
Multidimensional Survivorship Care Plan

Cancer affects every aspect of life, both during treatment and after. As a result, any plan for moving forward needs to address each of the aspects in order to support the whole person. This tool is geared towards helping you to assess what impact Cancer has had, and how to address these changes in daily life. It covers seven dimensions: Physical, Cognitive, Emotional, Social, Spiritual, Behavioral and Practical.

1. PHYSICAL

This dimension covers any aspect related to your follow up care, and late or long term effects of your course of treatment. Many of these details may already have been gone over with you with your oncologist, or primary care provider, and can easily be filled out.

How often will I see my physician for follow up care?

What screening procedures will I have, and when?

Do I need to follow up with other specialists? If so, why and when?

What late effects or long term effects of treatment am I experiencing? (ex: neuropathic pain, fatigue, sexual dysfunction, sleep, menopausal symptoms, lymphedema)

Are these being addressed by my physicians in a satisfactory way?

Which ones do I need assistance with?

If I have an issue, who is my first point of contact?

Services you may wish to use:

- Consultation with your physician
- Medical Information Services at BCC
- Q&A at BCC

2. COGNITIVE

This dimension relates to thoughts, and the impact Cancer and its treatment may have on them. One example is cognitive dysfunction related to either chemotherapy, radiation, or adjuvant treatment such as Tamoxifen or Arimidex. Another example may be persistent thoughts regarding fear of recurrence. Cancer may also have a positive impact on our thoughts, such as valuing things differently, or learning to let go of small stressors.

Questions to Ask:

How has cancer impacted my thoughts?

Do I want to change this? If so, how?

Do I want to continue this? If so, how?

Three Actions I want to take:

1. _____

2. _____

3. _____

Services you may wish to use:

- Sessions with a therapist
- Evaluation by a Neuropsychologist

3. EMOTIONAL

This dimension relates to our feelings. Examples may include feeling anxious, worried, sad, depressed, angry, conflicted, grateful, happy or hopeful.

Questions to Ask:

How has Cancer impacted my emotions/feelings?

Do I want to change this? If so, how?

Do I want to continue this? If so, how?

Three Actions I want to take:

1. _____

2. _____

3. _____

Services you may wish to use:

- Sessions with a therapist
- Join a support group (see BCC calendar for a full list)
- Take a Mindfulness class
- Participate in a workshop (ex: Healing and Guide Imagery, Writing Through Cancer at BCC)

4. SOCIAL

This dimension relates to our relationships - with partners, caregivers, children, friends, and our family of origin.

Questions to Ask:

How has cancer impacted my relationships?

Do I want to change this? If so, how?

Do I want to continue this? If so, how?

Three Actions I want to take:

1. _____

2. _____

3. _____

Services you may wish to use:

- Couples or Family therapy
- Couples support group at BCC

5. SPIRITUAL

This dimension can be defined as our search for the sacred, or our sense of connectedness with something larger than ourselves. This can be, but does not need to be, related to organized religion.

Questions to Ask:

How has cancer impacted my sense of spirituality, my faith or my beliefs?

Do I want to change this? If so, how?

Do I want to continue this? If so, how?

Three Actions I want to take:

1. _____

2. _____

3. _____

Services you may wish to use:

- Speaking with a clergy person or other members of your religious community
- Involvement in community or nature events/projects
- BCC Library

6. BEHAVIORAL

This dimension relates to our behaviors, or what we do. Exercise and nutrition changes we wish to make in light of a cancer diagnosis would fit in this category.

Questions to Ask:

In light of my cancer diagnosis, are there any behaviors I wish to change? If so, how?

Are there any behaviors that I wish to continue? If so, how?

Three Actions I want to take:

1. _____

2. _____

3. _____

Services you may wish to use:

- Living Strong, Living Well exercise program
- Healthy steps at BCC
- Tai Chi at BCC
- Meet with a nutritionist
- Pilates Matwork at BCC

7. PRACTICAL

This dimension relates to practical concerns, such as employment, finances or health insurance.

Questions to Ask:

How have practical issues, such as employment, finances, etc. been impacted by my cancer diagnosis?

How do I wish to address these?

Three Actions I want to take:

1. _____

2. _____

3. _____

Services you may wish to use:

- Individual and group life coaching at BCC
- Contact BCC's Insurance and Employment Specialist