Welcome to Chemotherapy Class!!
Class Overview

- Our chemo class is designed to provide the following information:
  - Shared Services available to patients
  - Common side effects of chemotherapy
  - When to call your doctor
  - What to expect on your first day of chemotherapy
  - What to expect after each chemotherapy dose
  - Tour of infusion center
Contacting Your Provider

Found in Binder on Page 5

• Hematology and Oncology Department
  – 504-842-3910

• Radiation Oncology Department
  – 504-842-3440

• Gynecologic Oncology Department
  – 504-842-4165

• Tansey Breast Center
  – 504-842-6406
Video Presentation

https://www.youtube.com/watch?v=X2-mZDUTJAo&feature=youtu.be
What is Chemotherapy?

- Chemotherapy is sometimes referred to as simply “chemo.” Chemotherapy is used most often to describe drugs that kill cancer cells directly. These are sometimes referred to as “anti-cancer” drugs or “antineoplastics”

How is Chemotherapy Given?

- Orally
- Intravenously (through an IV in the arm or a port-a-cath)
Video Highlights

• Most Common Side Effects of Chemo
  – Low Blood Counts
  – Fever
  – Fatigue
  – Nausea
  – Hair Loss

• Symptom Tracker – page 19 of binder

• Signs of infection: Notify MD or report to nearest ER!
  – Fever of 100.4 for one hour
  – One time temperature of 101 or more
  – If instructed to go to ER, always inform nursing staff that you are an oncology patient receiving chemotherapy
Dietician Information

An Oncology Dietician is available for all cancer patients being treated at Ochsner

• Common reasons to see a dietician during chemo:
  – Weight loss
  – Weight gain
  – Appetite changes
  – A change in your ability to eat/feed yourself

• A plan to accomplish your personalized nutrition goals will be developed and your ongoing progress will be monitored and evaluated

• To schedule a one-on-one appointment, ask your oncologist’s office or nurse navigator to place a referral order

Website: https://www.ochsner.org/services/cancer-care/nutrition-support
Alternative Therapies and Medications

Some over-the-counter medications may affect how your chemo works in your body.

Always inform your doctor of any supplements or vitamins you are taking.

Some examples:

- Tumeric
- St. John’s Wort
- Multivitamins
Oncology Social Work

• Your oncology social worker is available for in person or phone consultation

• Resources they can provide to patient, family, and caregivers:
  – Transportation Support
  – Lodging
  – Financial Assistance
  – Support Group Information
  – Disability Information
  – Emotional Support
  – Medication Assistance Programs
  – Home Medical Equipment

Website: 
https://www.ochsner.org/services/cancer-care/social-workers
Oncology Psychology

- Psychologists dedicated to our cancer patients
- Available for one-on-one counseling appointments
- To schedule a one-on-one appointment, ask your oncologist’s office or nurse navigator to place a referral order
- Topics that can be discussed/treated include:
  - Anxiety
  - Depression
  - Insomnia
  - Family Dynamic Issues
Financial Assistance/Questions

• Oncology Financial Counselor: Ciera Handy
• Provides help with:
  – Billing questions/issues
  – Insurance cancer policies
  – Arrangement of Payment Plans
  – Financial Assistance Applications
• Phone Number: 504-842-2386
• Location: 1st floor Benson Cancer Center
Oncology Nurse Navigation

• Trained oncology nurses
• Maintain a consistent presence throughout your cancer treatment
• Provide Assistance with:
  – Initial scheduling
  – Care coordination
  – Disease and treatment education
• The Nurse Navigator for your specific cancer type can be reached by calling the main line at 504-842-3910
What to Expect: First Day of Chemotherapy

- Will have labs and see your doctor prior to your chemo appointment
  - You may be able to have labs closer to home
  - The doctor will review your labs and any side effects before deciding whether to give your chemo as scheduled
- What to wear
- What to bring
- Check in on 5th floor
- Ride Home
- Duration of appointment will vary depending on regimen
- Review Infusion Suite Guidelines
What to Expect: After Chemotherapy

- Side Effects Timing
- Going in public places/interaction with others

Common Questions

- Can I eat whatever I want?
- Can I be around my kids and grandkids?
- Do I have to stop going out to dinner?
Additional Questions/Concerns?