

# RESOURCE LIST

## The Cancer Journey: What Primary Care Providers Need to Know

### PREVENTION

#### My CancerIQ

- My CancerIQ Online Risk Assessment Tool <https://www.mycanceriq.ca/>
- Video for Primary Care Providers (PCPs) <http://youtu.be/2KufY7xjM>
- Marketing Resources for PCPs and the Public <http://www.cancercare.on.ca/hcpassets>
- PCPs FAQ Section <https://mycanceriq.ca/Providers/Info>
- References (including overall and specific to each risk factor) <https://mycanceriq.ca/Providers/References>

#### Exercise

- Dr. Mike Evans, “23 and ½ hours” (video clip) <http://www.evanshealthlab.com/23-and-12-hours/>
- Dr. Mike Evans, “Make Your Day Harder” (video clip) <http://www.evanshealthlab.com/make-your-day-harder/>
- MOHLTC <http://www.mhp.gov.on.ca/en/active-living/physical-activity.asp>

#### Melanoma

- Dr. Mike Evans, “Melanoma” (video clip) <http://www.evanshealthlab.com/melanoma-prevention-and-detection/>

#### HPV

- Dr. Mike Evans, “HPV Vaccine” (video clip) <http://www.evanshealthlab.com/should-you-get-the-hpv-vaccine/>
- HPV Vaccine Information [www.hpvontario.ca](http://www.hpvontario.ca)

#### Cancer Risk Factors

- Cancer Care Ontario [https://www.cancercare.on.ca/ocs/csurv/info/cancer\\_risk\\_factors\\_in\\_ontario/?WT.mc\\_id=riskfactor](https://www.cancercare.on.ca/ocs/csurv/info/cancer_risk_factors_in_ontario/?WT.mc_id=riskfactor)
- Cancer Quality Council of Ontario (CQCO) – Cancer System Quality Index (CSQI) <http://www.csqi.on.ca/>

#### Healthy Eating

- Eat Right Ontario <http://www.eatrightontario.ca>

#### Substance Use

- Dr. Mike Evans, “Smoking” (video clip) <http://www.evanshealthlab.com/smoking/>
- Smokers’ Helpline <http://www.smokershelpline.ca>
- Deaths from Smoking [www.deathsfromsmoking.net](http://www.deathsfromsmoking.net)
- Drug and Alcohol Helpline <http://www.drugandalcoholhelpline.ca/>
- Program Training and Consultation Centre <https://www.ptcc-cfc.on.ca/common/pages/UserFile.aspx?fileId=250431>

#### Environmental Working Group’s Resources [www.ewg.org](http://www.ewg.org)

#### Occupational and Environmental Carcinogens

- CAREX Canada <http://www.carexcanada.ca/en/>  
(Information on Canadian exposure & soon a tool to look-up carcinogens by occupation or industry)
- International Agency for Research on Cancer <http://monographs.iarc.fr/>  
(Produces authoritative monographs on carcinogens)

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	<ul style="list-style-type: none"> <li>• <b>US Agency for Toxic Substances &amp; Disease Registry</b> <a href="http://www.atsdr.cdc.gov/emes/health_professionals/instruction_sheets.html">http://www.atsdr.cdc.gov/emes/health_professionals/instruction_sheets.html</a> (Information on many toxic substances, some of it specifically for patients and providers)</li> <li>• <b>Canadian Centre for Occupational Health and Safety</b> <a href="http://www.ccohs.ca/">http://www.ccohs.ca/</a></li> <li>• <b>Canadian Cancer Society</b> <a href="http://www.cancer.ca">http://www.cancer.ca</a></li> <li>• <b>Canadian Cancer Society</b> - Cancer Information Service <a href="http://www.cancer.ca/en/support-and-services/support-services/talk-to-an-information-specialist/?region=on">http://www.cancer.ca/en/support-and-services/support-services/talk-to-an-information-specialist/?region=on</a></li> </ul>
<p><b>SCREENING</b></p>	<p><b>Screening Resources</b> (Breast, Cervical, Colorectal)  <a href="https://www.cancercare.on.ca/pcs/primcare/pcresources/">https://www.cancercare.on.ca/pcs/primcare/pcresources/</a>  <a href="http://www.cancercare.on.ca/pcs/screening/breastscreening/OBSP/highrisk/">www.cancercare.on.ca/pcs/screening/breastscreening/OBSP/highrisk/</a>  <a href="http://canadiantaskforce.ca/guidelines/screening-for-cervical-cancer/">http://canadiantaskforce.ca/guidelines/screening-for-cervical-cancer/</a>  <a href="http://canadiantaskforce.ca/guidelines/2011-breast-cancer/">http://canadiantaskforce.ca/guidelines/2011-breast-cancer/</a></p> <p><b>Cancer Care Ontario – Cancer Screening Contact Centre</b> <a href="mailto:primarycare@cancercare.on.ca">primarycare@cancercare.on.ca</a> (email)</p> <p><b>FOBT Instructional Video</b> <a href="http://www.youtube.com/watch?v=SzJe_D0-J38">http://www.youtube.com/watch?v=SzJe_D0-J38</a></p> <p><b>Get Screened for Colon Cancer Video</b> <a href="https://www.youtube.com/watch?v=Nk5I9CJHgeo&amp;feature=youtu.be">https://www.youtube.com/watch?v=Nk5I9CJHgeo&amp;feature=youtu.be</a></p> <p><b>Cancer Screening Quality Improvement Toolkit</b> <a href="http://www.cancercare.on.ca/cms/One.aspx?portalId=1377&amp;pageId=260577">http://www.cancercare.on.ca/cms/One.aspx?portalId=1377&amp;pageId=260577</a></p> <p><b>Conversation Starters</b> <a href="http://canadiantaskforce.ca/guidelines/2011-breast-cancer/">http://canadiantaskforce.ca/guidelines/2011-breast-cancer/</a></p> <p><b>Screening &amp; Diagnosis Patient Pathways</b> <a href="http://www.cancercare.on.ca">www.cancercare.on.ca</a></p> <p><b>Screening Activity Report (SAR)</b>          Sign up: <a href="mailto:ONEIDBusinessSupport@ehealthontario.ca">ONEIDBusinessSupport@ehealthontario.ca</a>          SAR Resources: <a href="http://www.cancercare.on.ca/SAR">www.cancercare.on.ca/SAR</a>          More Information: <a href="http://www.cancercare.on.ca/primarycare">http://www.cancercare.on.ca/primarycare</a></p> <p><b>Radiation Risk Calculator</b> <a href="http://www.xrayrisk.com/calculator/calculator.php">http://www.xrayrisk.com/calculator/calculator.php</a></p>
<p><b>REFERRALS</b></p>	<p><b>Diagnostic Assessment Programs - Referral Forms</b> (by region and disease site) <a href="https://www.cancercare.on.ca/pcs/primcare/pcresources/">https://www.cancercare.on.ca/pcs/primcare/pcresources/</a></p>
<p><b>DIAGNOSIS</b></p>	<p><b>Diagnosis Pathways</b>          Lung <a href="http://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=124606">http://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=124606</a>          Colorectal <a href="http://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=280731">http://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=280731</a>          Prostate <a href="http://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=253742">http://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=253742</a>          Patient-Friendly Version <a href="http://www.cancercare.on.ca/cms/One.aspx?portalId=1377&amp;pageId=256020">http://www.cancercare.on.ca/cms/One.aspx?portalId=1377&amp;pageId=256020</a></p> <p><b>Recommendations for the Follow-up of Abnormal Cytology</b> <a href="http://www.cancercare.on.ca/pcresources">www.cancercare.on.ca/pcresources</a></p>

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	<p><b>Recommendations for Symptomatic Patients</b> <a href="http://www.cancercare.on.ca/pcresources">http://www.cancercare.on.ca/pcresources</a></p> <p><b>Symptoms Suspicious for Cancer in Primary Care</b> <a href="http://www.cancercare.on.ca">www.cancercare.on.ca</a></p> <p><b>Dr. Mike Evans, “90:10 Stress” (video clip)</b> <a href="http://www.evanshealthlab.com/9010-stress/">http://www.evanshealthlab.com/9010-stress/</a></p>
<b>TREATMENT</b>	<p><b>Treatment Pathways</b> (Lung, Colorectal, Rectal) <a href="http://www.cancercare.on.ca/cms/One.aspx?portalId=1377&amp;pageId=124588">http://www.cancercare.on.ca/cms/One.aspx?portalId=1377&amp;pageId=124588</a></p> <p><b>Symptom Management Tool - ESAS</b> (Edmonton Symptom Assessment System) A valid and reliable assessment tool to screen for the intensity of nine common symptoms experienced by cancer patients: pain, tiredness, nausea, depression, anxiety, drowsiness, appetite, well-being and shortness of breath. The score guides symptom management. <a href="https://www.cancercare.on.ca/pcs/primcare/pcresources/">https://www.cancercare.on.ca/pcs/primcare/pcresources/</a></p> <p><b>Symptom Management Guides</b> (for assessing and appropriately managing a patient's cancer-related symptoms)</p> <ul style="list-style-type: none"> <li>• Download and print: <a href="http://www.cancercare.on.ca/toolbox/symptools/">www.cancercare.on.ca/toolbox/symptools/</a> or <a href="http://www.cancercare.on.ca/pcresources">www.cancercare.on.ca/pcresources</a></li> <li>• Download the Symptom Management Mobile App: <a href="http://www.cancercare.on.ca/applibrary">www.cancercare.on.ca/applibrary</a></li> </ul> <p><b>Mobile App</b> <a href="http://www.cancercare.on.ca/applibrary">http://www.cancercare.on.ca/applibrary</a></p> <p><b>Video clips highlighting how patient care is improved through Optimal Symptom Management</b> <a href="http://www.cancercare.on.ca/ocs/qpi/ocsmc/">http://www.cancercare.on.ca/ocs/qpi/ocsmc/</a></p> <p><b>Pocket Card - Opioid Use in the Management of Pain and Breathlessness</b> - Dr. Jeff Myers - Division of palliative care, DFCM, U of T <a href="http://dfcmopen.com/item/opioid-use-in-symptom-management/">http://dfcmopen.com/item/opioid-use-in-symptom-management/</a></p> <p><b>Multidisciplinary Cancer Conference (MCC) Tools and Resources</b> <a href="http://www.cancercare.on.ca/toolbox/mcc_tools/">http://www.cancercare.on.ca/toolbox/mcc_tools/</a></p> <p><b>Wellspring</b> <a href="http://www.wellspring.ca/">http://www.wellspring.ca/</a></p> <p><b>Dr. Mike Evans, “Cancer Fatigue” (video clip)</b> <a href="http://www.evanshealthlab.com/cancer-fatigue/">http://www.evanshealthlab.com/cancer-fatigue/</a></p> <p><b>Dr. Mike Evans, “90:10 Stress” (video clip)</b> <a href="http://www.evanshealthlab.com/9010-stress/">http://www.evanshealthlab.com/9010-stress/</a></p>
<b>PALLIATIVE CARE</b>	<p><b>Psychosocial &amp; Palliative Care Pathway</b> <a href="http://www.cancercare.on.ca/ocs/qpi/dispathmgmt/disease_pathway_maps/psychosocial_palliative_pathway/">http://www.cancercare.on.ca/ocs/qpi/dispathmgmt/disease_pathway_maps/psychosocial_palliative_pathway/</a></p> <p><b>Palliative Care Tools for PCPs</b> <a href="http://www.cancercare.on.ca/toolbox/pallcaretools">www.cancercare.on.ca/toolbox/pallcaretools</a></p> <p><b>PPS (Palliative Performance Scale)</b> <a href="https://www.cancercare.on.ca/pcs/primcare/pcresources/">https://www.cancercare.on.ca/pcs/primcare/pcresources/</a> A reliable and valid tool used for assessing a patient’s functional status</p> <p><b>Care Plan</b> (Stable/Transitional) <a href="http://www.cancercare.on.ca/cms/one.aspx?portalId=1377&amp;pageId=76967">http://www.cancercare.on.ca/cms/one.aspx?portalId=1377&amp;pageId=76967</a></p>

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	<p><b>Palliative Care and Collaborative Practice Mentorship Program</b> <a href="https://www.cancercare.on.ca/pcs/primcare/pcresources/">https://www.cancercare.on.ca/pcs/primcare/pcresources/</a></p> <p><b>Canadian Virtual Hospice</b> <a href="http://www.virtualhospice.ca">www.virtualhospice.ca</a> An information and resources website serving professionals, individuals and their families. CCO symptom management materials are also posted to this website.</p> <p><b>Employment Insurance Compassionate Care Benefits</b> <a href="http://www.servicecanada.gc.ca/eng/ei/types/compassionate_care.shtml#Who">www.servicecanada.gc.ca/eng/ei/types/compassionate_care.shtml#Who</a></p> <p><b>Dr. Mike Evans, “Cancer Fatigue” (video clip)</b> <a href="http://www.evanshealthlab.com/cancer-fatigue/">http://www.evanshealthlab.com/cancer-fatigue/</a></p> <p><b>Dr. Mike Evans, “90:10 Stress” (video clip)</b> <a href="http://www.evanshealthlab.com/9010-stress/">http://www.evanshealthlab.com/9010-stress/</a></p>
<p><b>RECOVERY/ SURVIVORSHIP</b></p>	<p><b>Care Plan (Stable/Transitional)</b> <a href="http://www.cancercare.on.ca/cms/one.aspx?portalId=1377&amp;pageId=76967">http://www.cancercare.on.ca/cms/one.aspx?portalId=1377&amp;pageId=76967</a></p> <p><b>Follow-up Guidelines and Schedule of Diagnostic Tests (Colorectal)</b> <a href="https://www.cancercare.on.ca/pcs/primcare/pcresources/">https://www.cancercare.on.ca/pcs/primcare/pcresources/</a></p> <p><b>CCO’s Program in Evidence-Based Care (PEBC)</b> <a href="http://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=258053">http://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=258053</a></p> <p><b>CCO’s Position on Guidelines for Breast Cancer Well Follow-up Care</b> <a href="https://www.cancercare.on.ca/toolbox/otherguides/">https://www.cancercare.on.ca/toolbox/otherguides/</a></p> <p><b>Pink Notes: A Resource Guide for Primary Care</b> <a href="http://www.southwestcancer.ca">www.southwestcancer.ca</a></p> <p><b>Southlake Regional Health Centre EMR Templates</b> <a href="http://www.southlakeregional.org/Default.aspx?cid=1168">http://www.southlakeregional.org/Default.aspx?cid=1168</a></p> <p><b>Dr. Mike Evans, “Cancer Fatigue” (video clip)</b> <a href="http://www.evanshealthlab.com/cancer-fatigue/">http://www.evanshealthlab.com/cancer-fatigue/</a></p> <p><b>Dr. Mike Evans, “90:10 Stress” (video clip)</b> <a href="http://www.evanshealthlab.com/9010-stress/">http://www.evanshealthlab.com/9010-stress/</a></p>
<p><b>END-OF-LIFE</b></p>	<p><b>Care Plan (End-of-Life)</b> <a href="http://www.cancercare.on.ca/cms/one.aspx?portalId=1377&amp;pageId=76967">http://www.cancercare.on.ca/cms/one.aspx?portalId=1377&amp;pageId=76967</a></p> <p><b>Speak Up – Advance Care Planning</b> <a href="http://www.advancecareplanning.ca">www.advancecareplanning.ca</a></p> <p><b>Good End Of Life</b> <a href="http://www.goodendoflife.com/worksheets/index.htm">http://www.goodendoflife.com/worksheets/index.htm</a></p> <p><b>The Conversation Project</b> <a href="http://theconversationproject.org/starter-kit/intro/">http://theconversationproject.org/starter-kit/intro/</a></p> <p><b>Advance Care Planning Toolkit</b> <a href="https://www.cancercare.on.ca/pcs/primcare/pcresources/">https://www.cancercare.on.ca/pcs/primcare/pcresources/</a></p> <p><b>Canadian Virtual Hospice</b> <a href="http://www.virtualhospice.ca">www.virtualhospice.ca</a> or <a href="http://www.cancercare.on.ca/pcresources">www.cancercare.on.ca/pcresources</a></p>