



Effective Communication with Your Care Team

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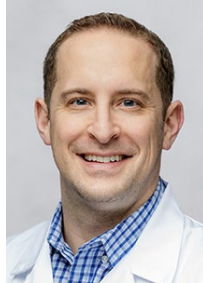
Session Speakers



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Session Objectives

1. Highlight how strong, trusting relationships between patients, caregivers, and their lung cancer care team can improve care.
2. Share practical ways patients and caregivers can ask questions, communicate their preferences, and participate in making decisions about their care.

Please Send in Your Questions!

This QR code will be live throughout the session



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Asking the Right Questions

Questions for newly diagnosed patients:

- 1. What type of lung cancer do I have?**
- 2. What stage is my lung cancer?**
- 3. If my cancer has spread, where else is it located in my body?**
- 4. Do I need more tests?**
- 5. What is my treatment plan? Are there options that we can discuss?**
- 6. What support and services are available for me?**

Asking the Right Questions

Questions when deciding on a treatment:

1. **May I have a copy of my biomarker testing results?**
2. **Are there other tests that need to be done before we can decide on treatment?**
3. **What treatment choices do I have?**
4. **What do you suggest and why?**
5. **What is the goal of this lung cancer treatment?**
6. **How long will the treatment last? What will it involve? Where will it be done?**
7. **What are the chances my lung cancer can be cured with these options?**
8. **What risks or side effects are there to the treatment you suggest?**
9. **Is there a way to minimize the side effects?**
10. **What type of follow-up will I need after lung cancer treatment?**

Asking the Right Questions

Treating my symptoms

- What treatments can help me manage my symptoms?
 - Pain
 - Nausea, diarrhoea
 - Fatigue
 - Depression, anxiety
 - Other symptoms?
 - How long might these treatments take to work?
 - Would it make sense for me to see a specialist in pain and symptoms control (such as palliative care or pain clinic)?
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Asking the Right Questions

What I can do

*Sometimes a nurse, social worker, physical therapist, or nutritionist might be able to help you with these questions *(marked with an asterisk):*

- * What can help me feel better? (e.g. diet, exercise, meditation, massage, support groups, etc.)
- * Are there any therapies you think I should stay away from?
- * How can I learn more? (e.g. books, videos, pamphlets)
- * Are there any organizations or services that would be useful for me or my caregiver? (e.g. support organizations, social services, disability parking)

Expectations and Preparations

What I can expect

- What can I expect to be able to do in the future? (e.g. working, driving, travelling, holidays)
 - Will this cancer shorten my life?
 - Is it possible to give me a time frame?
 - What is the best-case scenario? The worst-case scenario?
 - What is likely to happen at the very end? How could I prepare for that time?
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Preparing for the future

- How can I be sure that my family and my physicians know my wishes about treatments in case I am unable to decide for myself?
- Should I complete a health care proxy and/or living will form?

Considerations for Family

Your family might like to ask

- How can I help my family and children understand what is happening? Can someone help me do this?
- What skills will I need to care for my family member with cancer?
- Are there reading materials for me?
- Who can I talk to if I am concerned about my loved one's care?

What about Progression?

If cancer treatment isn't working

- Should I consider stopping anti-cancer treatments and focus more on treatments to make me feel better?
- Should I consider experimental therapy or clinical trial? A second opinion?
- Who will be my doctor if I stop getting chemotherapy or radiation?
- What is hospice? How will I know when I might need to consider hospice?