint a durable power of attorney for financial affairs?
  - Write notes or create DVDs for loved ones?
### Questions to Ask Your Team About Treatment

- Why do I need treatment?
- What are my treatment options? How do the treatments compare?
- What things are likely to happen to me?
- Am I healthy enough to get treatment?
- What are the risks and benefits of treatments?
- Are there any side effects?
- Will treatment make me feel better or worse?
- How many times have you done this procedure or treatment?
- What is the cost of treatment?
- Are there any clinical trials I should think about? Why or why not?
- Where will I get this treatment? Who will coordinate my care?
- How do you spell the name of that drug?
- Will this medicine interact with other medicines that I’m taking?

### Questions to Ask Your Team About Support

- Will you help me talk with my children?
- Who can help me cope with this?

### Questions to Ask Your Team At Every Visit

- What is my main problem?
- What should I do about my problem? Why is this important?
- When is my next visit?
- Are there any changes to my medicines?