

Survivorship care plan

This Survivorship care plan provides an overview of your diagnosis, treatment, follow-up care, side effects to monitor, and actions you can take to promote your health.

Keep this care plan: it will communicate your lung cancer diagnosis, the treatments you've undergone, and the most effective ways to monitor your health to any future doctors or healthcare providers you see.

Your healthcare team will give you personalised guidance on healthy living and methods to achieve it. We recommend involving your GP in your health plan.

General information

Name

Gender

Male

Female

Non-binary

Prefer not to say

Date of Birth

Treatment Centre

Hospital Record Number

Hospital contact details

Doctor

Specialty

Doctor

Specialty

Doctor

Specialty

GP

Contact details

Health Care Worker

Contact details

Interpreter

Contact details

Nurse

Contact details

Other

Contact details

Lung cancer type, stage and location

Non-Small Cell Lung Cancer (NSCLC)

Subgroup	Mutation type	
Adenocarcinoma	PDL1 %	KRAS
Squamous cell carcinoma	EGFR	ROS1
Large cell carcinoma	ALK	Not Applicable
Other	Other	

Stages of non-small cell lung cancer

(Lung cancer is staged between 1A1to 4B, please consult your specialist doctor to gain more detailed information)

Stage 1: Cancer only in the lung and has not spread to any lymph nodes

Stage 2: Cancer in the lung and may involve lymph nodes

Stage 3: Cancer has spread to lymph nodes outside the lungs, but within the chest

Stage 4: Cancer has spread outside of the chest

Small Cell Lung Cancer (SCLC)

Stages of small cell lung cancer

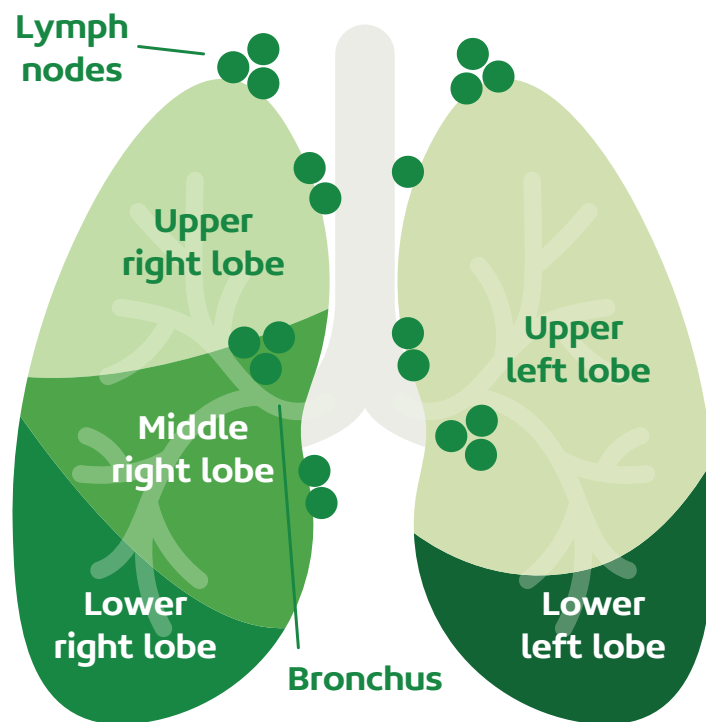
Limited: If the cancer is contained in a single area on one side of the chest

Extensive: If the cancer has spread widely in the lung with the tumour, to the other lung, to the lymph nodes, or to other parts of the body

Pleural mesothelioma

(An occupational cancer from exposure to asbestos that affects the lung lining)

Lung cancer location diagram



Details

Please let your healthcare team know if you have:

1. A fever over 38°, if you are on treatment (chemotherapy, immunotherapy, radiation therapy) present to your local Emergency Department (ED) for assessment
2. A brand new symptom
3. A symptom that doesn't go away or increases in severity
4. Anything you are worried about might be related to the cancer or the cancer itself

Wellbeing assessment

Your healthcare team will assist you in managing your overall wellbeing from the time of diagnosis. This includes addressing physical concerns, such as controlling the cancer and handling side effects, as well as focusing on your emotional and social wellbeing.

A simple way to assess your level of distress is to reflect on how you've felt over the past week, using a scale from 0 (no distress) to 10 (extreme distress). If your rating is 4 or higher, it's important to inform your doctor or nurse so they can discuss the support you may need.

Date											
Number											
Distress Number	0	1	2	3	4	5	6	7	8	9	10
	No distress						Extreme distress				

Review the items on the list below to identify what might be most strongly influencing your feelings:

Using the above distress scale (0=no distress, 10=extreme distress) put a number in the box that corresponds to your concern

Date											
Physical concerns											
Pain											
Cough											
Change in appearance											
Treatment side effects											
Sleep											
Fatigue											
Shortness of breath											
Tobacco use											
Substance use											
Memory or concentration											
Sexual concerns											
Changes in eating &/or weight loss											
Loss or change in physical abilities											
Difficulty with swallowing or speaking											

Date										
Social concerns										
Relationship with spouse or partner										
Relationship with children										
Relationship with family members										
Relationship with others										
Ability to have children										
Communication with health care team										
Loss of interest in usual activities										
Spirituality or religious concerns										
Changes in faith or beliefs										
Death, dying or the afterlife										
Sense of meaning or purpose										
Practical concerns										
Taking care of myself										
Taking care of others										
Work										
School										
Housing										
Finances										
Insurance										
Transportation/parking										
Childcare										
Treatment decision										
Travel for treatment										
Prepping your will										

Date

Emotional concerns

Worry or anxiety

Sadness or depression

Grief or loss

Fear (including fear of recurrence)

Fear of scans (scanxiety)

Loneliness

Anger

Changes in appearance

Feeling of worthlessness or a burden

Record of investigations

Date (if known)	Investigation (Example - PET, CT, chest x-ray, biopsy, lung function test, bronchoscopy, sputum, MRI)

Treatment summary

Surgery

Radiation therapy

Chemotherapy

Immunotherapy

Clinical trial

Targeted therapy

Other

Start date

End date

Treating centre

Treatment details

Notes

Surgery

Radiation therapy

Chemotherapy

Immunotherapy

Clinical trial

Targeted therapy

Other

Start date

End date

Treating centre

Treatment details

Notes

Surgery

Radiation therapy

Chemotherapy

Immunotherapy

Clinical trial

Targeted therapy

Other

Start date

End date

Treating centre

Treatment details

Notes

Surgery

Radiation therapy

Chemotherapy

Immunotherapy

Clinical trial

Targeted therapy

Other

Start date

End date

Treating centre

Treatment details

Notes

Treatment summary

Surgery

Radiation therapy

Chemotherapy

Immunotherapy

Clinical trial

Targeted therapy

Other

Start date

End date

Treating centre

Treatment details

Notes

Surgery

Radiation therapy

Chemotherapy

Immunotherapy

Clinical trial

Targeted therapy

Other

Start date

End date

Treating centre

Treatment details

Notes

Surgery

Radiation therapy

Chemotherapy

Immunotherapy

Clinical trial

Targeted therapy

Other

Start date

End date

Treating centre

Treatment details

Notes

Surgery

Radiation therapy

Chemotherapy

Immunotherapy

Clinical trial

Targeted therapy

Other

Start date

End date

Treating centre

Treatment details

Notes

My appointments

Date	Health professional	Tests required	Comments

My medication

Name of medication	What is the medication for	When to take medication	Comments

Date																				
Fatigue																				
Difficulty swallowing																				
Skin rash																				
Radiation skin changes																				
Difficulty speaking																				
Headache																				
Dry mouth																				
Mouth ulcers																				
Neutropenia (low levels of part of the white blood cells that leads to increased risk of infection)																				
Dyspnoea (breathlessness/ short of breath)																				
Cough																				
Wheezing																				
Pain																				
Describe location of pain																				
Alopecia (hair loss)																				

Date										
Metallic taste										
Peripheral neuropathy										
Weakness, numbness and pain from nerve damage										
Other										
Other										
Other										
Other										

My wellbeing priorities

What is important to me?

My referrals

- Psychology
- Exercise physiology
- Dietitian
- Physiotherapy
- Social work
- Occupational therapy
- Speech & language therapist
- Pain management
- Palliative care
- Smoking cessation
- Financial services
- Peer support
- Pulmonary rehabilitation
- Lung Foundation Australia peer support services
- Lung Foundation Australia telehealth service
- Lung Cancer Support Nurse
- Lung Foundation Australia social worker
- GP Management
 - GP management plan
 - GP mental health treatment plan
- Other

Referral made	Contact details

Notes and additional information

You can use this section to add extra notes or refer information that didn't fit in earlier sections of your plan.

Section	Note

Section	Note

Allied health services

Recovery from cancer symptoms and treatment side effects can be significantly improved with the support of allied health professionals, positively impacting your overall health and wellbeing. To access these services, simply speak with your healthcare team. Your doctor or nurse can provide referrals to both public and private services that could benefit you.

- **Physiotherapy** aids in strengthening the body, improving mobility, and managing pain throughout treatment and recovery by utilising movement exercises, manual therapy, education, and personalised guidance.

You can find out more at choose.physio/what-is-physio

- **Exercise Physiology** provides tailored clinical exercise interventions for cancer patients aiming to address the physical, emotional, and psychological challenges associated with cancer treatment. By improving functional performance, managing symptoms, and promoting long-term health behaviours, these interventions can play a crucial role in improving the overall quality of life and supporting recovery during and after cancer treatment.

You can find out more about exercise physiology at exerciseright.com.au/what-is-an-accredited-exercise-physiologist

- **Dietitians** offer personalised nutrition guidance and support, including tailored meal plans, supplement recommendations, and nutritional counselling.

You can find out more about dietitians at dietitiansaustralia.org.au

- **Psychology** services provide essential support for individuals dealing with cancer, helping them manage anxiety, depression, distress, and other emotional challenges linked to their diagnosis, treatment, and recovery. These services aim to address the psychological impact of cancer and improve overall well-being.

You can find out more at psychology.org.au/for-the-public/about-psychology

- **Occupational therapy** offers support for individuals facing challenges with daily activities, helping them maintain, recover, or enhance their independence.

More information is available at otaus.com.au

- **Social work** provides counselling services, therapeutic interventions, and valuable information and resources to patients, families, and caregivers, helping them make informed decisions and access necessary support and services.

More information is available at aasw.asn.au/seeing-a-social-worker

- **Financial Counselling Australia** provides free information, advice, and advocacy for anyone with concerns about their finances. Find out more at financialcounsellingaustralia.org.au

- **Cancer Council 131120** website: cancer.org.au

Comprehensive support including a helpline (13 11 20) for patients and families to connect with healthcare professionals, including advice on managing symptoms, accessing treatments, and financial aid programs.

- **WeCan** website: wecan.org.au

Cancer supportive care website helping people affected by cancer find information, resources and support services they may need following a diagnosis of cancer.

Lung Foundation Australia services

- **Lung Cancer Support Telehealth Nurse service** provides free telephone-based support for people living with lung cancer, their families and carers at any stage of diagnosis. These highly experienced oncology nurses provide evidence-based information regarding diagnosis, treatment and symptom management, in addition to guidance about relevant support services.

You can find more information at lungfoundation.com.au/find-a-service/lung-cancer-support

- **Lung Cancer Social Work Telehealth service** is a free telephone-based service for people living with lung cancer, and their family and carers. Through the service, our experienced social worker can help you at any point in your diagnosis to navigate the practical and emotional impact of living with lung cancer, including processing a diagnosis, financial and housing assistance, legal issues and processes, emotional and mental health support, impact of family and relationships.

Find out more about accessing these services at lungfoundation.com.au/find-a-service/lung-cancer-support

- **Peer support groups** bring people living with lung cancer to share experiences, insights, offer support for each other and discuss ways to manage challenges, more information can be found here: lungfoundation.com.au/find-a-service/lung-cancer-support

- **Pulmonary rehabilitation** comprises exercise and education provided by speciality trained health professional. Pulmonary rehabilitation teaches you skills on how to manage feeling short of breath, to improve your oxygenation and wellbeing, and to stay well and out of hospital.

To see the services offered, visit lungfoundation.com.au/find-a-service/lung-cancer-support

- **Respiratory Care Nurse Telephone service** is available for people living with Chronic Obstructive Pulmonary Disease or Bronchiectasis. The Respiratory Care Nurse provides evidence-based guideline recommendations around the self-management of these conditions, including discussions about:

Action Plans - vaccinations - inhaler technique - management of coughing and breathlessness - physical activity and dietary requirements.

To see the services offered, visit lungfoundation.com.au/patients-carers/support-services/support

- **Lung Foundation Australia social services directory** website: lungfoundation.com.au/find-a-service

The Service Directory will direct patients/carers to all state based psychosocial services, helping them find support and guidance to manage your diagnosis, in a way that's right for you.

- **Lung Foundation Australia mental health hub 'Mind Matters'** website: lungfoundation.com.au/patients-carers/after-your-diagnosis-title/mental-health

Mind Matters is an online hub providing information, links, and tips for looking after mental health when living with or caring for someone with a lung condition.

Looking after yourself

Going through a cancer diagnosis often leads individuals to reevaluate their health choices. Many choose to adopt a healthier lifestyle than they had before. Some people explore ways to minimise the risk of cancer recurrence and to prevent new cancer from developing.

Research indicates that one in three cancers in Australia can be attributed to modifiable lifestyle factors. These include smoking, exposure to UV radiation, poor diet, overweight and obesity, alcohol consumption, and insufficient physical activity.

This might be the perfect opportunity to embrace some healthy changes. Simple steps can help prevent another cancer from developing and may also alleviate many of the physical and emotional effects of cancer treatment.



Regular appointments with your GP

It is important to have regular follow-up appointments with your GP, even when having treatment, these visits help monitor your health, manage any long-term side effects from treatment, and ensure that the cancer has not returned or spread. GP's can also help finding extra supports in the community.



Be physically active

Physical activity plays a key role in reducing cancer risk and managing weight. It also helps increase energy levels, reduce fatigue, and alleviate stress. Cancer Council Australia recommends exercise during and after cancer treatment to:

- Reduce anxiety and fatigue
- Improve self-esteem
- Increase feelings of optimism
- Improve heart health
- Maintain a healthy weight
- Boost muscle



Eat a healthy diet

Food and diet play a significant role in our lives—emotionally, socially, and physically—and is an area where you have control over your choices and impact. It's important to maintain a balanced diet that includes foods from all five food groups: fruits, vegetables, legumes, whole grains, and lean meats or dairy. Limit your intake of foods high in saturated fats, added salt, and added sugars, and avoid sugary drinks.



Mind matters

Developing positive mental coping strategies is important as the emotional toll of the diagnosis, treatment, and uncertainty can be overwhelming. Managing stress, anxiety, and feelings of isolation is just as important as physical care. A strong mental outlook can help you cope with challenges, stay connected to loved ones, and maintain a sense of control. Mindfulness, therapy, and simple self-care practices, for example; meditation, gardening, travel, art, prayer, exercise, reading can significantly improve your emotional well-being to help support the whole person not just the body.



Be sun smart

Slip, Slop, Slap, Slide & Seek

Ultraviolet (UV) radiation from the sun is a leading cause of skin cancer, which is not only the most common form of cancer in Australia but also one of the most preventable.

Using sun protection can significantly reduce your risk of skin cancer. It's also important to regularly check your skin for any changes and consult your doctor about how often you should have a full skin examination.



Quit smoking and vaping

Smoking is the leading preventable cause of cancer. If you currently smoke, it's highly recommended that you quit. Research shows that quitting smoking can increase your expected survival time and significantly reduce your risk of developing another type of cancer. It can be difficult to quit but there is support, you can call the Quitline on 13 7848 to get free support and information from a quit specialist.



Limit alcohol

Drinking alcohol increases the risk of developing certain types of cancer. To reduce this risk, the Cancer Council recommends limiting alcohol consumption. If you choose to drink, aim for no more than 2 standard drinks per day and a maximum of 10 standard drinks per week, with at least 1-2 alcohol-free days each week.

- Explore no alcohol beers, wines, spirits and mocktails
- Eat whilst you drink to slow your pace
- Drink a glass of water after very alcoholic drink



Cancer screening

Screening is a proactive approach to detect cancer in individuals before symptoms arise. In Australia, free national screening programs are available for bowel, breast, and cervical cancers, with a lung cancer screening program scheduled to launch in 2025.

Lung Foundation Australia services



Information and Support Team



Lung disease information resources



Education webinars



Support groups



Peer-to-peer connections



Referral to pulmonary rehabilitation and Lungs in Action exercise programs



E-newsletter

Freecall 1800 654 301
enquiries@lungfoundation.com.au
lungfoundation.com.au
PO Box 1949 Milton, QLD 4064



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Foundation
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