

Helpful websites and resources

BC Cancer

www.bccancer.bc.ca

Then go to health-info For information about:

- Advance Care Planning
- Emotional Support
- Managing Symptoms and Side-effects such as constipation

Canadian Cancer Society

www.cancer.ca

Or dial 1-888-939-3333 to speak to an information specialist about:

- Information about Cancer
- Information about services in your community
- To be connected to someone with a similar experience
- Transportation and accommodation

Health Link BC

www.healthlinkbc.ca

Then go to Services and Resources

Or dial 8-1-1 and speak to:

- Registered oncology dietitian
- Pharmacist
- Nurse
- Oncology trained exercise professional

Advance Care Planning

www.advancecareplanning.ca

Locate tools to:

- Reflect on your values and wishes
- Plan for the best outcome by communicating your wishes for health care to your loved ones

Canadian Virtual Hospice

www.virtualhospice.ca

Contact Information for Pain & Symptom/Palliative Care Clinic

Abbotsford

32900 Marshall Road, Abbotsford, BC

Phone: 1.604.870.7470 (press # 4)

Toll free: 1.877.547.3777 x 647470

Prince George

1215 Lethbridge Street, Prince George, BC

Phone: 250.645.7313

Toll free: 1.855.775.7300 x 687313

Surrey

13750 96th Avenue, Surrey, BC

Phone: 604.930.2098 x674958

Toll free: 1.800.523.2885

Kelowna

399 Royal Avenue, Kelowna, BC

Program secretary: 250.712.3996

Oncology nurse: 250.712.3944

Toll-free: 1.888.563.7773

Vancouver

600 West 10th Avenue, Vancouver, BC

Phone: 604.877.6000 x 672645 or x 672707

Toll free: 1.800.663.3333 x 672645 or x 672707

Victoria

2410 Lee Avenue, Victoria, BC

Phone: 250.519.5503

Toll free: 1.800.670.3322 x 695503

All Toll Free numbers are for BC and Yukon



Revised January 2019

**BC
CAN
CER**

Provincial Health Services Authority

Pain & Symptom Management/ Palliative Care Clinic



All people living with cancer are welcome to access our services if their family doctor and oncologist are not able to satisfactorily meet their needs for symptom management or advance care planning, at any stage of their cancer journey.

What we do

- Our goal is to understand your needs and provide you with relief from pain and symptoms, that you may be experiencing such as nausea, fatigue, shortness of breath, and to provide support for psychosocial, emotional and spiritual distress if needed.
- We work as a team of physicians, nurses, pharmacists, and administrative staff to support you and your family with concerns that come with living with or after cancer.
- We are happy to provide support alongside therapies that are intended to prolong life, such as chemotherapy or radiation therapy.
- We work with our interprofessional colleagues when you require support outside our scope. We may also refer you to other community services and resources as appropriate.
- We are a UBC-affiliated service and often have medical, nursing and allied health professional students in our clinic.
- Our consultation letter and recommendations at each visit will be sent to your family physician and oncologist. We encourage you to stay connected to your family physician. If you do not have a family physician, let us know.

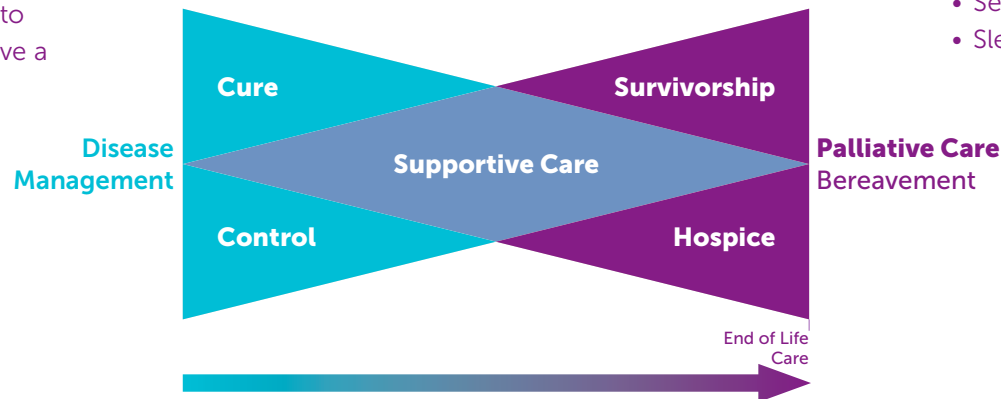
Medication

On your first visit please bring ALL your prescription medications AND non-prescription supplements with you, including patches, creams, inhalers, oils, tinctures etc. Let us know if you have any allergies to medications. Keep a record of your medications yourself, or get a print out of your medications from your pharmacy and share this list with all your care providers.

Bring updated medication information with you to your follow up visits.

Once your symptoms are managed you may not need to keep coming back to this clinic regularly. We ask that you request repeat prescriptions from your family doctor. If he/she is unsure of anything, they can call us for telephone advice, or fax us any questions. We cannot provide prescriptions for medications not prescribed by our doctors for symptom management.

We can see you again if your condition becomes unstable for any reason and your family doctor and oncologist would like assistance.



Tips

Review all your medications every Monday and if you have a week or less before running out, and don't already have an appointment planned in time, arrange to see your family doctor for a refill. It can sometimes take a few days to get this done.

Many pain medications can cause constipation. Any BC Cancer clinic can provide you with information about how to prevent or treat this. Please ask any of your healthcare team members about this, or call BC Cancer and ask for the nurse help line.

We encourage using the BC Cancer website for further information and handouts

www.bccancer.bc.ca

> Health-info

> Coping-with-cancer

> Managing-symptoms-side-effects

For information on:

- Pain
- Nausea
- Diarrhea
- Constipation
- Fatigue
- Loss of Appetite
- Sexual Problems
- Sleep Problems