

Cancer Survivorship Care Plan

What Is a Cancer Survivorship Care Plan?

Survivorship means different things to different people, but it often describes the process of living with, through and beyond cancer. A Cancer Survivorship Care Plan is designed to guide patients through survivorship. It is a written record of a patient's cancer treatment history and recommendations for follow up. Survivorship Care Plans are developed with a cancer care team and delivered individually by specially trained oncology nurses. They outline how a patient's health is monitored to watch for any return of cancer (cancer surveillance). Additionally, the plan will discuss further cancer screening, risk reduction, cancer prevention, management of late effects and side effects and psychosocial support.

What Are the Benefits of a Survivorship Care Plan?

Cancer Survivorship Care Plans serve as a roadmap to guide cancer survivors through difficulties and uncertainties that may arise following treatment. Survivorship and surveillance can be a time of uncertainty for many patients. The Survivorship Care Plan visit allows patients to address any questions or concerns they may have as they transition into survivorship.

Survivorship Resources Available at Covenant HealthCare

- Psychosocial support including support groups offerings
- Exercise and wellness
- Nutrition counseling
- Long-term follow up
- Smoking Cessation Classes
- Prevention screenings
- Survivorship training and rehabilitation to:
 - Increase strength and energy
 - Improve quality of life
 - Improve daily function and well being
 - Alleviate pain
 - Alleviate fatigue
 - Provide lymphedema services
 - Improve cognitive function

