CANCER SURVIVORSHIP

FranciscanHealth.org/AdvancedCancerIndy

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Living life to its fullest.
GUIDANCE AND SUPPORT BEYOND CANCER TREATMENT

Major advances have been made in cancer treatment, technology and research, resulting in more and more people surviving cancer each year. However, once treatment ends, many patients and their families feel lost and concerned about next steps.

Franciscan Health offers a comprehensive program designed to help patients maximize their quality of life during active treatment, and as they transition back to life without cancer treatment. Many areas of life are altered following a cancer diagnosis, so we focus on much more than your disease. Our goal is to support, educate, and encourage you to live your life to the fullest. The foundation of our program is our commitment to making a positive difference in the life of each patient we serve.

CARE COORDINATION

The patient experience is coordinated by a nurse practitioner who works with each patient to identify treatment goals, manage symptoms, and access support services and resources. The nurse practitioner meets each patient early in his or her treatment and at the end to review the survivorship care plan. Other appointments are scheduled as needed.

SURVIVORSHIP CARE PLAN

A survivorship care plan is a coordinated, post-treatment plan for the patient and their entire healthcare team, including oncologists, primary care physicians and other providers. With each plan, survivors and their physicians receive a complete history of the patient’s cancer care. Clear steps are provided to manage care after active treatment, including guidelines on monitoring for possible secondary cancers, long-term side effects, scheduling for follow-up tests and support services.

PSYCHOSOCIAL SCREENING

Screenings for psychosocial distress are provided by the supportive care clinic to help patients and their families identify stressors that may arise. Referrals are provided to help patients and their families cope. Specific resources include online communities, support groups and individual counseling sessions.

OASIS: SPECIALIZED SERVICES AND PRODUCTS

A wide range of products and services are available at the Oasis to help patients look and feel their best during and after treatment. Breast prostheses, custom wigs, skin care treatments and other products are readily available. Spa and salon treatments and other services are provided to work in harmony with standard medical care. The Oasis is located at the Indianapolis campus Cancer Center.

LIVESTRONG AT THE YMCA

Cancer and its treatments can have an impact on your muscles, bones and nerves, resulting in problems with coordination, balance, strength or flexibility. In partnership with the YMCA of Greater Indianapolis, we offer LIVESTRONG, a 12-week program designed for adult cancer survivors. LIVESTRONG is about health, not disease, and helps participants build muscle mass, strength and endurance as they return to their normal lives. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes, and improving energy levels and self-esteem.

SUPPORT GROUPS AND EDUCATIONAL WORKSHOPS

In partnership with the American Cancer Society and Cancer Support Community, patients and their families have access to support groups and classes designed to help with emotional, physical and spiritual well-being. An educational series is also available for healthcare providers.

PALLIATIVE CARE

Palliative care is committed to improving the quality of life for patients throughout the course of cancer treatment and beyond. It offers patients comfort through control of pain and other physical symptoms, along with relief of psychological, social and spiritual distress. Palliative care works with your treatment team in a holistic manner to deliver the best possible care for you. Assistance is provided to help you clarify your goals of care through a living will or advanced directive.

SPIRITUAL CARE

Chaplains and clergy from various faith backgrounds are available 24-hours a day. Spirituality can be a great source of strength, hope and meaning as patients and their families cope with cancer and its impact on their lives.

For more information, session dates and to register, call (317) 528-1420 or visit FranciscanHealth.org/AdvancedCancerIndy.

moving beyond

Franciscan Health and Cancer Support Community are changing the way cancer survivors transition back to their everyday lives with our 12-week program, Moving Beyond. Returning to a normal life after a battle with cancer can be filled with many difficult obstacles and can raise questions like “Who can I talk to about my fears?”, “How should I exercise?” and “What should I eat?” Moving Beyond provides a unique and holistic approach combining physical, mental and spiritual health components, free of charge to all participants, so no one has to journey the path alone. Participants will gain knowledge and tools they can put into practice to aid their transition back to everyday life.

For consultation or assistance, call (317) 528-1420.