

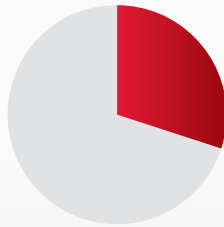
# Patients with cancer have unique needs

## Clinical depression



Up to **1 in 4** have clinical depression<sup>1</sup>

## Need more information



**30%** require more information about their treatment options, education about their diagnosis, and encouragement to seek additional help<sup>2</sup>



## Visit time

**15 minutes** is the average duration of a cancer patient's visit with a healthcare professional<sup>3</sup>

## Need intervention



**35–40%** require specialized or professional intervention for symptom management and distress<sup>4</sup>

# Cancer Coaching can help

Cancer Coaching is a complimentary service developed by the Ottawa Regional Cancer Foundation for people in our community who are facing cancer. No medical referral is needed.

Patients and caregivers are eligible for up to 5 hours of one-on-one coaching with regulated healthcare professionals who have a background in oncology. We provide education, support and practical skills development to help meet their physical, emotional, informational and spiritual needs.

Clients use our service for a variety of reasons, including:

- Dealing with stress
- Caregiver support
- Learning about available community resources
- Managing post-treatment transitions
- Managing and improving fatigue
- Grief and bereavement support

**Cancer Coaching is available in person or virtually through our secure online platform.**



## Cancer Coaching works

A recent survey of our clients showed that after Cancer Coaching:

**86% agree** they are better able to cope with life

**93% agree** they are better able to keep themselves as healthy as possible

**87% agree** their quality of life has improved

**80% agree** that they feel they are part of a connected cancer care team

(Ottawa Regional Cancer Foundation, Cancer Coaching Client Feedback Survey 2014-2015, percentages refer to survey respondents who agreed completely or somewhat to survey questions.)

## References

- 1 <http://www.cancer.org/treatment/treatmentsandsideeffects/emotionalsideeffects/anxietyfearanddepression/anxiety-fear-and-depression-depression>
- 2 [http://www.capo.ca/pdf/ENGLISH\\_Adult\\_Assessment\\_Guideline\\_Sept2011.pdf](http://www.capo.ca/pdf/ENGLISH_Adult_Assessment_Guideline_Sept2011.pdf)
- 3 Case for Support (2015) Ottawa Regional Cancer Foundation
- 4 [http://www.capo.ca/pdf/ENGLISH\\_Adult\\_Assessment\\_Guideline\\_Sept2011.pdf](http://www.capo.ca/pdf/ENGLISH_Adult_Assessment_Guideline_Sept2011.pdf)

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The Ottawa Regional Cancer Foundation is committed to helping families who are touched by cancer, by improving local cancer care, providing unique programs and helping extend lives by bringing new and innovative treatments to our community through local clinical trials and research.