



Cancer survivorship information for survivors and carers



Survivorship care plans: what they are and how you can use them

This fact sheet is for people who have completed treatment for cancer and their carers explaining survivorship care plans (SCPs) and how to use them. An SCP includes information about your cancer treatment, your follow-up and what you can do to look after yourself. It can be used to help you move from being on treatment to after treatment. Other health professionals can use the plan to organise your care.

“My SCP is my physical record. It came along with me during my journey and acted as a communication tool as I moved between healthcare professionals”

– cancer survivor

What is a survivorship care plan (SCP)?

“SCPs are simple, but very important”

– cancer survivor

An SCP is a formal, written document developed by your care team with and for you. The document begins with general information about you. The plan is likely to contain: a treatment summary, a follow-up care plan and a wellness plan (all outlined on the next page). SCPs are becoming more available and being used more. Currently, not everyone receives one, but it is important to have one.

There is no single plan that is suitable for everyone after treatment.



Key messages about survivorship care plans (SCP)

- An SCP is a record of your cancer and cancer treatments
- An SCP includes a follow-up plan
- SCPs contain a wellness plan with information to support you to make healthy living changes
- An SCP can be used to improve communication between you, your family/carers, GP and oncology or haematology team
- A copy of your SCP will be given to you as well as other healthcare professionals involved in your care
- You can make your own SCP by accessing particular websites
- Your General Practitioner (GP) can use your SCP information to create a chronic disease management plan or mental health plan



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In addition to information about the treatment you have received, your plan may focus on:

- your current treatment related health needs, for example dealing with fatigue
- your goals to improve your health, for example you may wish to increase your exercise

It is recommended that each section of your SCP contains some or all of the following information:

Treatment Summary

- Information about the cancer you received treatment for
- The type of treatments you received
- Treatment-related side effects

Follow-up Care Plan

- A plan for when you should have follow-up appointments
- A lists of tests you're going to have and when
- Goals of follow-up
- Other scans and tests to look for signs of cancer coming back (recurrence)
- Signs and symptoms: what to be alert for and to report
- Possible late and long-term side effects
- Special instructions

Wellness Plan

The wellness section of your care plan focuses on things you can do to look after yourself. It is tailored to your needs,

goals and specific circumstances. It includes:

- Recommendations and information to support healthy living
 - Including healthy diet, exercise, having a healthy weight for your height, quitting smoking and avoiding second-hand smoke, and limiting alcohol and sun exposure
- Advice about health changes you can make to reduce the risk of developing treatment side effects and preventing other health issues
- Advice about coping with the emotions related to your cancer experience
- Details of relevant screening programs
- Information about relevant community based services

GENERAL INFORMATION			
Name			
Date of Birth			
Date care plan prepared			
Hospital Record number			
Hospital Telephone number			
Treating Consultant			
Specialist Nurse			
Referring Service			
GP Details			
TREATMENT SUMMARY			
Diagnosis			
Date of Diagnosis			
Surgery			
Surgeon:		Service:	
Date		Procedure	
Other specify:			
Chemotherapy/Targeted Therapy			
Medical Oncologist:			
Date	Agents	Numbers of Cycles	
External Beam Radiation Therapy (Radiotherapy)			
Radiation Oncologist:			
Dates	Site	Dose	Fractions
Hormone Therapy			
Specialist:			
Dates / ongoing	Type		
Current side effects of treatment			
Possible late or long term effects of treatment to watch out for and report			
Future treatments			
Dates	Type		
Ongoing medications related to cancer or the cancer treatment			
Medication	Reason for taking		
Referral to Allied Health and Supportive Care Services			
<input type="checkbox"/> Psychology	<input type="checkbox"/> Dietician	<input type="checkbox"/> Sexual Counselling	
<input type="checkbox"/> Social Work	<input type="checkbox"/> Physical Therapy	<input type="checkbox"/> Menopause Counselling	
<input type="checkbox"/> Psychiatry	<input type="checkbox"/> Occupational Therapy	<input type="checkbox"/> Pain and Palliative Care Service	
<input type="checkbox"/> Fertility	<input type="checkbox"/> Continence Support	<input type="checkbox"/> Nurse Consultation	
<input type="checkbox"/> Genetic Counselling	<input type="checkbox"/> Smoking Cessation	<input type="checkbox"/> Other.....	

Example of the Australian Cancer Survivorship Centre SCP template



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How can I use my SCP?

“There will be times when you need to recall your cancer treatment. An SCP is not just a record, it is a reminder of things you can do to look after yourself”

- cancer survivor

You can use it:

- As a record of cancer treatment
 - It provides details of who to contact should you have any questions or concerns after treatment
 - It provides accurate information to other health professionals looking after you
- As a reminder of things you can do to look after yourself and what to expect after finishing treatment
 - It provides healthy living recommendations
 - Schedule of follow-up
- As a communication tool
 - Share information between you, your GP and care team

- Update family and carers about your cancer experience
- Can be used to provide your GP with important information about you and your treatment

How can I get an SCP?

Some cancer treatment centres are providing SCPs at end of treatment. If you don't have an SCP, please ask your specialist or your cancer nurse, who should be able to provide this type of information for you. Another way to get an SCP is to create your own by accessing particular websites.

Websites to develop an SCP

You can create your own care plan by filling in information about your cancer and treatment. You can do this directly online or use a blank form you are able to download from the website.

- These websites are free to use
- You will need your cancer information on hand, including your cancer diagnosis and treatments you have had (for example type of surgery, chemotherapy, radiation therapy, other medication)

- You don't have to fill it in all at once
- Some of the forms are very detailed and may ask for information you do not have
- Ask your care team for information that is specific to you
- Share your SCP with your treatment team, and GP or general practice nurse. They can help you fill in further details and explain any terms that are not clear

You may wish to access the following websites to develop a care plan

Australian Cancer Survivorship Centre, a Richard Pratt legacy (ACSC)

The ACSC provides an SCP template for you to print out and fill in. You will need to know the cancer treatment you received, and details of your after treatment care. The template is located on the ACSC website:

www.petermac.org/services/support-services/australian-cancer-survivorship-centre/survivors-and-carers/resources

Word of caution, the following resources are all American. Some of the information may not be relevant to people living in Australia.

ONCOLink

The ONCOLink website offers an online SCP that will use the information you have entered to generate a more detailed plan with tips on what to look out for and how to manage your health. Go to the website to get started. Click on 'Develop My Care Plan'.

<https://oncolife.oncolink.org/>

The American Society of Clinical Oncology (ASCO)

ASCO provides an SCP template for you to enter your information online or to print out and fill in. You will need to know the cancer treatment you received, and details of your after treatment care.

www.cancer.net/survivorship/follow-care-after-cancer-treatment/asco-cancer-treatment-and-survivorship-care-plans





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My Journey

My Journey website provides an SCP template for you to enter your information online or to print out and fill in. You will need to know the cancer treatment you received, and details of your after treatment care. There is also a free mobile app version (available for iPhone and Android phones).

www.journeyforward.org/planning-tools/my-care-plan

How your GP and General Practice Nurse can use your SCP to help you manage your health

“My GP said it was time to look after other aspects of my health”

– cancer survivor

Your GP and General Practice Nurse can use your SCP to create a chronic disease management plan. If your care requires treatment from two or more health care providers (for example a dietitian and a

physiotherapist), your GP may suggest a Team Care Arrangement. If you require professional emotional support, your GP may suggest a mental health plan.

These types of plans:

- are based on your needs
- outline services provided by the GP
- lists services provided by other health care providers
- lay out actions you can take to manage your physical and mental health, make healthy lifestyle changes and stay well.

A referral to other health professionals using these plans may make you eligible for Medicare rebates.

Make a long appointment to see your GP to share your SCP, discuss your health and wellness needs and develop a health plan. The Australian Cancer Survivorship Centre has developed two fact sheets ‘Questions you may wish to ask about the time after treatment’ and ‘Supporting cancer survivors to live well: how your general practice can help’ (see Further information). You may wish to use these fact sheets to help you prepare for your appointment.



Acknowledgment

Thank you to the health professionals and survivors who reviewed this document.

Further information

-  **Australian Cancer Survivorship Centre, a Richard Pratt legacy:**
 - ‘How your General Practice can support you to live well’
 - ‘Questions you may wish to ask about the time after treatment’
www.petermac.org/cancersurvivorship
-  **Breast Cancer Network Australia**
 - ‘Chronic Disease Management’
www.bcna.org.au/resource/fact-sheet-chronic-disease-management-plans/
 - ‘GP Mental Health Treatment Plan’
www.bcna.org.au/metastatic-breast-cancer/coping-with-metastatic-breast-cancer/where-to-find-support/assistance-from-your-gp/
-  **My Care Plan (cancer survivors) app by NearSpace (Journey Forward)**
itunes.apple.com/au/app/my-care-plan-cancer-survivors/id821784862?mt=8
-  **Optimal care pathway – What to expect**

The Australian Optimal Care Pathway are designed to provide an overall picture of what to expect both during and after treatment. They support providing care plans to patients at end of treatment.
www.cancerpathways.org.au/

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Australian Cancer Survivorship Centre

A Richard Pratt Legacy



Australian Cancer Survivorship Centre

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