Use this checklist to help inform your clinical encounters with people who have a history of cancer and are not in active treatment. Encourage your patients to use the patient worksheet before they come to their next visit. The patient worksheet and provider checklist are designed to be used together to support patient-provider communication.

**SCREENING & SURVEILLANCE**
- Ask the patient what kinds of cancer screenings and surveillance they receive. Obtain records of screenings from providers.
- Use cancer survivorship guidelines to recommend cancer screening and surveillance and connect patients with appropriate clinicians.

**PHYSICAL/PSYCHOSOCIAL EFFECTS AND HEALTH PROMOTION**
- Ask the patient about what physical and/or psychosocial challenges they are facing.
- Ask the patient what healthy lifestyle behaviors they take part in (e.g. diet, exercise, smoking cessation).
- Ask the patient what they would like to change to improve health, and provide relevant resources on healthy nutrition, physical activity and smoking cessation.
- Use cancer survivorship guidelines to inform referrals and care recommendations.

**ACCESS TO CARE**
- Ask the patient what problems or barriers they may have to getting care (e.g. transportation, time off from job, childcare, finances, insurance).
- Provide patients with local, state and/or national resources to address issues as needed.

**COMMUNICATION**
- Use simple, plain and clear language without medical jargon.
- Ask the patient what language they are most comfortable using. Obtain interpretation services for every appointment.
- Use the teach-back method. For example: “I want to make sure I am being clear…Can you tell me what you heard me say?”
- Ask the patient what questions they have.
- Include the patient in all decisions about their cancer-related follow-up care.
- Engage the patient in problem-solving their issues with you.

**CARE COORDINATION**
- If you are part of treatment team, provide a survivorship care plan to the patient and all of the patient’s providers. If you are the patient’s primary care doctor or another specialist, ask treatment team for a survivorship care plan.
- Provide the patient with tools and resources to help them understand their follow-up care.
- Use cancer survivorship guidelines to inform referrals to medical, rehabilitation, mental health and/or behavioral specialists to address concerns.
- Refer patients to appropriate support groups and/or community-based resources as needed.
- Ask the patient who is currently involved in their care (partner, family, friends, children, etc.) and if there is anyone else they would like to be in involved in their care.
These resources can provide support and additional information for patients who have completed active cancer treatment.

### Helpful Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Description</th>
<th>Website</th>
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<tbody>
<tr>
<td>American Cancer Society Survivorship Care Guidelines</td>
<td>Clinical guidelines for primary care providers</td>
<td>bit.ly/ACSSurvivorshipGuidelines</td>
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<tr>
<td>American Society of Clinical Oncology Guidelines</td>
<td>Clinical practice guidelines</td>
<td>asco.org</td>
</tr>
<tr>
<td>Cancer Survivorship E-Learning Series for Primary Care Providers</td>
<td>A no-cost, online continuing education program for primary care providers on how to care for survivors in the primary care setting.</td>
<td>GWCCacademy.org</td>
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<tr>
<td>National Cancer Institute Office of Cancer Survivorship</td>
<td>Resources, data, and funding opportunities</td>
<td>cancercontrol.cancer.gov/ocs</td>
</tr>
<tr>
<td>National Comprehensive Cancer Network Guidelines® &amp; Clinical Resources</td>
<td>Provides clinical practice guidelines</td>
<td>nccn.org</td>
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