

STANFORD CANCER CENTER

Patient Treatment Organizer



STANFORD
CANCER CENTER

Stanford Hospital & Clinics

Dear Patient,

We have designed this binder to help you organize the personalized materials about your treatment, appointments, medications, and other vital information. ■ You can use this binder to write notes, questions, or concerns that you may have between your appointments. Bring this with you to your appointments so you can track your health and organize your information. ■ As partners in your care, we want you to have the most recent information so you can make the best informed decisions. Sometimes the information may seem confusing. Feel free to ask us questions or seek clarification. ■ In addition to your physicians and nurses, we have a team of people committed to making you comfortable and to helping you through your treatment. Our Cancer Patient Concierge, located in the atrium on the first floor, is an excellent resource for information and assistance. Our Health Library, also on the first floor, is a free consumer health library that provides scientifically-based medical information. ■ This can be a difficult time for you and your family. Our team is ready to make your experience as comfortable as possible.

Thank you,

Stanford Cancer Center Staff

Treatment

MY TREATMENT PLAN

Keep track of the treatment plan prescribed for you.

DOCTOR: _____	PHONE: _____
NURSE: _____	PHONE: _____
CLINIC: _____	PHONE: _____

MY TREATMENT: _____ FREQUENCY: _____

NOTES: _____

MY TREATMENT: _____ FREQUENCY: _____

NOTES: _____

MY TREATMENT: _____ FREQUENCY: _____

NOTES: _____

MEDICATION: _____ DOSAGE: _____ WHEN TO TAKE: _____

REASON PRESCRIBED: _____

MEDICATION: _____ DOSAGE: _____ WHEN TO TAKE: _____

REASON PRESCRIBED: _____

MEDICATION: _____ DOSAGE: _____ WHEN TO TAKE: _____

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MEDICATION: _____ DOSAGE: _____ WHEN TO TAKE: _____

REASON PRESCRIBED: _____

MEDICATION: _____ DOSAGE: _____ WHEN TO TAKE: _____

REASON PRESCRIBED: _____

White Blood Cells

The medications and/or radiation that you receive are to fight the cancer cells, but it can also affect your body's healthy cells. Your health care team will be monitoring your blood work to check if your healthy cells are affected by your treatment. White blood cells are cells in your body that help fight infections and they are produced in the bone marrow. Sometimes treatment can cause your white blood cell count to decrease. This is called "neutropenia." It means you can be susceptible to infections, because there are not an adequate amount of white blood cells circulating in your body to help fight any possible infection.

Your doctor's office will notify you if your lab results indicate that you are neutropenic. It is very important to monitor your temperature and call the doctor's office immediately if your temperature is 100.5 degrees Fahrenheit or 38 degrees Celsius. You must report any chills, sore throat, cough, or any signs of illness at any time.

The following guidelines will help you prevent infection:

- Wash your hands very frequently—before you eat and after using the bathroom.
- Avoid people (including children) with known colds, infections, and chickenpox.
- Do not touch any animal feces (i.e., cat litter) of any kind. OK to pet your animal, just wash your hands, keep them away from your face/mouth.
- Avoid stagnant water—fish bowls/ponds.
- Wear gloves for gardening, including indoor plants (to prevent cuts).
- Take a daily shower/bath.
- Brush teeth gently to avoid bleeding—call us before you have any dental work.
- Clean your rectal area gently after a bowel movement with soap and water.
- Wash all fresh fruits and vegetables thoroughly, and prepare food in a clean environment, cooking all food well.
- Avoid raw foods—sushi, oysters, etc.
- Use a moisturizer on dry skin, and use an electric shaver.

Journal

QUESTIONS FOR MY DOCTOR

You may have questions between your appointments. Use this section to write them down so you'll remember to ask your health care team the next time you come to the Stanford Cancer Center. If you have an urgent question or concern, call the phone numbers listed in the "Treatment Plan" section.

Q _____	A _____
_____	_____
_____	_____

Q _____	A _____
_____	_____
_____	_____

Q _____	A _____
_____	_____
_____	_____

Q _____	A _____
_____	_____
_____	_____

Q _____	A _____
_____	_____
_____	_____

Q

A

Q

A

Q

A

Q

A

Q

A

Q

A

Journal

OBSERVATIONS

Your emotional and mental well-being is an important part of your health. Use these pages to record any thoughts and feelings that you experience as you progress through your treatment.

[DATE: _____]

[DATE: _____]

[DATE: _____]

[DATE: _____]

[DATE: _____]

[DATE:]

[DATE:]

[DATE:]

[DATE:]

[DATE:]

[DATE:]

Resources

YOUR TEAM

At the Stanford Cancer Center, some of the best minds in medicine are ready to partner with you to fight cancer. During your care you may meet many physicians, nurses, and other health care professionals, all with a strong commitment to provide you with the most advanced treatments in a comfortable environment. Here is a small introduction to medical team members that you may meet.

Attending or Faculty Physician

Attending physicians are faculty members who teach and conduct research at Stanford University School of Medicine. He/She is an expert in a particular medical specialty and is responsible for your overall care.

Fellow

Working closely with the attending physician, the fellow is a key member of your care team. A fellow has graduated from medical school, completed a residency training program, and is in a specialty training program such as Medical Oncology, Surgical Oncology, Hematology, or Bone Marrow Transplantation.

Resident

You may be evaluated by a resident during your care. A resident has graduated from medical school and is in his/her postgraduate training.

Medical Student

During your appointment, a medical student may first examine you and present your case to the attending physician or team. Stanford medical students are among the best nationally.

Nurse Practitioner

A nurse practitioner is a registered nurse (RN) who has advanced education and clinical training in a health care specialty area. Most nurse practitioners have also received national certification in their specialty areas. Our nurse practitioners have extensive training in caring for oncology patients. They work closely with the attending physicians to assure coordination of care.

Nurses

Clinic nurses are specially trained and experienced in caring for cancer patients. They provide a wide range of services at each clinic. The clinic nurses work in consultation with the physician to coordinate treatments, manage the plan of care, and provide education.

Clinic Manager

The manager is responsible for the overall operation of the clinic and staff.

Social Worker

Social workers offer many services to patients and their families. The Stanford Cancer Center

has many experienced Licensed Clinical Social Workers who specialize in meeting the unique needs of our patients and their families.

Radiation Therapist

Working under the supervision of a faculty Radiation Oncologist, our highly skilled radiation therapists are responsible for the delivery of radiation treatments. They observe the clinical progress of patients undergoing radiation therapy and maintain daily patient records.

Medical Assistant

Medical assistants help the physicians by measuring your weight, blood pressure, and temperature. They will escort you to an exam room and provide technical assistance with procedures.

Administrative Staff

All of our staff are sensitive to your special needs as a patient. They will help with scheduling appointments and tests. If they cannot answer your question, they will direct you to the appropriate person.

