

Head and Neck Cancer Rehabilitation Consult

Patient Guide

Study ID:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thank you for participating in our study. This research is funded by a Canadian Cancer Society Research Institute Innovation Grant (#702896). The purpose of the study is to consult with people who have completed their treatment for head and neck cancer about their need for rehabilitation. This rehabilitation consult gives you some tools to assist in your own recovery, without you having to keep coming back to the cancer centre for further appointments.

This guide will provide you with:

* Information about people to contact if you have questions or concerns
* Reminders and helpful tips about setting goals and putting your plans into place
* Space to record your goals and rehabilitation plans

**Contact Information**

As part of this study, you will be meeting with the rehabilitation consultant, Colleen Dunphy. Please contact her if you have questions about things you may have discussed during your consult, or require clarification about any of the resources provided. All conversations are confidential, and the voice mail at this number is only accessed by Colleen.

Colleen Dunphy  
Telephone: 416-581-7674  
Email: Colleen.Dunphy@uhn.ca

If you have any questions about the study itself, please contact the site Principal Investigator, Dr. Jolie Ringash.

Dr. Jolie Ringash  
Email: Jolie.Ringash@rmp.uhn.on.ca  
Telephone: 416-946-2919

If you would like to speak to someone outside of the study, you can contact the Research Ethics Board at the location with which you are associated:

University Health Network Research Ethics Board (Princess Margaret Cancer Centre) - 416-581-7849

Sunnybrook Health Sciences Research Ethics Board (Odette Cancer Centre)  
416-226-6780 ext. 88144

**Goal Setting, Action Planning, and Back-up Planning**

As part of the rehabilitation consult, we will teach you a problem solving strategy that will be useful for achieving your rehabilitation goals. The strategy is:

**Goal-Plan-Do-Check**

Goal

Choose a goal that is meaningful to you, and relevant to your life.

Be specific about what you want to do. (Eg. “I will prepare all of my meals at home 6 days per week” instead of “I would like to eat better”)

Think about how you will know when you’ve met your goal.

Be accountable to yourself, or someone else.

Set a time by which you plan to accomplish your goal.

Plan

Think about ways in which you can go about achieving your goal - what supports and resources you will need?

Try to think about obstacles you might encounter, and how you might overcome them.

Do

Carry out your plan

Check

Did you achieve your goal? If yes, then you may want to set a new goal. If no, then you may need to modify your plan.

**Rehabilitation Consult Goals and Plans**

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**Goal(s):** What do I want to achieve?  
**Plan:** What specific actions will I take? When? Do I need anyone to help me?  
**Resources to help with my plan:**

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| **What obstacles might I encounter? How will I overcome these?** | |
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I will know that my plan is working when I see these results:

I know I have to contact someone to get more help if these things happen:

**Follow Up**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Check:**☐ Goal was achieved ☐ Goal not achieved, but is in progress

☐ Goal not achieved and not in progress ☐ Other

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| Notes regarding action plan, including issues with action plan: |
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**Follow Up Plan:**

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**Follow Up**

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**Check:**☐ Goal was achieved ☐ Goal not achieved, but is in progress

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| Notes regarding action plan, including issues with action plan: |
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**Follow Up Plan:**

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**Follow Up**

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| Notes regarding action plan, including issues with action plan: |
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**Follow Up Plan:**

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