



Goshen Center for  
Cancer Care



# A CAREGIVER'S GUIDE

*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." – Leo Buscaglia*

This quick-reference guide contains excerpts from the Navigating Cancer Care binder, along with resources specific for caregiving.

# DIAGNOSES & TREATMENT PLAN

Loved One's Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Treatment Regimen:  
\_\_\_\_\_  
\_\_\_\_\_

## Our Oncology Team:

Medical Oncologist \_\_\_\_\_

Nurse \_\_\_\_\_

Radiation Oncologist \_\_\_\_\_

Nurse \_\_\_\_\_

Surgical Oncologist \_\_\_\_\_

Nurse \_\_\_\_\_

Nurse Practitioners \_\_\_\_\_

Naturopathic Doctor \_\_\_\_\_

Mind-Body Counselor \_\_\_\_\_

Registered Dietitian \_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

The Goshen Center for Cancer Care team can be contacted at (574) 364-2888 or (866) 775-HOPE (4673).

# QUESTIONS BETWEEN VISITS

## When to go to the ER

- Uncontrolled bleeding
- Worsening shortness of breath
- New chest pain
- Allergic reaction with hives, shortness of breath, tightening of throat

## When to call immediately

Note: An on-call nurse at the cancer center is available after hours to respond to calls.

- Temperature of 100.5 degrees and/or chills
- Nausea/vomiting not controlled by medications
- Watery diarrhea more than 5 stools per day not controlled by an anti-diarrheal medication
- Pain not controlled by medications
- Changes in mental status
- Pain, swelling, redness at the treatment injection site

## When it is safe to wait to call during normal business hours

- Rash, not associated with hives or shortness of breath
- Swelling hands, feet or face not associated with shortness of breath
- Diarrhea, less than 5 stools per day
- Changes in appetite
- Bleeding that stops in under 30 minutes
- Constipation less than 3 days
- Difficulty sleeping

Symptom severity differs greatly among personal opinion. If you are unsure about managing a symptom, please don't hesitate to call the office or on-call nurse.

Please have the following information available when seeking our advice:

- Patient's binder
- All medications including treatment regimen
- Interventions for symptom

The Goshen Center for Cancer Care team can be contacted at (574) 364-2888 or (866) 775-HOPE (4673).

# YOUR INTEGRATIVE CARE TEAM

At Goshen Center for Cancer Care, we have a team that will strive to support your mind and body before, during and after cancer treatment. You can request an appointment with any of our integrative team providers at any time; please ask the scheduler.

## Naturopathic Medicine

Naturopathic doctors (NDs) are trained to integrate conventional medical care with non-pharmaceutical options such as herbs, vitamins/supplements and lifestyle modifications. At the Goshen Center for Cancer Care, naturopathic doctors offer support during and after treatment. Meet with an ND when you start, change or complete treatment to:

- Reduce side effects from treatment
- Improve quality of life
- Review supplements to avoid interference with treatment
- Filter information from the internet and well-meaning family and friends
- Reduce risk of cancer recurrence in the future
- Address other health concerns or conditions

## Mind-Body Counselors

Mind-body counselors look at how mental, emotional and physical states affect overall health and well-being. Counseling services are available to a patient's care providers and family members as well. An appointment with a counselor can address:

- Coping with stress and anxiety related to your diagnosis and treatment
- Relaxation techniques to support healing
- Common problems such as sleep difficulties or coping with treatment side effects
- Language and tools to explain cancer to your children or grandchildren

## Dietitians

Our cancer center dietitians are knowledgeable about the side effects of cancer treatment and how to prevent or reduce them. They can make recommendations about the following:

- Food choices to help with taste changes, poor appetite, weight loss or gain, or changes in bowel habits
- Nutrition information to increase your health and wellness during and after treatment
- Answers to your questions about confusing and often contradictory nutrition information
- Meal ideas resources for patients or caregivers

# GETTING CONNECTED

Along with attending appointments as visitor guidelines allow, caregivers can communicate with Integrative Care Team members in a variety of ways.

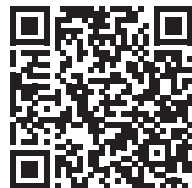
**To ask questions** about the recommendations made for your loved one by the Naturopathic Doctor or Registered Dietitian, call the provider at the phone number listed on their business card.

**To seek caregiver support** from your loved one's Mind-Body Counselor or to discuss Advance Directives paperwork for both of you, phone, video and in-person visits are available.

**To schedule a visit with the Naturopathic Doctor, Registered Dietitian or Mind-Body Counselor**, stop by a scheduling desk or call (574) 364-2888. Video visits require an email address, an electronic device with audio and video, and a place that allows privacy during the appointment.

**For spiritual care**, visits with the Center for Cancer Care Chaplain are available for patients and their loved ones. To schedule, call the hospital Spiritual Care office at (574) 364-2715.

If you wish to contact us by phone, please make sure your loved one has listed your name on their Release of Confidential Information form. This gives Goshen Center for Cancer Care team members permission to speak with you about your loved one's care.



SCAN ME to learn  
more about the  
Integrative Care Team

# RESOURCES FOR CAREGIVERS

## Living with Cancer support group

Open to people with cancer as well as their loved ones, each session of this informal support group includes education and time for sharing. Talk to your Mind-Body Counselor or call (574) 364-2948 for current meeting times and topics.

## Wellness Fund

Some patients with lower incomes may qualify for the “Naturopathic Wellness Fund” which provides a limited amount of complimentary natural product and/or acupuncture support during and after treatment. Ask the Naturopathic Doctor for more details or an application if interested.

## Advance Directives

Mind-Body Counselors are available to assist Goshen Center for Cancer Care patients and their key caregiver with completion of paperwork for Advance Directives to help answer questions in the event of a medical emergency.

Ask your Integrative Care Team provider for more information about any of these resources, or call the Integrative Care Team Coordinator at (574) 364-2948.



# ADDITIONAL RESOURCES

## Information and Ideas

These reputable websites have sections dedicated to caregiving for loved ones with cancer:

- Cancer Care: <https://www.cancercare.org/tagged/caregiving>
- American Cancer Society: <http://cancer.org/treatment/caregivers.html>
- Cancer Support Community: <https://www.cancersupportcommunity.org/living-cancer/living-cancer-topics/caregivers>

These regional organizations offer support for caregivers:

- Cancer Services of Northeast Indiana: <https://www.cancer-services.org/what-we-do/programs-services>
- RiverBend Cancer Services: <https://www.riverbendcancerservices.org/counseling-and-support>

## Caregiver Mentors

These national organizations match caregivers with mentors for support by telephone or email.

- Imerman Angels: <http://imermanangels.org/get-support/>
- 4th Angel: <http://4thangel.org/CaregiverMentoring.aspx>

## Thank you for providing support for your loved one with cancer!

Caregiving can be rewarding as well as physically, emotionally, and spiritually draining. Heightened fatigue and emotion are common experiences among caregivers. Be sure to continue to prioritize your own well-being as you assist your loved one.

200 High Park Ave., Goshen, IN 46526  
t (574) 364-2888 tf (866) 775-HOPE (4673)



SCAN ME to learn more about  
the Center for Cancer Care

Goshen Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call 1 (574) 364-1000 (TTY: 711 or 1 (800) 743-3333 to be connected with Relay Indiana).