

Oncology

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

**Patient Registration**

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

Name: \_\_\_\_\_ I prefer to be called: \_\_\_\_\_  
Last First MI

Date of Birth: \_\_\_\_\_ Birthplace: \_\_\_\_\_ Social Security Number: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ County: \_\_\_\_\_

Home # (\_\_\_\_) \_\_\_\_\_ Cell # (\_\_\_\_) \_\_\_\_\_ Work # (\_\_\_\_) \_\_\_\_\_

Email Address \_\_\_\_\_

Which numbers may we use?  Home  Cell  Work May we leave a message?  Yes  No

**Check Appropriate Box:**  
 Single  Married  Widowed  Separated  Divorced  
 Employed  Retired  Disabled Occupation: \_\_\_\_\_ Employer: \_\_\_\_\_

Have you served in the military  No  Yes Where \_\_\_\_\_ When \_\_\_\_\_

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

Spouse's Name: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Race:  Caucasian  American Indian  Asian  African American  Native Hawaiian  Alaskan  Unknown  Other \_\_\_\_\_  Decline to Answer  
 Ethnicity:  Hispanic  Non-Hispanic

Advance directives: Do you have an Advanced Directive  Yes  No

Preferred Main Language:  English  Spanish  Arabic  Other \_\_\_\_\_

**What is the highest level of education you completed?**

- 8th grade or less
- Some high school, but did not graduate
- High school graduate or GED
- Some college or 2-year degree
- 4-year college graduate
- More than 4-year college degree

Whom may we thank for referring you? \_\_\_\_\_

**Physician Information**

Family/Primary Physician \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address \_\_\_\_\_ Fax: \_\_\_\_\_

Referring Physician: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address \_\_\_\_\_ Fax: \_\_\_\_\_

## Insurance Information

### Primary Insurance

Name of Insured \_\_\_\_\_ DOB \_\_\_\_\_ SSN# \_\_\_\_\_

Relationship to Patient:    Self    Spouse    Dependent    Other

Insurance Company \_\_\_\_\_ Grp # \_\_\_\_\_ ID# \_\_\_\_\_

### Secondary Insurance

Name of Insured \_\_\_\_\_ DOB \_\_\_\_\_ SSN# \_\_\_\_\_

Relationship to Patient:    Self    Spouse    Dependent    Other

Insurance Company \_\_\_\_\_ Grp # \_\_\_\_\_ ID# \_\_\_\_\_

## **New Patient History**

### Current Problem

Current Please describe briefly how your current problem started. What were your symptoms?

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### Cancer History

Type of your cancer: \_\_\_\_\_ Date of Diagnosis: \_\_\_\_\_

If you have had previous treatment, please include type of treatment below:

Treatment with surgery:     Yes     No    When & Where: \_\_\_\_\_

Radiation Therapy:     Yes     No    When & Where: \_\_\_\_\_

Chemotherapy:     Yes     No    When & Where: \_\_\_\_\_

### Medical History

Please check if you have had any of the following medical conditions

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Anemia             | <input type="checkbox"/> Gallbladder Disease | <input type="checkbox"/> Pacemaker / Defibrillator |
| <input type="checkbox"/> Arthritis          | <input type="checkbox"/> Acid Reflux         | <input type="checkbox"/> Anxiety                   |
| <input type="checkbox"/> Asthma             | <input type="checkbox"/> Glaucoma            | <input type="checkbox"/> Seizures                  |
| <input type="checkbox"/> Bleeding Disorders | <input type="checkbox"/> Heart Disease       | <input type="checkbox"/> Stomach Ulcers            |
| <input type="checkbox"/> Breast Disease     | <input type="checkbox"/> Hepatitis           | <input type="checkbox"/> Stroke                    |
| <input type="checkbox"/> Cancer             | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Thyroid Disease           |
| <input type="checkbox"/> COPD/Emphysema     | <input type="checkbox"/> High Cholesterol    | <input type="checkbox"/> Tuberculosis              |
| <input type="checkbox"/> Depression         | <input type="checkbox"/> HIV/AIDS            | <input type="checkbox"/> Heart Attack              |
| <input type="checkbox"/> Diabetes           | <input type="checkbox"/> Kidney Disease      | <input type="checkbox"/> Lupus/Scleroderma         |

Additional Comments: \_\_\_\_\_

## Surgical History

Please list all surgeries, major diseases, illnesses, or conditions for which you have been hospitalized:

<u>Surgeries or hospitalizations</u>	<u>Date</u>	<u>Where</u>
1 _____	_____	_____
2 _____	_____	_____
3 _____	_____	_____
4 _____	_____	_____

## Social History

<b>Religious Belief</b>	<input type="checkbox"/> Catholic <input type="checkbox"/> Jewish <input type="checkbox"/> Protestant <input type="checkbox"/> Muslim <input type="checkbox"/> Other: _____
<b>Have you been exposed to:</b>	<input type="checkbox"/> Asbestos <input type="checkbox"/> Chronic Fumes <input type="checkbox"/> Chronic Dust <input type="checkbox"/> Radiation <input type="checkbox"/> Toxic Chemicals <input type="checkbox"/> Others: _____
<b>Alcohol Use</b>	How many alcoholic beverages do you drink per week: _____
<b>Smoking Status</b>	<input type="checkbox"/> Never smoked <input type="checkbox"/> Current Smoker: How many years have you smoked? _____ How many cigarettes do you smoke a day? _____ <input type="checkbox"/> Quit When did you quit? _____ How many years did you smoke? _____ How many cigarettes did you smoke per day? _____ <input type="checkbox"/> Cigarettes <input type="checkbox"/> Marijuana <input type="checkbox"/> Cigars or pipes <input type="checkbox"/> Chewing tobacco <input type="checkbox"/> Hookah <input type="checkbox"/> Other _____

## FAMILY HISTORY

Include blood relatives only. Do not include anyone adopted, foster, step-relatives, or those related by marriage. List any current ages or age at time of death.

Relative	Age	Alive Y/N?	Had Cancer Y/N?	If yes, What type?	Died of Cancer Y/N?	Other Medical Problems Y/N?	If yes, list medical problem (heart disease, diabetes, etc.)
Mother							
Father							
Mother's Mother							
Mother's Father							
Father's Mother							
Father's Father							
Daughter 1							
Daughter 2							
Daughter 3							
Daughter 4							
Son 1							
Son 2							
Son 3							
Son 4							
Sister							
Sister							
Sister							
Brother							
Brother							
Brother							
Other							
Other							

## Female History

### Menstrual History

Age when menstruation began? \_\_\_\_\_

Are you still having monthly periods?  Yes  No

Is your menstruation slight, moderate, heavy, or irregular? \_\_\_\_\_

Are you presently using an IUD or birth control pills? \_\_\_\_\_

Date of your last menstrual cycle: \_\_\_\_\_

**Is there any possibility you could be pregnant at this time?**  Yes  No

### Menopause

If you are no longer having a menstrual cycle, at what age did your monthly periods stop? \_\_\_\_\_

Did your menopause occur as a result of:  Natural  Surgery  Following chemotherapy?

Do you experience hot flashes?  Yes  No

Any previous history of hormone use

Contraceptive Hormone use:  No  If yes, for how many years: \_\_\_\_\_

Post Menopause Hormones:  No  If yes, for how many years: \_\_\_\_\_

### Pregnancies

Number of pregnancies: \_\_\_\_\_

Number of children born alive: \_\_\_\_\_

What was your age at your first pregnancy? \_\_\_\_\_

## Current Medication List

List all medications you are taking, including vitamins, nonprescription drugs, and herbal supplements.

**Bring all Medications to your first appointment**

Drug	Dose	Frequency	Ordering Physician	Date Started

Retail Pharmacy Name: \_\_\_\_\_ Phone# (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Pharmacy Address: \_\_\_\_\_ Fax #: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Mail Order Pharmacy Name: \_\_\_\_\_ Phone# (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Do you have prescription coverage?     Yes     No

### Allergy Information

Latex Allergy     Yes     No

Iodine Allergy     Yes     No

OTHER ALLERGY INFORMATION	REACTION	Date/Year Started

Name: \_\_\_\_\_

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

## Authorized Patient Communication List

Patient or authorized person: I authorize any physician, hospital, or medical care facility to provide all information regarding my medical history and treatment to the Karmanos Cancer Institute. Photocopies of this form may be considered to be as valid as the original.

**(Optional)** Patient or authorized person: I authorize Karmanos Cancer Institute to discuss my medical condition and/or release medical information the following people (i.e. family members):

Name \_\_\_\_\_ Relationship \_\_\_\_\_ DOB \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ DOB \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ DOB \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ DOB \_\_\_\_\_ Phone \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Karmanos Cancer Institute Clarkston Pain/Controlled Substance Contract

The State of Michigan Opioid laws are changing. This contract is meant to outline the conditions that must be met for us to prescribe you any Pain meds, or controlled substance (CS). Some examples are **Vicodin, Xanax, Ativan, Ambien**, and pain/anxiety/sleeping pills in general.

1. Office visits for the evaluation of pain medications/CS and possible refills must be scheduled in advance. State law prohibits patients from walking into the office and demanding to be seen.
2. **NO** other physician (including ER docs, specialists, etc.) will be prescribing pain medications/CS.
3. You must get your medication at the **same pharmacy** every time.
4. You will take only the pain medications/CS prescribed by this office and not those belonging to friends or relatives.
5. We expect you to comply with any testing or therapy that I ordered.
6. **RANDOM DRUG TESTING WILL BE PERFORMED!** Come prepared to give a sample. Refusal or alteration/falsification of a specimen for testing is grounds for immediate discharge from the practice.
7. **PRESCRIPTIONS WILL ONLY BE PROVIDED AT THE TIME OF YOUR SCHEDULED OFFICE APPOINTMENT AND WILL NOT BE CALLED, MAILED, FAXED OR ELECTRONICALLY SENT IN.**
8. It doesn't matter how you do the math, (1-2 tabs every 4-6 hours) **ALL PRESCRIPTIONS ARE EXPECTED TO REPRESENT A 30-DAY SUPPLY, UNLESS OTHERWISE SPECIFIED. IF YOU RUN OUT EARLY, WE WILL NOT GIVE YOU ANYMORE!** Any change in condition that might require using medication at a higher rate requires office visit for approval.
9. **IF YOU MISSED YOUR SCHEDULED APPOINTMENT, YOU WOULD MISS YOUR REFILL. YOU WILL NEED AN APPOINTMENT TO GET MORE.**
10. **LOST OR STOLEN MEDICATIONS WILL NOT BE REPLACED.** Please protect your medications and yourself.
11. It is your responsibility to make sure you have the prescriptions you need and discuss any issues with the medications being prescribed before you leave the office.
12. **FAILURE TO ADHERE TO ANY PART OF THE ABOVE CONDITIONS IS CAUSE FOR IMMEDIATE DISCHARGE FROM THE PRACTICE. NO EXCUSES WILL BE TOLERATED.**

I understand that I will not be given a narcotic prescription without an office visit. I further understand that if I show up to the office without an appointment, or call the office to obtain a narcotic refill, I will be denied the refill until I come for a scheduled visit.

It is my responsibility to make sure that when I leave the office after a refill visit, that I schedule my next visit at that time.

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Patient Signature

Date:

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Physician Signature

Date:



# We care about you.

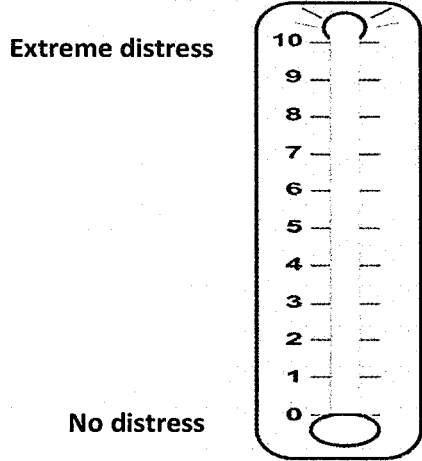
## Tell us how you are feeling

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Today's Date: \_\_\_\_\_

**Instructions:** Please circle the number (0-10) that best describes how much stress you have been experiencing in the past week including today



Please indicate if any of the following has been a problem for you in the past week, including today. Be sure to check YES or NO for each.

- | YES                      | NO                       | Practical Problems  |
|--------------------------|--------------------------|---------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Child care          |
| <input type="checkbox"/> | <input type="checkbox"/> | Housing             |
| <input type="checkbox"/> | <input type="checkbox"/> | Insurance/financial |
| <input type="checkbox"/> | <input type="checkbox"/> | Transportation      |
| <input type="checkbox"/> | <input type="checkbox"/> | Work/School         |
| <input type="checkbox"/> | <input type="checkbox"/> | Treatment decisions |

- | YES                      | NO                       | Family Problems          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Dealing with children    |
| <input type="checkbox"/> | <input type="checkbox"/> | Dealing with partner     |
| <input type="checkbox"/> | <input type="checkbox"/> | Ability to have children |
| <input type="checkbox"/> | <input type="checkbox"/> | Family health issues     |

Please do not write below this line: \_\_\_\_\_

Referred to oncology social worker

- | YES                      | NO                       | Emotional Problems                   |
|--------------------------|--------------------------|--------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Depression                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Fears                                |
| <input type="checkbox"/> | <input type="checkbox"/> | Nervousness                          |
| <input type="checkbox"/> | <input type="checkbox"/> | Sadness                              |
| <input type="checkbox"/> | <input type="checkbox"/> | Worry                                |
| <input type="checkbox"/> | <input type="checkbox"/> | Loss of interest in usual activities |
| <input type="checkbox"/> | <input type="checkbox"/> | Feelings of abandonment              |

**Spiritual/Religious Concerns**

- | YES                      | NO                       | Physical Problems      |
|--------------------------|--------------------------|------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Appearance             |
| <input type="checkbox"/> | <input type="checkbox"/> | Bathing/dressing       |
| <input type="checkbox"/> | <input type="checkbox"/> | Breathing              |
| <input type="checkbox"/> | <input type="checkbox"/> | Changes in urination   |
| <input type="checkbox"/> | <input type="checkbox"/> | Constipation           |
| <input type="checkbox"/> | <input type="checkbox"/> | Diarrhea               |
| <input type="checkbox"/> | <input type="checkbox"/> | Eating                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Fatigue                |
| <input type="checkbox"/> | <input type="checkbox"/> | Feeling swollen        |
| <input type="checkbox"/> | <input type="checkbox"/> | Fevers                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting around         |
| <input type="checkbox"/> | <input type="checkbox"/> | Indigestion            |
| <input type="checkbox"/> | <input type="checkbox"/> | Memory/concentration   |
| <input type="checkbox"/> | <input type="checkbox"/> | Mouth sores            |
| <input type="checkbox"/> | <input type="checkbox"/> | Nausea                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Nose dry/congested     |
| <input type="checkbox"/> | <input type="checkbox"/> | Pain                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Sexual                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Skin dry/itchy         |
| <input type="checkbox"/> | <input type="checkbox"/> | Sleep                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Tingling in hands/feet |

**Other problems:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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**Risk Assessment for Lynch Syndrome and Hereditary Breast and Ovarian Cancer Syndrome**

Patient Name: \_\_\_\_\_

Physician: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Today's Date: \_\_\_\_\_

This is a screening tool for cancers that run in families. Please consider these family members when completing the form:

Mother/Father/Sister/Brother/Children = **1<sup>st</sup> Degree Relatives**

Aunt/Uncle/Grandparent/Neice/Nephew = **2<sup>nd</sup> Degree Relatives** Cousins/Great Grandparents = **3<sup>rd</sup> Degree Relatives**

Have you or any of your relatives been tested for hereditary Cancer(BRCA/Colaris) in the past? YES NO

Have you ever been Diagnosed with cancer? What site: \_\_\_\_\_ Age: \_\_\_\_\_

COLON AND UTERINE CANCER (Lynch Syndrome/Colaris)		Self, Sibling or Child	YOUR RELATIONSHIP TO FAMILY MEMBER W/ CANCER		AGE AT DIAGNOSIS
Y	N		MOTHER'S SIDE	FATHER'S SIDE	
BREAST AND OVARIAN CANCER (HBOC/BRAC ANALYSIS)		Self, Sibling or Child	YOUR RELATIONSHIP TO FAMILY MEMBER W/ CANCER		AGE AT DIAGNOSIS
Y	N		MOTHER'S SIDE	FATHER'S SIDE	

Is there any other cancer in you or any family members not listed above (provide site, relationship and age):

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For office use only <input type="checkbox"/> Patient is appropriate for further risk assessment and/or genetic testing on _____ <input type="checkbox"/> Information given to patient to review Follow-up appointment scheduled on _____ Patient offered genetic testing: Accepted or Declined HCP Signature: _____
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McLAREN HEALTHCARE  
Authorization to Release Information

Patient Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Medical Record Number \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Maiden/Other Names \_\_\_\_\_

I authorize MCLAREN/KARMANOS ONCOLOGY to release to \_\_\_\_\_  
(name) (name)  
5680 BOW POINTE DR, SUTE 202 (address)  
(address) (city, state, zip)  
CLARKSTON MI 48346 (city, state, zip)  
(city, state, zip) (telephone/fax)  
248-922-6650/248-922-6655 (telephone/fax)  
(telephone/fax) (email address)  
\_\_\_\_\_ (email address)

Specific type of information to be disclosed: Date(s) of Service: \_\_\_\_\_

- History and Physical
- Operative Report
- Physician's Notes
- Consultation Reports
- Therapy Notes
- Discharge Summary
- Laboratory Results
- Billing Records
- Home Care Records
- Diagnostic Imaging (e.g., X-Rays) reports from (date) \_\_\_\_\_
- Diagnostic Imaging (e.g., X-Rays) films from (date) \_\_\_\_\_
- Other \_\_\_\_\_

Sensitive information to be disclosed: Date(s) of Service: \_\_\_\_\_

- Behavioral and Mental Health Service Information (excluding Psychotherapy Notes)
- Referrals and treatment for alcohol and substance use disorder
- Communicable diseases such as sexually transmitted diseases and human immunodeficiency virus (HIV infection, Acquired Immune Deficiency Syndrome or AIDS Related Complex)

Consent to release Entire Medical Record, for dates of service listed, including all information noted above:

Date(s) of Service: \_\_\_\_\_  
Initials \_\_\_\_\_ Date \_\_\_\_\_

Please continue to the otherside of this form for Acknowledgements and signatures.



PT. \_\_\_\_\_  
MR.#/P.M. \_\_\_\_\_  
DR. \_\_\_\_\_

**By signing this form I understand:**

1. That I need not sign this form in order to ensure treatment, payment for treatment or enrollment or eligibility for health benefits.
2. My health information may be shared electronically.
3. The sharing of my health information will follow state and federal laws and regulations.
4. This form does not give my consent to share psychotherapy notes as defined by federal law.
5. I can withdraw my consent at any time; however, any information shared with or in reliance upon my consent cannot be taken back. I understand that the revocation will not apply to information that has already been released in response to this authorization. This authorization is in effect for no more than 60 days after date it was signed unless otherwise specified. Upon conclusion of that time period, this authorization is automatically revoked and no further disclosure of the patient's information is permitted.
6. I should tell all agencies and people listed on this form when I withdraw my consent.
7. I can have a copy of this form.
8. That unless otherwise indicated or specified here, a request for disclosure or release of my "Entire Medical Record" or health information may include information regarding drug, alcohol or mental health treatment, social service records, communications made to a social worker and information regarding serious communicable diseases and infections as defined by the Michigan Department of Public Health Code, which includes venereal disease, tuberculosis, acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV).
9. That any disclosure of information carries with it the potential for redisclosure and that once disclosed to the individual or organization identified above, the information may not be protected by federal confidentiality rules.
10. By signing this form, I confirm that I understand the information and any questions have been answered about this form.

\_\_\_\_\_  
Signature of Patient or Legal Representative

\_\_\_\_\_  
Date

\_\_\_\_\_  
If Signed by Legal Representative, State Relationship to Patient

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date

**AUTHORIZATION TO RELEASE  
INFORMATION**

PT.

MR./P.M.

DR.

## Oncology Functional Assessment Questionnaire

- |  |  |
|--|--|
| 1. My lifestyle before cancer diagnosis  | <input type="checkbox"/> Active <input type="checkbox"/> Sedentary |
| 2. My lifestyle since cancer diagnosis   | <input type="checkbox"/> Active <input type="checkbox"/> Sedentary |
| 3. I have difficulty performing my pre-cancer diagnosis household chores   | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 4. I have difficulty performing my job as I did prior to cancer diagnosis  | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 5. I have difficulty exercising for at least 30 minutes, 5 times/week  | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 6. I have difficulty shopping for groceries/clothes (assuming transportation is available)   | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 7. I have difficulty driving a car   | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 8. I have difficulty or shortness of breath climbing a flight of stairs at a normal pace   | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 9. I have difficulty lifting and carrying groceries  | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 10. I have difficulty walking  | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 11. I have difficulty preparing my own meals   | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 12. I have difficulty feeding myself   | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 13. I have difficulty dressing/undressing myself   | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 14. I have difficulty taking care of my own appearance (comb hair or shave)  | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 15. I have difficulty bathing or showering   | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 16. I have difficulty getting in/out of bed  | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 17. I have difficulty getting in/out of a chair or on/off the toilet   | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 18. The quality of my sleep is different from prior to cancer diagnosis  | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 19. Do you experience a persistent sense of tiredness that is not proportional to activity level, interferes with usual function, and is not relieved by rest? | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 20. Do you experience problems with incontinence?  | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 21. Do you experience a heavy sensation in your arm or leg; tight fitting clothes or jewelry or shoes?   | <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 22. Do you have any swelling in your arm, leg, trunk, head, neck or genital areas?   | <input type="checkbox"/> Yes <input type="checkbox"/> No           |

If you answered "yes" to any of these questions, you may be a candidate for physical therapy. You can use this questionnaire to help guide your discussion with your health care provider. If you have questions about how physical therapy can help you get your life back, call McLaren Clarkston Physical Therapy at (248) 922-6820.



Questions taken in part from: Medical Outcomes Study 36-Item Short-Form Survey Instrument and OARS Multidimensional Functional Assessment Questionnaire. Chavira AL, Tronel AD, Basford JR, et al. Prevalence and treatment patterns of physical therapy impairments in patients with metastatic breast cancer. J Clin Oncol 20:2621-2629, 2002

# Fighting Cancer is Hard Physical Therapy Can Help You Optimize Your Recovery

As a cancer patient and survivor, you can have a positive impact on many concerns you may experience now and in the future. Physical Therapy can help you prevent, manage, and improve the common complaints listed below:

<b>Common Concerns:</b>	<b>How Physical Therapy Can Help:</b>
Weakness/Loss of Function	Restore function through strengthening exercises
Fatigue	Improve overall energy levels through exercise
Swelling/Lymphedema	Prevent and/or reduce swelling through manual techniques and compression
Loss of Balance/Falls	Balance and coordination exercises to improve stability and sensory awareness and reduce risk of falls
Decreased Flexibility	Loosen connective tissue, stiff joints, and tight muscles through stretching and manual techniques
Scar Tissue/Cording	Manual therapy techniques and stretching can improve scar mobility leading to improvement in functional movement
Incontinence	Pelvic floor muscles can be strengthened with exercise and manual techniques
Vaginal Tightness (with or without pain)	Pelvic floor muscles can be stretched through exercise with instruction in relaxation and behavior modification
Shortness of Breath/ Decreased Endurance	Graded aerobic exercises can be performed to improve endurance
Changes in Posture	Strength and weight bearing exercises can help build or maintain bone density and reduce risk of bone injury
Numbness/Tingling	Balance and coordination exercises improve stability and sensory awareness while reducing risk of falls
Difficulty opening mouth or moving head/neck	Tight jaw and neck muscles can be elongated through manual techniques and exercise to restore function

Please fill out the attached Oncology Functional Assessment Questionnaire on the reverse side to see if physical therapy could be right for you. If you have additional questions about how physical therapy can help you get your life back, call McLaren Clarkston Physical Therapy at (248) 922-6820.

