

The background of the slide features a large, faint, circular seal of Rutgers University. The seal contains the text "RUTGERS UNIVERSITY" and "1823" around a central emblem. The entire slide has a solid red background.

RUTGERS

Cancer Institute
of New Jersey

Treatment Patient Orientation

Program Objectives

- Orient you to the facility, the healthcare team, and available resources
- Prepare you and your family for your first treatment
- Discuss common myths about cancer and its treatment
- Answer your questions

“Outsmarting Cancer With Science”



Rutgers Cancer Institute of New Jersey

- NCI-designated Comprehensive Cancer Center
 - Highest designation for centers at the forefront of cancer research
 - Only 45 in the United States
 - Only CCC in New Jersey
- 25 years delivering cancer care in New Jersey
- Part of Rutgers University since July 2013
- Robert Wood Johnson University Hospital (flagship)
- Cancer Institute of New Jersey Network
 - Includes hospitals across the state
 - Provide cancer care to over one third of NJ's cancer patients
 - Offers access to latest cancer therapies and state-of-the-art cancer care

Role of the Pharmacist

- Prepares
 - Point check system ensures accuracy of medicine
 - Individualized care for each patient
 - Medicine made on site
- Monitors
 - Drug interactions check
 - Laboratory values
 - Side effects
- Educates
 - New visit to treatment area
 - Change of treatment regimen or new drug
 - Medicines for helping with side effects
 - Always available upon request for ANY questions

See Handout: *Preventing Medicine Errors*

Preventing Medicine Errors: Recommendations to Patients

Your healthcare team plays an important role in developing and implementing processes and procedures to prevent medicine errors from occurring. To ensure medicines are used safely and effectively, Rutgers Cancer Institute of New Jersey recommends that patients follow these tips:

- **Always bring your medicine(s) with you each time you visit Rutgers Cancer Institute of New Jersey.** Keep a personal list of all drug therapy, including prescribed drugs, nonprescription or over-the-counter drugs, herbal or alternative medicines, and medical foods that you take, and show it to the healthcare team managing your care.
- **Maintain a list of medicines that you cannot take** (for reasons like **allergic reactions** or **side effects**). Give the reasons why, and show it to the healthcare team.
- **Communicate your actual medicine practices** to your healthcare team; especially if the way you take your medicine has changed from the original prescribed directions. Telling your healthcare team how and when you take your medicines is as important as what medicines you take.
- Ask to speak with a pharmacist if you have any questions about the treatments or medicines you receive.
- Learn the names of the drug products that are prescribed and given to you, as well as their dosage strength and schedules. **As an extra safety measure, we show you each medicine. Each medicine will be labeled with your name and the medicine you are scheduled to receive during your treatment. You will be asked to verify your name and medicines.** This will confirm your identification on the medicine labels and help ensure that you are familiar with the medicines you should be receiving that day.
- **Question anything you don't understand or that doesn't seem right.** Be especially alert to changes, such as receiving a prescription refill that seems to have a different strength or appearance from your original prescription.
- Ask if you should avoid certain foods, beverages, other medicines, or activities while you are taking the drug.
- Request any written information available about your medicine(s).
- Verify your understanding of proper medicine use and effects by repeating medicine information to health professionals.
- If you're too ill to follow these suggestions, ask a friend or relative to help.
- **If you have any questions, please ask.**

Role of the Nutritionist

- Assess and evaluate
 - Nutrition referral made by healthcare team or at patient's request
- Educate
 - Maintaining good nutrition while receiving treatment
 - Nutrition supplements, therapeutic diets, myths about “anti-cancer” diets, etc.
- Review handouts
 - *Treating Common Side Effects of Cancer and Cancer Treatment*
 - *Nutrition Guidelines: Frequently Asked Questions*

Treating Common Side Effects of Cancer and Cancer Treatment

Chemotherapy may affect your ability to digest, absorb and utilize food. The side effects of chemotherapy vary from patient to patient and most side effects go away when treatment ends. Here are some **suggestions** to help lessen the side effects.

Loss of Appetite

- Eat small, frequent meals
- Snack on foods such as cheese and crackers, muffins, peanut butter on toast, nuts, fruit, ice cream, pudding, yogurt, cereal with whole milk or buttered popcorn
- Drink non-carbonated beverages between meals to prevent early fullness at meals
- Eat larger meals when you feel well
- Drink liquid nutritional supplements
- Ask your healthcare team for the handout "Loss of Appetite"



Weight Loss

- Add jams or jelly, butter or margarine, mayonnaise, salad dressing and gravy to your foods to increase calories
- Eat high calorie snacks between meals
- Use broth rather than water for cooking noodles and rice
- Include high calorie foods in your diet such as whole milk, ice cream, milkshakes or nutritional supplements
- Ask your healthcare team for the handouts "How to Increase Calories for Weight Gain" and "Nutrition Guidelines: High Protein"

Change in the Taste of Food

- Choose tart foods like oranges or lemonade
- Add flavorful seasonings to foods such as garlic, onion, lemon or lime juice, vinegar, bacon bits, basil, oregano and rosemary
- If foods taste metallic, use plastic utensils and dishes whenever possible
- Try marinating meats, chicken, or fish in fruit juices, sweet and sour sauce, soy sauce, sweet wine or Italian dressing
- Add bacon, ham or onion to enhance the flavor of vegetables
- Ask your healthcare team for the handout "Taste Problems"

Nutrition Guidelines

Frequently Asked Questions

Should I supplement my diet with vitamins and minerals?

At present there is no evidence that vitamin and mineral supplements can help fight cancer during treatment. In fact, large doses of some vitamins may even stop your treatment from working the way it should. We know that patients who eat well during treatment are better able to cope with their cancer. Food is the best source of vitamins and minerals. However, vitamin and mineral supplements may be beneficial for patients with a poor dietary intake. Discuss your individual needs with your doctor before taking any vitamin and mineral supplements.

Should I be eating organic foods?

The term “organic” means foods grown without pesticides and genetic modifications. Currently, there is no evidence that organic foods are better for you than non-organic foods. In general, always thoroughly wash your fruits and vegetables before eating them.

Should I be eating soy foods or taking soy supplements?

Recent studies have determined that moderate amounts (up to three servings) of soy foods (tofu, tempeh, soy milk, soy yogurt, soy cheese, soybeans, soy nuts, and soy flour) can be consumed as part of your daily diet while on cancer treatment. These studies have only looked at soy foods, not soy dietary supplements. Therefore, it is best to avoid large amounts of soy supplements (powdered soy protein and soy pills) until more research has been done. This should be followed by all patients, including those who have breast, endometrial, or ovarian cancers.

Should I avoid sugar?

Presently, there is no evidence that eating sugar during treatment will make your cancer worse. It is important to choose healthy foods during treatment. Limiting intake of sugary foods is recommended as a part of a healthy diet.

Should I avoid artificial sweeteners?

Common artificial sweeteners include aspartame (Equal®) and saccharin (Sweet’ n Low®). There is no evidence that either sweetener has a negative effect on cancer treatment.

Should I avoid red meats?

Red meats are a good source of dietary protein and calories. Eating an adequate amount of calories and protein during treatment is important. With the exception of very lean ground beef, beef sirloin and beef or pork tenderloin red meats are generally very high in saturated fat and therefore they are regarded as less healthy than other good sources of protein which are lower in saturated fat such as skinless poultry, non-fried fish and seafood, low fat milk, eggs, beans and nuts. Depending on how you progress through your treatment you may or may not find red meat a useful source of calories and protein. Limiting intake of fatty red meats is recommended as a part of a healthy diet. But making changes in your diet, such as cutting back or avoidance of red meats, may be better served once your treatment has ended.

Tobacco Dependence Program

Quitting is hard. We're here to help...



What can I expect?

- Meet with trained experts
- Learn about tools that can help you quit
- Make an individualized plan that works for you

Your plan can include:

- One-on-one support
- Group support
- Nicotine medicines (patch, gum, inhaler, spray, lozenge)
- Other medicines (Chantix, Zyban, Wellbutrin)

Call 732-235-8222

Take the Quiz:

- ☐ Have you ever tried to quit?
- ☐ Are you embarrassed about your smoking?
- ☐ Does your smoking cause health problems?
- ☐ Does your smoking cause problems at home or work?
- ☐ Are you tired of tobacco controlling your life?
- ☐ Has your doctor said to quit?
- ☐ Do you really want to quit?
- ☐ Are you concerned for your loved ones?

**If you said YES
to any of these questions,
we can help you!**



Offering two convenient New Brunswick, NJ locations:

Rutgers Cancer Institute of New Jersey
195 Little Albany Street

Clinical Academic Building
125 Paterson Street, Suite 2300

Supported by:

Rutgers Cancer Institute of New Jersey
Rutgers Robert Wood Johnson
Medical School
Rutgers School of Public Health

Tobacco Dependence Program

125 Paterson Street, Suite 2300
New Brunswick, NJ 08903
Phone: 732-235-8222

Email: stopsmoking@rutgers.edu
www.tobaccoprogram.org

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THE STATE UNIVERSITY
OF NEW JERSEY

Rutgers, The State University of New Jersey

Tobacco Dependence Program

**Get the help you need
to quit smoking**

Call 732-235-8222

www.tobaccoprogram.org



We are here to help you quit!

Why call us?



Reasons to quit

- Look and feel healthier
- Set an example
- Live longer
- Smile brighter
- Save money
- Breathe easier
- More energy
- Control your life



Reasons to come see us

- You want to quit
- You are thinking of quitting
- You quit a short time ago and want support to stay quit
- You want to help a loved one
- Your doctor told you to quit



How can we help?

Quitting is hard...

The experts in our program understand that quitting is not easy. We know that smoking gets your body hooked on tobacco.

When you try to stop, you can feel:

- Nervous ▪ Tense ▪ Hungry
- Moody ▪ Sad ▪ Cravings

These feelings make it very hard to quit, but with our support, you can beat these feelings and quit for good!

**The care we give
can help raise your chances
of quitting!**



What can I expect?

At our program, you will:

- Meet with trained experts
- Learn about tools that can help you quit
- Make a plan that works for you

Your plan can include:

- One-on-one support
- Group support
- Nicotine medicines (patch, gum, inhaler, spray, lozenge)
- Other medicines such as Chantix®, Zyban®, or Wellbutrin®

**Call 732-235-8222 or
email stopsmoking@rutgers.edu
to get started**



The Tobacco Dependence Program can help you quit!

Role of the Social Worker

- Clinical
 - Counseling (patient, family, group)
 - Relaxation techniques, coping strategies
 - Problem solving and decision making
 - Talking with loved ones (including children)
- Practical or “concrete”
 - Advanced Directive / Living Wills
 - Financial barriers (cost of medicine, rides)
 - General assistance
 - Cancer resources - exercise programs, grants
 - Community - welfare, food banks

Social Workers at the Cancer Institute

- Have specialized knowledge about the disease, treatment, clinical trials and common issue for the cancer types each of us work with
- Are trained in Cognitive Behavioral Therapy (CBT) and have additional skills in stress management
- Have counseling skills for working with individuals, families and groups
- Have Masters degrees and are licensed

Social Work Services

- Navigation services to find needed resources so you can complete treatment and follow-up care
- Help talking with your partner, family and friends
- Help navigating work-related issues

Social Work Services

- Tools and support for decision making
- Education about advanced care planning
- Helping you to communicate well with your healthcare team
- Available to sit and talk to you while you sort through important matters

Services: Classes and Groups

- *Living with Cancer* Support Group
- *Breast Cancer* Support Group
- *Gynecological Cancer* Support Group
- *Bone Marrow Transplant* Support Group
- “Tips and Tools” class for relaxation
- “Stretch to De-stress”: A Gentle Exercise Class
- Cancer Transitions: Moving Beyond Treatment
- Orientations like this one



Look Good, Feel Better:

A program offered by American Cancer Society

- Feel your best self while in treatment
- Women get a step-by-step makeover teaching session led by professionals using products donated by the cosmetic industry
- Skin and makeup lessons, advice dealing with: hair loss, use of wigs, scarves, and other accessories
- Receive a complimentary cosmetic kit to match your skin tone
- Groups held periodically at the Cancer Institute and throughout New Jersey. Pre-registration is required.
- For men: a practical guide is online at:
<http://www.lookgoodfeelbetterformen.org/>

Role of the Nurse

- Nurse Navigator
- Advanced Practice Nurse
 - Nurse Educator
 - Nurse Practitioner (NP)
- Nurse Clinicians
 - Clinic
 - Treatment-chemo certified
 - Research



Where Will I Receive Cancer Treatment?

- Adult Infusion Area
- Level 1 Area
- 5 North Same Day Chemo Unit
- Outreach Laboratory
- Coming soon!
 - East Tower (Hematologic Malignancies)
 - Plum Street (Neurologic Malignancies)

Adult Infusion Area



How Do I Prepare for Cancer Treatment?

- What should I Wear?
 - Comfortable clothes
 - Loose sleeves
 - Button down shirt if you have a port-a-cath
 - Layers: be prepared for hot and cold



How Do I Prepare for Cancer Treatment?

- What should I Bring?
 - A significant other or “buddy” for first treatment
 - Pen and paper
 - Activities to keep busy:
 - Magazines, books, laptop, electronics
 - Please turn cell phone ringer off



How Do I Prepare for Cancer Treatment?

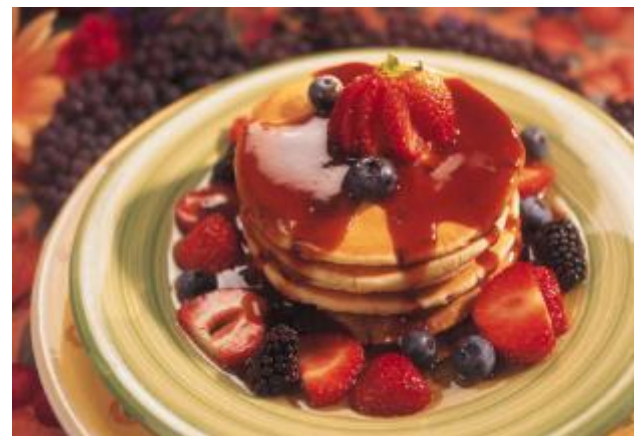
- What Else Do I Need to Do?
 - Eat well (Foods that you are used to)
 - Drink lots of fluids
 - Get plenty of rest



It's Your First Treatment Day

What Do I Need to Do?

- Eat breakfast!
 - Fast only if instructed by healthcare team
- Leave early and allow for traffic
- Arrive 30 min. prior to appointment time



Treatment Day

- Sign in at front desk
- Patient identification verified
- Vital signs taken
 - Includes height and weight
- Assigned to nurse and chair in infusion area
- IV started and blood drawn at same time (if needed)
- Some will receive IV fluids or medications prior to cancer treatment but not everyone

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**Please get your blood work and labs done
one or two days before your treatment
appointment to help us reduce wait times.**

Blood work and labs can be completed at one of the following locations:

RWJ Laboratory Services – 866-476-2522

(No appointment necessary at any location)

10 Plum Street, 3rd Floor, New Brunswick
Monday – Friday, 8am – 3pm; Saturday, 8am – noon

Monument Square, 317 George St., New Brunswick
Monday – Friday, 7am – 5pm

18 Centre Drive, Suite 205, Monroe Township
Monday – Friday, 8am – 4pm

557 Cranbury Road, Suite 22B, East Brunswick
Monday – Friday, 8am – 4pm

Clinical Academic Bldg., 125 Paterson Street, New Brunswick
Monday – Friday, 8am – 5pm

Rutgers Cancer Institute, 195 Little Albany Street, New Brunswick
Monday – Friday, 7:30am – 4:40pm

331 Route 206 North, Suite 2C, Hillsborough
Monday – Friday, 8am – 4:30pm

3322 Route 22 West, Bldg. 6, Suite 605, Branchburg
Monday – Friday, 9am – 5pm

LabCorp

Find a location near you at

www.labcorp.com/wps/portal/findalab



Quest Diagnostics

Find a location near you at

<https://secure.questdiagnostics.com/hcp/psc/jsp/SearchLocation.do>



Treatment Day

- See MD / APN only if appointment is scheduled
- Treatment nurse clinician / pharmacist provides individualized teaching
- Lunch provided to patients
 - Refrigerator and microwave available in pantry



Treatment Day

- Cancer treatment usually not begun immediately
 - Lab results drawn or reviewed
 - Education provided
 - pre-meds given
 - Checks completed. . . then the cancer treatment
- Saline flush required after treatment
- IV taken out after treatment completed
- Discharge instructions given
- Stop at front desk to confirm appointments

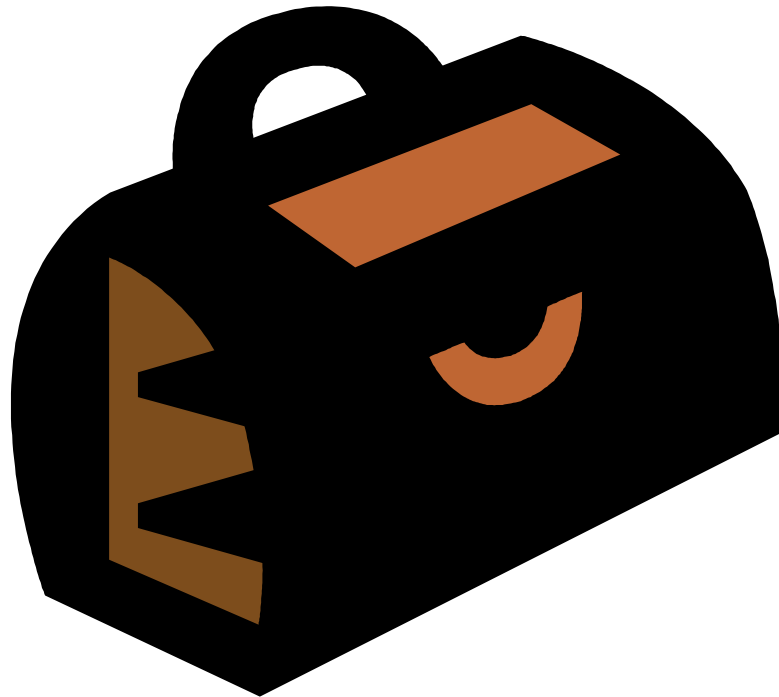
When Should I Call?

Quick Reference for Symptoms:
When To Call Your Healthcare Team



Patient Comfort Booklet

Suggested items to have
readily available in your home



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My story

*A Diary for
People
With
Cancer*



Other Important Facts

- Safe Handling of Cancer Medicines and Body Waste at Home
- Dental care
- Inclement Weather Procedures

Cancer Medicines: Safe Handling at Home

This handout talks about how to safely handle cancer medicines and body waste (bowel movements, urine, vomit, body fluids, or drainage) for people receiving cancer treatment. These guidelines are for you and your family members to follow **during and for 48 hours after** your cancer treatment.

Equipment and Medicines

Equipment (needles, syringes, IV bags and IV tubing):

- Never put the cap back onto a needle. There is a chance you might stick yourself.
- Place used needles and syringes in a puncture-proof container. A container such as an empty coffee can that has the lid sealed with tape is one option. The container you use to dispose of needles and syringes may be called a “sharps” container.
- Place IV bags and tubing in a leak-proof plastic trash bag. Then, put this bag inside a second bag. This process is called “double-bagging.”
- Speak with your home care nurse or Rutgers Cancer Institute of New Jersey about proper disposal. Regulations vary for different communities.

Medicines (chemotherapy, cancer medicines):

- Wear disposable gloves (you can buy these at any drug store) when touching cancer treatments. This includes oral pills.
- Wash your hands after removing the gloves.
- Avoid splashing when throwing out or emptying these items.
- Store medicines in a safe place and away from others (especially children and pets).

Body Waste

Cancer medicines may be released in body waste. You and your family members should follow these guidelines when touching toilets, commodes, bedpans, vomit pans, urinals and ostomy bags, or any other body waste containers.

- Wear disposable gloves when emptying or cleaning toilets, body waste containers or changing diapers (e.g., “Depends®” for adults). You can buy these gloves at any drug store. Remove the gloves and then wash your hands.
- Empty containers of body waste into the toilet. Empty the contents close to the water to avoid splashing.
- Flush the toilet twice with the lid down after use.
- Clean the toilet bowl in the usual manner. Clean up splashes with soap and water.
- Clean body waste containers after each use with soap and water. Rinse well. Ostomy bags only need to be cleaned once a day and emptied as needed.
- If you use diapers, use disposable diapers. Place them in a separate bag and dispose in trash.
 - Keep this trash away from children and pets.
- To avoid splattering urine, men and women should urinate by sitting down on the toilet.

The Resource and Learning Center (RLC)

Links all education services in one
central location



The Resource Room

- Full-time librarian
- DVD players, iPads, iPods, Nooks, Playaways
- Entertainment videos, relaxation music, aromatherapy
- Health education books and booklets, ebooks, brochures, magazines, videos, anatomical models
- Resources available in Spanish and other languages
- 3 computers
 - HealthLibrary (software program)
 - Health education latest news, videos, tutorials
 - Access to credible websites
 - Online catalog

www.cinj.org/rlc


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[ABOUT](#) [PATIENT CARE](#) [CLINICAL TRIALS](#) [RESEARCH](#) [EDUCATION](#) [NETWORK HOSPITALS](#) [MAKE A GIFT](#)

EDUCATION

- Education Overview
- Resource and Learning Center**
 - The Resource Room
 - The Learning Room
 - Online Library Catalog
 - eBooks and Audiobooks
 - Recommended Websites
 - Health Library
 - Cancer Information Booklets
 - Ask a Librarian
 - Location and Hours of Service
 - Información en Español
 - Informação em Português
- Awareness Months
- Nursing Education
- Seminars and Courses
- CURE Program
- CREHST Program
- BioCONNECT
- BOLD
- Fellowships/Residencies
- Annual Retreat
- 2016 Public Forum
- Governor's Conference
- Understanding Immunotherapy: Free Program July 19



Resource and Learning Center

Cancer presents many challenges to patients and their families. At Rutgers Cancer Institute of New Jersey, we believe that well informed patients can better deal with those challenges.

Knowledge about cancer helps patients to become active participants in their health care. Knowing about cancer risk factors can help people prevent certain cancers.

Awareness of early warning signs can lead to earlier detection, when cancer is in the most treatable stages. The Resource and Learning Center (RLC) provides reliable, relevant and current information about all aspects of cancer.




Contact Us

For additional information about the Resource and Learning Center, contact us:

- Phone: 732-235-9639
- Email: cinj-rlc@cinj.rutgers.edu

Connect With Us

Subscribe to our Facebook and YouTube pages to keep up to date with health and wellness information.

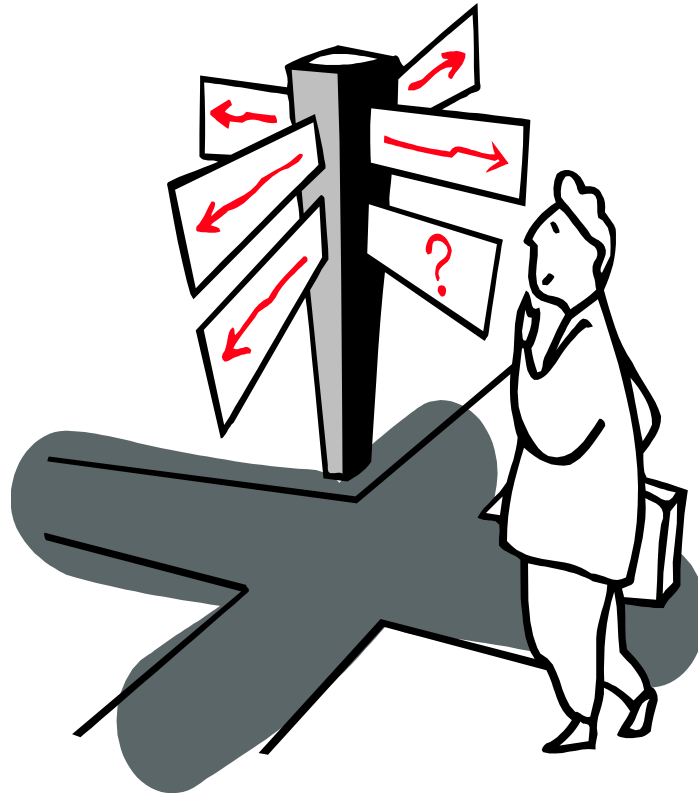
FAQs

- About the Resource Room

CancerHelp Kiosk



Questions?



TRUE or FALSE ?

Family, friends or even the media suggest things you should and should not do during cancer treatment. Many of these things may not be true and may even decrease your quality of life. Below you will find the truth.



You cannot eat raw or fresh fruits and vegetables.

FALSE

If you are able to wash it, you can eat it! There is no research to support that avoiding fresh fruits and vegetables prevents infection. For more information about food safety, ask your healthcare team for a copy of *Precautions for Patients with a Low White Blood Cell Count*.

You need to avoid crowds of people such as in the mall, theaters, or church.

FALSE

It is false that cancer patients need to stay home and cannot leave the house. Doing so could make you feel lonely! If you are around crowds, avoid those who look sick: coughing, sneezing, and blowing their noses. The best way to prevent infection is for you to wash your hands, and family and friends to wash theirs too. For more information, ask your healthcare team for a copy of *3 Steps Toward Preventing Infection During Cancer Treatment*.



All cancer treatments cause hair loss.

FALSE

Some treatments may not lead to any hair loss yet others may cause thinning or total loss. Your healthcare team will let you know how your treatment will affect your hair. For more information about tips to help with hair loss, ask your healthcare team for a copy of *Alopecia and Wig Resources*.

You need to avoid getting manicures and/or pedicures at nail salons.

TRUE

Nail salons do not always clean the tools and pedicure stations properly. This can lead to nail fungus and infections. For more information, ask your healthcare team for a copy of *Nail Changes*.



You cannot get your hair dyed/colored or permed during and right after cancer treatment.

FALSE

There is no research to support that dyes and perms can cause damage to the hair during or after cancer treatment. It was thought that the chemicals in these products could dry the hair, cause split ends, or make it brittle. Today's products have more moisturizers to help protect the hair. If your hair is dry and brittle before starting treatment, using dyes and perms could make your hair more brittle. Talk to your healthcare team and they can help you make a decision whether or not to dye or perm hair.

You need to get lots of rest throughout the day to help with fatigue.

FALSE

When it's time to sleep at night, you may find that you are not tired if you take too many naps during the day. The best way to prevent or manage feeling tired or fatigued is exercise. Be sure to ask about the exercise programs available just for cancer patients. A walking plan is a great way to get started. For more information, ask your healthcare team for a copy of *General Exercise Guidelines for Cancer Survivors*.



Have other questions? Looking for more answers? Stop by or contact our Resource and Learning Center to learn more!

Location: 2nd floor of Rutgers Cancer Institute of New Jersey

Phone: 732-235-9639

Email: cini-rlc@cini.rutgers.edu

Web: www.cini.org/rlc