

The GW Cancer Care Compass
- A Resource Guide for Patients -

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W e l c o m e L e t t e r

We welcome you to The George Washington University Medical Center. We are honored you have chosen us to support you and your family through your cancer journey.

The GW Cancer Care Compass: A Resource Guide for Oncology Patients was created by the GW Cancer Survivorship Task Force, a group of diverse professionals committed to improving cancer care at GW. In this binder you will find a description of the clinical and supportive services available to you through the GW Medical Center, as well as national and community resources. We hope this resource guide will help you access available support programs and services easily. Please utilize the information in this binder, along with our patient navigation, social work, and case management services, to ensure that you receive the comprehensive and holistic care you need throughout your cancer care experience.

Our goal is to provide you with leading-edge, well-coordinated, compassionate care. Be sure to tell us how we are doing along the way!

Warmest regards,

Steven R. Patierno, PhD
Executive Director
GW Cancer Institute

Robert Siegel, MD
Director
The Dr. Cyrus and Myrtle Katzen Cancer
Research Center

The GW Cancer Survivorship Task Force

- ❖ Mandi Pratt Chapman, MA
Task Force Chair, Director, Office of Cancer Survivorship, GWCI
- ❖ Marietta Amatangelo, MS, RD
Dietitian, GW Center for Integrative Medicine
- ❖ Jeanny Aragon-Ching, MD
Medical Oncologist, Katzen Cancer Research Center
- ❖ Anne Banner
Medical Center Communications
- ❖ Jennifer Bires, LGSW
Hematology/Oncology Social Worker GW Medical Faculty Associates
- ❖ Ninna Damrongsan, PT/DPT
Physical Therapist, GWU Hospital
- ❖ Loretta DiPietro, PhD
Chair, Department of Exercise Science
- ❖ Heidi Floden, PharmD
Director of Hematology/Oncology Operations and Pharmacy Services, Katzen Cancer Research Center
- ❖ Amina Gilyard, M.Ed., CHES
Education Specialist, GWCI
- ❖ Claire LeBrun, MPH, RD, LD
Senior Nutritionist, GW Medical Faculty Associates
- ❖ Lauren Littlejohn, LICSW
Director of Program Development & Outreach/Breast Care Center, MFA
- ❖ Kathy McGriff
Director of Marketing, GW Medical Faculty Associates
- ❖ Tamara Miller, Chaplain
Spiritual Counselor, Center for Integrative Medicine
- ❖ Anna McCown, RD, LD
Dietitian, GW Hospital
- ❖ Lorenzo Norris, MD
Director, GW Cancer Survivorship Center
- ❖ Martin Ojong-Ntui, MD,
Radiation Oncologist, Radiation-Oncology Department
- ❖ Julie Ost, MPH
Executive Coordinator, GWCI
- ❖ John Pan, MD
Director, GW Center for Integrative Medicine
- ❖ Steven Patierno, PhD
Executive Director, GWCI
- ❖ Chelsea Phelps
GW Patient Navigator
- ❖ Christina Puchalski, MD
Executive Director, GWish
Internist & Palliative Care Physician
Professor of Medicine and Health Sciences
- ❖ Alexandria Schwarsin, M.D.
Hematology/Oncology, GW Medical Faculty Associates
- ❖ Rana Viessy-Kianni, RT
Radiation Oncology Technical Director/ Chief Therapist

U s i n g t h e G W C a n c e r C a r e C o m p a s s

We hope this resource guide helps you access clinical and support services at GW and in the community. Our goal is to improve your overall wellness. Here are a few things to keep in mind:

Survivor Registration Form: The GW Cancer Care Compass was funded by a grant from the American Cancer Society (ACS). We ask that you complete the Registration Form included on the following page and mail or fax it to the American Cancer Society at the address below. This helps ACS evaluate the success of our program. It also helps them identify services that may be useful for you throughout your cancer experience:

Terri Taylor
Senior Data Entry Manager - Mission Delivery
American Cancer Society
P. O. Box 56567
Atlanta, GA 30343
Fax: (404)816-2985

Evaluation Questionnaire: Please take a moment to complete and return the questionnaire on page 7 after you have had some time to use the binder. This will help us decide whether to continue to provide the GW Cancer Care Compass to future patients and help us make improvements to this resource. Return your completed questionnaire to:

Mandi Chapman, MA
Director, Office of Cancer Survivorship
The George Washington Cancer Institute
2300 Eye Street, NW
Ross Hall, Suite 514
Washington, DC 20037
Fax: (202) 994-1714

A Note on Terminology: Throughout this binder you may find terms that are unfamiliar. Explanations for words in **bold-face** are included in a separate Cancer Glossary available upon request. Your patient navigator can also answer questions you may have.

The NCCS Cancer Survival Toolbox: Included in this binder is the National Coalition for Cancer Survivor's Cancer Survival Toolbox, a unique audio resource program to equip you with the knowledge you need throughout your cancer journey.

Tool for Cancer Survivors: The last section of the GW Compass includes a Tool for Cancer Survivors to help you keep track of your treatment history and follow-up care plan. Understanding your ongoing plan of care is an important way to take control of your health care needs after active treatment. Ask your treatment team for assistance to ensure you have accurate and complete records of your oncology treatment. Your patient navigator and the staff at the GW Cancer Survivorship Center are here to help.

Sincerely,
The GW Cancer Survivorship Task Force



Survivor Registration Form

Today's Date ____ / ____ / ____

Please mail or fax this completed form to Terri Taylor, American Cancer Society,
P.O. Box 56567, Atlanta, GA 30343. Fax: (404) 816-2985 *All information is confidential.*

Name _____ Birth Date _____ / _____ / _____

Street Address _____

City/State _____ Zip _____

E-mail _____

Phone Numbers: Home (____) _____ Work (____) _____ Cell (____) _____

Gender: Female Male

I am a: Patient Survivor Family Member Caregiver Friend Health Professional

Race: African American/Black Asian Caucasian / White Hispanic / Latino
 American Indian/Alaskan Native Pacific Islander Other _____ Declined

Primary Language English Spanish Other _____ Declined

Do we have permission to contact you in the future? Yes No Yes, but not for solicitation

If you are a cancer patient/survivor, may we acknowledge this in our contact with you? Yes No

For Cancer Patients Only:

Type of Cancer: _____ Date of Diagnosis: ____ / ____ / ____

Check all that apply:

Insurance: Private Medicare Medicaid Uninsured Military Declined

If attending a program/session today, what type is it?

Look Good Feel Better (Kit Shade: Light Medium Dark Extra Dark) Man to Man I Can Cope

Other Support Group _____

If receiving another service from the American Cancer Society, what type was it?

Wig Turban Bra Prosthesis Other _____

Additional Comments (as needed):

Please call (888)227-NEED (6333) if additional services are needed.

E v a l u a t i o n Q u e s t i o n n a i r e

Please answer these questions to help us improve our program in the future. **Once you complete the questionnaire please return it via fax to Mandi Chapman at (202) 994-1714.** If you prefer, you may also return this form to your patient navigator or social worker.

Please think about the *GW Cancer Care Compass* and then rate your experience on a scale of 1 to 5, with 1 being not at all helpful and 5 being most helpful in accomplishing the goal stated. Provide any comments or explanation to further help us improve this resource guide.

1. The GW Compass improved my awareness of services and resources available to me.

1	2	3	4	5
Definitely not	Very little	Somewhat	Yes	Absolutely

2. The GW Compass helped me access support programs and services.

1	2	3	4	5
Definitely not	Very little	Somewhat	Yes	Absolutely

3. The GW Compass helped me coordinate my care at GW.

1	2	3	4	5
Definitely not	Very little	Somewhat	Yes	Absolutely

4. The information provided in the GW Cancer Care Compass improved my overall satisfaction with my care at GW.

1	2	3	4	5
Definitely not	Very little	Somewhat	Yes	Absolutely

5. What I found most helpful about the GW Compass was:

- | | |
|--|--|
| <input type="checkbox"/> Description of clinical cancer services | <input type="checkbox"/> Description of supportive care services at GW |
| <input type="checkbox"/> Patient information guide | <input type="checkbox"/> Info on community resources and organizations |
| <input type="checkbox"/> Survivorship Care Plan information | <input type="checkbox"/> Cancer Survival Toolbox (audio program) |
| <input type="checkbox"/> Other: _____ | |

6. What I found least helpful about the GW Compass was:

- | | |
|--|--|
| <input type="checkbox"/> Description of clinical cancer services | <input type="checkbox"/> Description of supportive care services at GW |
| <input type="checkbox"/> Patient information guide | <input type="checkbox"/> Info on community resources and organizations |
| <input type="checkbox"/> Survivorship Care Plan information | <input type="checkbox"/> Cancer Survival Toolbox (audio program) |
| <input type="checkbox"/> Other: _____ | |

7. I think the GW Compass should contain more information about:

8. I think the GW Compass should contain less information about:

Y O U R R O L E A S C A N C E R P A T I E N T O R C A R E G I V E R

Advocating for Yourself

You can play an active role in your cancer care by seeking information and learning about your options. It is important to communicate with your entire health care team. This includes: asking them any questions you have, talking with them about how you feel, telling them about any changes in your body, and letting them know if you have any worries or concerns that overwhelm you.

Questions to Ask Your Doctor

- ❖ What is the goal of treatment for my cancer?
- ❖ What are the chances that the treatment will work?
- ❖ After treatment, will I be cured, in remission, or relieved of my symptoms?
- ❖ Are there other ways to achieve the same goals?
- ❖ How will I know the treatment is working?
- ❖ If the treatment does not work are there other options for me?
- ❖ What are the potential risks and side effects of the treatment I will receive? How do side effects of this treatment compare with side effects of other treatments?
- ❖ How will I receive my therapy, how often, and for how long?
- ❖ Are there ways to help me prepare for treatment and decrease the chance of side effects?
- ❖ Will my diet be restricted in any way? My activities? My work? Exercise? Sexual activities?
- ❖ Are there any clinical trials I could take part in?
- ❖ How much will treatment cost? Will it be covered by my insurance or health plan?
- ❖ If the insurance company requests a second opinion, or if I would like one, whom do you suggest I see?

Developing Self-Advocacy Skills through the NCCS Cancer Survival Toolbox

Included in this binder is the NCCS Cancer Survival Toolbox. This unique audio program discusses the following topics. This information may help you better manage your cancer treatment.

- ❖ Communicating
- ❖ Finding information
- ❖ Making decisions
- ❖ Solving problems
- ❖ Negotiating
- ❖ Standing up for your rights
- ❖ First steps for the newly diagnosed
- ❖ Topics for older persons
- ❖ Finding ways to pay for care
- ❖ Caring for the caregiver
- ❖ Living beyond cancer
- ❖ Dying well

Paying for Care

It is your right to be financially informed about your cancer treatment. Ask your medical team to explain the financial costs of different care options. If you would like to speak with a financial counselor, let your treatment team know.

The costs of cancer treatment can become overwhelming, even if you have medical insurance. Patient assistance programs are offered by various companies, non-profits, and government agencies to help patients with little or no insurance access drugs and money for other expenses. Numerous organizations provide information on patient assistance programs, including the ones listed below:

Community Organizations:

Patient Advocate Foundation's
Co-Pay Relief
(866) 512-3861
www.copays.org

RxAssist and Rx Outreach Patient
Assistance Programs
www.rxassist.org

Partnership for
Prescription Assistance
(888) 477-2669
www.pparx.org

Together Rx Access
(800) 444-4106
www.togetherrxaccess.com

CancerCare
(800) 813-4673
www.cancercares.org/get_help/assistance

Pharma Assistance Programs:

Amgen Oncology Assistance
(800) 272-9376
www.amgen.com/patients/assistance.html

Genentech Access Solutions
(866) 422-2377
www.genentechaccessolutions.com

Lilly Cares
(800) 545-6962
www.lillycares.com

AstraZeneca's AZandMe
(800) 292-6363
www.azandme.com/making

GlaxoSmithKline's Commitment to
Access
(866) 265-6491
www.commitmenttoaccess.gsk.com

Pfizer's FirstRESOURCE
(877) 744-5675
www.pfizerhelpfulanswers.com

Bristol-Myers Squibb Patient
Assistance Foundation
(800) 736-0003
www.bmspaf.org

Novartis Oncology Patient Assistance
Program
(800) 942-3424
www.patientassistancenow.com

Make a Financial Plan

It can be helpful to create a financial plan as you go through treatment. It is good to plan for:

- ❖ The highest out-of-pocket medical expenses
- ❖ Travel costs
- ❖ The greatest number of hospital stays
- ❖ High prescription drug costs
- ❖ Experimental therapy not covered by insurance
- ❖ Home health costs
- ❖ Having your work schedule disrupted
- ❖ Home services, such as cooking or cleaning

Some of these costs may be hard to estimate. You might want to discuss them with your doctor or other members of your health care team so you can plan accordingly.

Free financial planning services are available: If you would like assistance with financial planning, contact the GW Survivorship Center at (202) 741-2882 for help.

Free legal services are also available for eligible patients: Contact the GW Survivorship Center at (202) 994-2215 for help.

T h e G W M e d i c a l C e n t e r a n d C a n c e r C a r e a t G W

The George Washington University Medical Center (GWUMC) is an internationally recognized, interdisciplinary academic health care center that is comprised of the School of Medicine and Health Sciences, the School of Public Health and Health Services, the GW Hospital, and the GW Medical Faculty Associates, Inc. (MFA). GWUMC also has a longstanding tradition in research, with about 400 research projects currently underway. By taking this comprehensive approach to health care GWUMC ensures the holistic care of all their patients. GWUMC's oncology program is coordinated through the GW Cancer Institute. Clinical services are provided through the GW Hospital and the GW Medical Faculty Associates.

T h e G W C a n c e r I n s t i t u t e

Since its founding in 2003, The GW Cancer Institute (GWCI) has been guided by three principle ideals: Commitment, Compassion, and Community. Through this lens, GWCI has taken a comprehensive approach to cancer, bringing together multidisciplinary clinical, research, education, and outreach teams to address prevention, diagnosis, treatment, and survivorship. GWCI's mission is to coordinate and integrate all of the cancer-combating efforts of GW into a seamless and comprehensive program. Through the continued generosity of friends and partners GWCI will be able to continue to make strides towards conquering this insidious disease.

T h e G e o r g e W a s h i n g t o n U n i v e r s i t y H o s p i t a l

The George Washington University Hospital (GW Hospital) has a century-long tradition of providing medical care in a comfortable and convenient environment. In 2002 GW Hospital opened its doors to a brand new, state-of-the-art facility that allowed its physicians and nurses to treat their patients in a technologically advanced hospital. With sophisticated medical equipment, and a completely wireless network, GW offers advanced and innovative health care in a warm, friendly environment. The GW Hospital's mission is to provide high quality health care, advanced medical technology, and world-class service to our patients.

T h e G e o r g e W a s h i n g t o n U n i v e r s i t y M e d i c a l F a c u l t y A s s o c i a t e s

The GW Medical Faculty Associates (MFA) is a non-profit, 501(c)(3) physician group practice comprising the academic clinical faculty of The George Washington University Medical Center. In its seventh year of existence, the MFA has grown to include over 280 physicians providing medical care in 41 specialty areas. The MFA's mission is to provide excellence and expertise in patient care, medical education and scientific, clinical research. The MFA is at the forefront of modernizing the practice of medicine by adapting and implementing new technology to improve patient care. The MFA is the largest and most comprehensive multi-specialty practice group in the District of Columbia and is conveniently located in a 316,000 square-foot facility one block from the Foggy Bottom Metro (blue/orange line) stop.

- T h e G W C a n c e r I n s t i t u t e -

GWCI's mission is to coordinate and integrate the cancer-combating efforts of GW into a seamless and comprehensive program. In connection with the GW Hospital and the GW Medical Faculty Associates, the Institute provides for collaboration in the study, diagnosis, and treatment of cancer. GWCI performs groundbreaking biomedical and clinical research and provides quality education programs, outstanding patient care to the Metropolitan Washington area, and effective outreach for our community.

Services Provided

- ❖ Biomedical and clinical research
- ❖ Cancer prevention activities
- ❖ Cancer education and community outreach
- ❖ Community cancer screenings
- ❖ GW Cancer Survivorship Center (see Survivorship Center section)
- ❖ Patient navigation (see Patient Navigation section)
- ❖ Patient education programs
- ❖ Support groups (see Support Group section)

Why You Should Contact

Contact the GW Cancer Institute if you would like to set up a community cancer screening or if you are a cancer patient in need the following assistance:

- ❖ Navigation
- ❖ Survivorship care planning
- ❖ Financial planning assistance
- ❖ Legal assistance

Contact:

GW Cancer Institute
2300 Eye Street, NW, Ste 514
Washington, DC 20037
Phone: (202) 994-2449

- T h e D r . C y r u s a n d M y r t l e K a t z e n
C a n c e r R e s e a r c h C e n t e r
G W M e d i c a l F a c u l t y A s s o c i a t e s -

The Dr. Cyrus and Myrtle Katzen Cancer Research Center, also known as the Division of Hematology and Oncology, is a comprehensive clinic dedicated to the detection and treatment of patients with cancer and blood disorders.

Services Provided

- ❖ Comprehensive management of all cancers
- ❖ Stem cell transplantation
- ❖ Bone marrow transplantation
- ❖ Hematology services
- ❖ Infusion therapy

Why You Should Contact

Contact the Katzen Cancer Research Center to make an appointment with the medical oncology unit after a diagnosis of cancer, or if your surgeon recommends an appointment following your surgery.

Contact:

GW Medical Faculty Associates
22nd St NW and Eye St, NW, First Floor
Washington, DC 20037
Phone: (202) 741-2210
By Appointment Only

- G W C e n t e r f o r B r e a s t C a r e S e r v i c e s -

GW breast care specialists evaluate and treat both benign and malignant breast diseases.

Services Provided

- ❖ Breast Imaging
 - Mammography
 - Ultrasound
 - Scintimammography/Breast-Specific Gamma Imaging
 - Magnetic Resonance Imaging (MRI)
- ❖ Biopsies
 - Stereotactic Biopsy
 - Fine Needle Aspiration
 - Core Needle Biopsy
 - Ultrasound-Guided Biopsy
 - Ductogram (or Galactography)
 - Ductal Lavage
- ❖ Surgery
 - Lumpectomy
 - Wire Localization
 - Mastectomy
 - Sentinel Node Evaluation
 - Axillary Node Dissection
- ❖ Cancer Therapies
 - External Radiation Therapy
 - Chemotherapy
 - Hormonal Therapy
 - Tamoxifen
- ❖ Breast Reconstruction

Why You Should Contact

Contact the GW Center for Breast Care Services for early detection, diagnosis and treatment of breast cancer. You should also contact the Center if you are at high risk for breast cancer.

Contact:

Breast Imaging

GW Medical Faculty Associates
22nd St NW and Eye St NW, DC Level
Washington, DC 20037
Phone: (202) 715-4907
By Appointment Only

Breast Cancer Surgery

GW Medical Faculty Associates
22nd St NW and Eye St NW, DC Level
Washington, DC 20037
Phone: (202) 741-3270
By Appointment Only

Plastic and Reconstructive Surgery

GW Medical Faculty Associates
22nd St NW and Eye St NW, 9th Fl
Washington, DC 20037
Phone: (202) 741-3241
By Appointment Only

- R a d i a t i o n O n c o l o g y C e n t e r -

Radiation oncology (also called therapeutic radiology) is the treatment of cancer with radiation.

Services Provided

- ❖ External beam therapy
- ❖ Brachytherapy
- ❖ Radiation therapy
- ❖ Three-dimensional (3D) conformal radiation therapy/IGRT (Image Guided Radiation Therapy)

Contact:

Warwick Building
2300 K St, NW, Ground Level
Washington, DC 20037
Phone: (202) 715-5120
By Appointment and Referral Only

Why You Should Contact

You should contact the Radiation Oncology Center to schedule any of the treatments to the left during the treatment of your cancer.

- U r o l o g y -

Services Provided

- ❖ Cancer treatment
- ❖ Evaluation and treatment of urinary difficulties secondary to prostate enlargement
- ❖ Male sexual dysfunction
- ❖ Treatment of incontinence
- ❖ Management of urinary tract stones

Why You Should Contact

You should contact the Urology department if you have been diagnosed with Prostate Cancer and/or if you are suffering with any of the conditions listed to the left.

Contact:

GW Medical Faculty Associates
 22nd St NW and Eye St NW, 2nd Floor
 Washington, DC 20037
 Phone: (202) 741-3100
 By Appointment Only

- G W S u r g e o n s -

<p><i>Division of Breast Surgery</i> Anita McSwain, MD Christine Teal, MD (202) 741-3270</p>	<p><i>Division of Otolaryngology</i> Steven Bielamowicz, MD Houtan Chaboki, MD Nader Sadeghi, MD Ameer Singh, MD Thomas Troost, MD Philip Zapanta, MD (202) 741-3260</p> <p>(Office located at 2021 K Street, NW Ste 206)</p>
<p><i>Division of Cardiothoracic Surgery</i> Gregory Trachiotis, MD (202) 741-3220</p>	<p><i>Division of Plastic Surgery</i> Joanne Lenert, MD Elizabeth Marshall, MD Michael Olding, MD (202) 741-3230</p>
<p><i>Division of Colon and Rectal Surgery</i> Vincent Obias, MD (202) 741-3230</p>	<p><i>Division of Vascular Surgery</i> Subodh Arora, MD, FRCS Joseph Giordano, MD (202) 741-3225</p>
<p><i>Division of General Surgery</i> Bruce Abell, MD Lynn Abell, MD Fredrick Brody, MD Juliet Lee, MD Paul Lin, MD Kahshayar Vaziri, MD (202) 741-3203</p> <p>Stanley Knoll, MD (202) 331-1234 (Office located at 2440 M Street, NW)</p>	<p><i>Division of Gynecologic Surgery</i> Jeffrey Lin, MD (202) 243-5295 (Office located at Sibley Hospital)</p>

<p><i>Urology:</i> Ramez Andrawis, MD Thomas Jarrett, MD Tiffany Sotelo, MD (202) 741-3100</p> <p><i>Urologic Surgeons of Washington</i> Jason Engel, MD Hal Frazier, MD Michael Phillips, MD (202) 223-1024 (Located at 2021 K Street NW)</p>	<p><i>Neurosurgery:</i> Anthony Caputy, MD Vivek Deshmukh, MD James Leiphart, MD Fabio Roberti, MD Donald Shields, MD (202) 741-2750</p>
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- T h e G W H o s p i t a l O n c o l o g y U n i t -

GW provides exemplary clinical services for prompt detection, diagnosis and treatment of cancer as well as support programs and follow-up care.

Services Provided

- ❖ Cancer detection
- ❖ Cancer diagnosis
- ❖ Inpatient chemotherapy
- ❖ Inpatient surgery
- ❖ Management of oncologic emergencies
- ❖ Stem cell transplantation
- ❖ Bone marrow transplantation
- ❖ Hematology services
- ❖ Transfusion services

Holistic Care:

- ❖ Pain management
- ❖ Patient resource room
- ❖ Interpreter for foreign language and sign language
- ❖ Reiki
- ❖ Art therapy
- ❖ Pet therapy

Why You Should Contact

Go to the GW Hospital if you experience an emergency related to your cancer care or are directly referred by your treating physician.

Contact:

Lisa Greening, RN, BSN, OCN, Clinical Director
GW Hospital
900 23rd St, NW, 5th Floor, South
Washington, DC 20037
Phone: (202) 715-4045
Admitted by Emergency Department or Private Physician Referral.

H o l i s t i c C a r e a t G W

- A l c o h o l a n d S u b s t a n c e A b u s e U s e C l i n i c -

Services Provided

- ❖ Outpatient treatment services for those needing substance use and/or psychiatric treatment
- ❖ Individual, couple and marital behavioral therapy
- ❖ Medication-assisted treatment for alcohol, opioid, and nicotine dependence, and others as appropriate
- ❖ Referrals for patients requiring more intensive structure or services

Why You Should Contact

Alcohol and substance abuse can get in the way of optimal cancer care. Reduced alcohol and tobacco intake may also decrease your chances of certain cancers coming back after treatment and other cancers from developing. Contact the clinic for assistance in coping with your alcohol or substance abuse problems.

Contact:

Psychiatry and Behavioral Sciences
GW Medical Faculty Associates
22nd St NW and Eye St, NW, 8th Floor
Washington, DC 20037-3201
Phone: (202) 741-2888
Hours of Operation: Appointments as Scheduled

- C e n t e r f o r I n t e g r a t i v e M e d i c i n e -

The Center for Integrative Medicine at GW is dedicated to creating a healing environment in which patients have access to a variety of complementary and alternative therapies to promote healing and wellness. Every patient is treated as a whole person and respected as a unique individual. The staff at the Center for Integrative Medicine is a highly qualified and dedicated group of professional practitioners working closely as a team to serve you and your family.

Services and Programs

The Quality of Life Program - An adjunctive care program for people with cancer that is designed to maximize the effect of medical treatments by promoting your body's unique ability to fight cancer.

The program consists of the following key components:

- ❖ *Individualized management plan based on a comprehensive whole health assessment* - provided by our MD/ND staff
- ❖ *Nutrition and Supplements* - designed to optimize nutrition, enhance immune functioning, and sustain remission in a way that is safe and compatible with your medical treatments
- ❖ *Acupuncture and Herbs* - used to control side effects and pain and sustain normal physiologic functioning and balance
- ❖ *Subtle Energy* - Reiki, guided imagery, and meditation are used to support emotional health and minimize stress and anxiety
- ❖ *Intravenous Infusion* - rapid and effective delivery of nutrients to support chemotherapy by reducing side effects and enhancing effectiveness

Why You Should Contact

The services provided through the Center for Integrative Medicine will complement your medical cancer treatments by addressing your physical, emotional, social, and spiritual needs and overall improve your quality of life.

Contact:

Center for Integrative Medicine
908 New Hampshire Ave, 2nd Floor, Suite 200
Washington, DC 20037
Phone: (202) 833-5055
Fax: (202) 833-5755
Web: www.integrativemedicinedc.com

- F e r t i l i t y a n d I V F C e n t e r -

The Fertility and IVF Center is designed to maximize patient privacy and features the most technologically advanced equipment in its In-Vitro Fertilization laboratory.

Services Provided

- ❖ Evaluation
- ❖ Initial treatment
- ❖ Assisted reproductive technologies
- ❖ Non-traditional medicine
- ❖ Sperm banking
- ❖ Management of fertility issues associated with side effects of chemotherapy

Why You Should Contact

Sometimes cancer or its treatment can impact a patient's fertility. Ask your oncologist if you might experience infertility as a result of your treatment. If you are worried your ability to conceive, contact the Fertility and IVF Center before you begin chemotherapy.

Contact:

Fertility and IVF Center
GW Medical Faculty Associates
22nd St NW and Eye St NW, 6th Floor
Washington, DC 20037
Phone: (202) 741-2520
Hours of Operation: 8:30 a.m. - 5 p.m. Monday - Friday

- G a y / L e s b i a n / B i s e x u a l /
T r a n s g e n d e r e d P r o g r a m -

Our Psychiatry and Behavioral Sciences Department has experience supporting cancer patients who are gay, lesbian, bisexual, or transgendered. We offer patients a comprehensive evaluation with a gay affirmative approach. An individualized treatment plan is then developed. Patients who require medication are followed closely by one of our psychiatrists. Those who may benefit from either individual or group therapy are referred to a gay-sensitive clinician.

Contact:

Psychiatry and Behavioral Sciences
GW Medical Faculty Associates
22nd St NW and Eye St NW, 8th Floor
Washington, DC 20037-3201
Phone: (202) 741-2900
Hours of Operation: Appointments as Scheduled

- George Washington Institute for
Spirituality and Health (GWish) -

GWish has a primary care physician who can address spiritual care. Dr. Puchalski can also provide palliative care consultation. GWish has spiritual and wellness resources for patients.

Contact:

Christina Puchalski, MD
Executive Director, GWish
Internist & Palliative Care Physician
Professor of Medicine and Health Services
Warwick Building
2300 K Street NW, 3rd Floor, Suite 313
Washington, DC 20037
Phone: (202) 994-6220

- Nutrition -

Services Provided

- ❖ Nutrition consultation:
 - Before starting cancer treatment
 - During cancer treatment
 - After treatment to design a nutrition plan for optimal well-being
- ❖ Nutritionists can help with:
 - Weight loss/gain
 - Managing nutrition-impact symptoms
 - Trouble eating or swallowing
 - Recommending nutrition supplements
 - Preventing further nutritional depletion
 - Preventing malnutrition-induced complications
 - Decreasing morbidity and mortality
 - Improving quality of life

Why You Should Contact

Diet is an important part of cancer treatment. Eating the right kinds of foods before, during, and after treatment can help you feel better and stay stronger. A nutrition consultation can help you get the nutrients needed to maintain body weight and strength, prevent body tissue from breaking down, rebuild tissue, and fight infection.

Contact:

Outpatient

Claire LeBrun, MPH, RD, LD
GW Medical Faculty Associates
22nd St NW and Eye St NW, 6th Floor
Washington, DC 20037
Phone: (202) 741-2422
Appointment Line: (202) 741-2587

Inpatient

Anna McCown, RD, LD
GW Hospital Clinical Nutrition
900 23rd St, NW
Washington, DC 20037
Phone: (202) 715-4491

- P a i n C e n t e r -

Services Provided

- ❖ Initial evaluation by a specialist who is either a neurologist or anesthesiologist
- ❖ Physical therapy and psychological services to effectively treat several conditions
- ❖ Diagnostic services, such as X-rays, CTs, MRIs, lab testing, myelograms, selective nerve root injections, epidural blocks, trigger point injections, botulinum toxin injections, lumbar facet blocks, and sympathetic blocks
- ❖ Development of specialized treatment programs

Contact:

GW Pain Center
2131 K St, NW, Suite 600
Washington, DC 20037
Phone: (202) 715-4599
Fax: (202) 715-4598
By Appointments Only

**Please note: a referring letter from your attending physician needs to be forwarded to the Pain Center prior to your initial visit.*

Why You Should Contact

The Pain Center can help people living with acute, sub-acute or chronic pain. Talk to your physician about utilizing the Pain Center if you need help easing pain.

- P a l l i a t i v e C a r e -

Services Provided

- ❖ Expert pain and symptom management
- ❖ Counseling / support for patients and family
- ❖ Assessment of changing goals of care
- ❖ Assistance developing a palliative care discharge plan
- ❖ Assistance with decision-making issues
- ❖ Loss, grief, and bereavement support

Contact:

Outpatient

Geriatrics and Palliative Medicine
GW Medical Faculty Associates
22nd St NW and Eye St NW, 4th Floor
Washington, DC 20037
Phone: (202) 741-2222

Inpatient

The GW Hospital Palliative Care Service
900 23rd St, NW
Washington, DC 20037
Phone: (202) 715-4337

Why You Should Contact

Palliative care is any form of medical care or treatment that concentrates on reducing the severity of disease symptoms and is appropriate at any time during the course of cancer treatment. It will help relieve suffering and improve quality of life.

- P a t i e n t N a v i g a t i o n -

Services Provided

- ❖ Assistance finding forms of financial support
- ❖ Assistance finding transportation resources
- ❖ Assistance organizing childcare during appointments
- ❖ Free information about your diagnosis and treatment
- ❖ Information about support groups
- ❖ Referrals to clinical experts such as social workers, counselors, and dietitians
- ❖ Referral to community programs and resources
- ❖ Liaison to various medical departments involved in your care
- ❖ Contact at GW after treatment
- ❖ Assistance for patients, caregivers, family members, and friends
- ❖ Assistance for Spanish-speaking patients making appointments and navigating the system

Why You Should Contact

The GW Cancer Institute offers patient navigation services to all cancer patients who request assistance. A patient navigator can help you access resources and support throughout your cancer journey.

Contact:

Chelsea Phelps
The GW Medical Faculty Associates
22nd St NW and Eye St NW, Urology Dept, Suite 3-417
Phone: (202) 741-3122
E-mail: cphelps@mfa.gwu.edu

- P l a s t i c a n d R e c o n s t r u c t i v e S u r g e r y -

Some cancers require treatments that may lead to a loss of function or a deformity. Surgeons in the Division of Plastic and Reconstructive Surgery offer comprehensive cosmetic and reconstructive surgical services with an emphasis on helping cancer patients make the best decision for their specific needs after cancer treatment.

Contact:

GW Medical Faculty Associates
22nd St NW and Eye St NW, Suite 9th Floor
Washington, DC 20037
Phone: (202) 741-3241
Hours of Operation: Monday - Friday 8:30 a.m. - 5 p.m.

- P s y c h i a t r y C o n s u l t a t i o n -

Services Provided

- ❖ Individual and family counseling
- ❖ Psychotherapy
- ❖ Medication management as needed
- ❖ Treatment of the entire spectrum of psychiatric, emotional, and chemical dependency disorders
- ❖ Comprehensive evaluation, which may include a complete history, psychological, or neuropsychological testing, and laboratory tests
- ❖ Individualized treatment plans
- ❖ Carefully considered treatment programs with consideration of patients' cultural and socioeconomic background

Why You Should Contact

Cancer treatment is a difficult time for anyone. If you are experiencing significant anxiety, depression, or distress, the GW Department of Psychiatry and Behavioral Sciences provides advanced diagnosis and treatment of these disorders.

Contact:

GW Medical Faculty Associates
22nd St NW and Eye St NW, 8th Floor
Washington, DC 20037-3201
Phone: (202) 741-2888
Hours of Operation: Appointments as Scheduled

- R e h a b i l i t a t i o n S e r v i c e s -

Cancer can sometimes impact functionality or your ability to complete daily activities. The GW rehabilitation program offers individualized medically-advanced treatment and equipment for patients recovering from serious illness, surgery, trauma, and other debilitating conditions. Rehabilitation services are provided to outpatients, hospitalized patients, and to patients specifically admitted to our inpatient rehabilitation unit needing one or more of the following services:

Acute Rehabilitation

900 23rd Street, NW
Washington, DC 20037
Phone: (202) 715-5167
Fax: (202) 715-4595

Physical Therapy

2131 K Street, NW, Suite 620
Washington, DC 20037
Phone: (202) 715-5655
Fax: (202) 715-5664

Audiology

2150 Pennsylvania Ave. NW, Suite 6-201
Washington, DC 20037
Phone: (202) 715-5659
Fax: (202) 715-5658

Speech Language Rehabilitation Services

900 23rd Street, NW
Washington, DC 20037
Phone: (202) 715-5655

Occupational Therapy

2131 K Street, NW, Suite 620
Washington, DC 20037
Phone: (202) 715-5655

Stroke Rehabilitation

900 23rd Street, NW, 4 North
Washington, DC 20037
Phone: (202) 715-5167

- Social Work Services - Cancer Center -

Services Provided

- ❖ Help coping with diagnosis, treatment, and post-treatment issues for patients and families
- ❖ Information about support groups and community services
- ❖ Assistance arranging services for patients (i.e. transportation, free food delivery, financial aid)
- ❖ Referrals to nutritional counseling and free home food delivery for patients whose nutrition is compromised by their treatments
- ❖ Applications to patient assistance foundations for co-pay relief and other financial aid
- ❖ Assistance with disability and employment issues
- ❖ Resources regarding mental health and complementary therapies
- ❖ Information about advance directives and power of attorney for health care
- ❖ Information and referrals to palliative and hospice care
- ❖ Information about support groups
- ❖ New patient orientations

Why You Should Contact

Contact the Cancer Center social worker for access to any of the services listed on the left. Meeting with a social worker can help ease the burden of your diagnosis and treatment.

Contact:

Cancer Center - Social Worker
GW Medical Faculty Associates
22nd St NW and Eye St NW, Suite 1-100
Washington, DC 20037
Phone: (202) 741-2218

- Social Work Services - Breast Care Center -

Services Provided

- ❖ Counseling for patients and their families
- ❖ Complimentary stress management services
- ❖ Practical assistance, referrals, and help in obtaining needed services such as transportation, free food delivery, and financial aid
- ❖ Annual Survivor's Luncheon
- ❖ *In the Loop* Newsletter with articles and information for patients
- ❖ Patient Assistance Program - for eligible patients
- ❖ Peer counseling and support program
- ❖ On-site consultations with American Cancer Society representative
- ❖ Free one-time consultation with physical therapist
- ❖ Monthly educational seminars on topics of interest to breast cancer patients

Why You Should Contact

The Breast Care Center has a clinical social worker who coordinates services and programs and is available to provide individual assistance to breast cancer patients and their families. Please contact her to discuss your concerns or to set up an appointment.

Contact:

Breast Care Center - Social Worker
GW Medical Faculty Associates
22nd St NW and Eye St NW, DC Level
Washington, DC 20037
Phone: (202) 741-3158

- Support Groups -

<u>Group</u>	<u>When</u>	<u>Where</u>	<u>Contact</u>
ACS Prostate Cancer Man to Man Session	Monthly, 10:30-11:30AM	TBD	For more information email Sarah.Ness@cancer.org
Active treatment patients (all types of cancer)	Every Wednesday 12:30 - 1:30 PM	GW MFA	Facilitator: Cancer Center Social Worker (202) 741-2218
CLIMB: Support Group for Children Whose Parent or Grandparent Has Cancer	As needed - contact the Cancer Center Social Worker	GW MFA	Facilitators: Jennifer Bires, LGSW (202) 741-2218
Look Good...Feel Better: A Support Program for Women Undergoing Treatment for any Type of Cancer	For current schedule, call 202-741-2218	GW MFA	Facilitator: Cancer Center Social Worker (202) 741-2218
Newly diagnosed breast cancer patients	Third Tuesday of every month 12 - 1 PM	GW MFA	Facilitator: Cancer Center Social Worker (202) 741-2218
Post- treatment breast cancer patients	First Tuesday of every month 6 - 7:30 PM	GW MFA	Facilitator: Cancer Center Social Worker (202) 741-2218
Spirituality group	Every Wednesday 6:00-7:00PM	GW CIM	Facilitator: Tamara Miller, Chaplain (202) 833-5055
Washington D.C. Metropolitan Area Brain Tumor Support Group	First Thursday of every month 6:30 - 8:30 PM	GW MFA	Facilitator: Jeff Schanz (202) 741-2218
YACS-DC Support Group for Young Adult Cancer Survivors	See www.yacsd.org for schedule of events	TBD	Facilitator: Lindsay lindsay@ulmanfund.org

*Dates, times, and locations are subject to change. Please contact the facilitator prior to attending your first session to confirm availability of group.

- Survivorship Center -

Services Provided

- ❖ Assesses needs of patients transitioning out of active treatment
- ❖ Provides patients a comprehensive treatment summary and follow-up care plan that is clearly explained in a one-on-one consultation
- ❖ Provides focused interventions for late effects of cancer and its treatment as well as recommendations to optimize overall wellbeing
- ❖ Enhances coordination of care between specialists and primary care providers to ensure a seamless system of care
- ❖ Navigates patients to appropriate resources based on individual circumstances and identified areas of need
- ❖ Clinical staff addresses depression, anxiety, spiritual effects of cancer, demoralization, fatigue, lymphedema, pain, menopausal symptoms, sleep problems, sexual dysfunction, fertility issues, nutrition and energy imbalance, exercise interventions, and financial problems including employment and insurance counseling
- ❖ Free financial planning and legal counsel**
- ❖ Healing with Basketball: A program to assist breast cancer survivors in their physical recovery after breast cancer treatment ***

Why You Should Contact

The GW Cancer Survivorship Center extends interdisciplinary care for patients throughout the cancer care continuum. The Center addresses a variety of supportive care needs for patients in active treatment and beyond with a critical focus on the psychosocial needs of survivors transitioning from active treatment to “extended survival.” The Center provides essential services to post-treatment cancer survivors with a focus on enhancing survivor quality of life and improving holistic health outcomes.

Contact:

Dr. Lorenzo Norris
Clinical Director, GW Cancer Survivorship Center
GW Medical Faculty Associates
22nd St NW and Eye St NW, 8th Floor
Washington, DC 20037
Phone: (202) 741-2882
E-mail: lnorris@mfa.gwu.edu

**The Survivorship Center is currently open to any breast cancer patient completing active treatment at GW. We hope to expand services to other cancer survivors in the near future.*

***For free financial planning, contact Dr. Norris at the contact information listed above. For free legal counsel contact Mandi Chapman at (202) 994-2215 or canmpc@gwumc.edu.*

****For details on the Healing with Basketball program, contact Volunteer Program Manager Lynn Grodzki at (301) 434-0766 or LynnGrodzki@rcn.com.*

G W M F A I n f o r m a t i o n f o r P a t i e n t s

Contact Information

22nd St NW and Eye St NW

Washington, DC 20037

Phone: (202) 741-3000

Please call (202) 741-2210 for all Hematology/Oncology related needs.

*Note: The appointment line is closed from 12 noon - 1 p.m.

Hours of Operation

By Appointment Only

Monday through Thursday: 7:30 a.m. - 5 p.m.

Friday: 9 a.m. - 5 p.m.

Appointment Policy

Patients must make appointments at least 24 hours in advance for all blood draws, injections, infusion and other treatments, and doctor's visits. These appointments must be based on a doctor's order. Patients must see their physician at least once a year so that orders are up-to-date. New patients will be scheduled for treatment after receipt of pre-authorization. Please note that we do not accept walk-ins.

Arrival Time Requirements

Patients must arrive 30 minutes prior to a doctor's visit or treatment appointment to allow sufficient time for check-in and blood draw. This requirement does not apply to those patients coming in for blood work or injections only.

Check-In Procedure

After exiting the elevators on the first floor of the MFA, patients must enter the main doors of the Cancer Center and proceed to the left of our reception area. Patients must sign in at the front desk and take a seat in the reception area until called to check in with one of our front desk personnel. Once checked-in, patients will be asked to remain in the reception area until called for their appointment.

Check-Out Procedure

Patients will be given the option to wait to make follow-up and/or other types of appointments or to receive a call within 24-48 hours from one of our staff members. Our front desk staff is responsible for checking in patients. However, they can make follow-up appointments for patients who choose to wait. All other appointments will be handled by either an out-processor (a staff member responsible for check-out) or our treatment room unit clerk.

Patient Escorts

The treatment and phlebotomy areas are located on one side of the elevator lobby, while the reception and exam room areas are on the other side. Therefore, we have designated several staff members to assist patients as their escorts. Their job is to make our patients' experiences with us as seamless as possible, and to get patients from place to place in the Center. Patients should not hesitate to ask one of them for assistance.

Key Cards

Some of our patients may spend several hours in the treatment room. Our front desk staff will issue key cards to patients for use by family members and/or friends who accompany patients for treatment. The cards will provide these visitors with access to the treatment room once the patient has started treatment. Please note that, for safety reasons, children under the age of 16 are not allowed in clinical areas. In addition, we can only accommodate a maximum of two visitors per patient.

G W H o s p i t a l I n f o r m a t i o n f o r P a t i e n t s

- Y o u r H e a l t h T e a m -

Medical Staff

Your attending physician is primarily responsible for your care. All tests, medications, and consultations with other specialists are performed or administered under your attending physician's supervision.

Nursing Staff

The nursing staff is committed to providing comprehensive care for patients. You will be assigned a registered nurse who will coordinate a thorough nursing assessment, plan of care, and continuous monitoring of your health status throughout your hospitalization. Other caregivers, under the direction of the registered nurse, will be assigned to care for you. A Nurse Manager is responsible for directing and coordinating nursing care on each unit.

Dietitians

The hospital maintains a staff of full-time registered dietitians to provide nutrition assessments and recommendations during your hospital stay. A dietitian may visit you shortly after admission to discuss your nutritional needs and advise you on making healthy food choices from our Room Service dining program.

Case Managers

Case managers are assigned to each patient care area and are trained to help patients and family members or friends deal with financial, social, or emotional problems that relate to illness or hospitalization. To speak with a case manager call (202) 715-4165 during business hours.

Pain Management

The GW Hospital is committed to promoting your comfort and well-being. There are many diseases and surgical procedures that can cause pain. If you are experiencing pain:

- ❖ Ask your doctor or nurse what to expect regarding pain and pain management.
- ❖ Discuss pain relief options with your doctor or nurse.
- ❖ Work with your doctor and nurse to develop a plan for managing your pain.
- ❖ Don't wait—ask for pain relief when the pain begins! Most medications take a while to work.
- ❖ Tell your doctor or nurse if your pain is not relieved.
- ❖ Don't be afraid to ask for medication to relieve your pain—taking medication will not make you an "addict." Effective pain management is essential to the healing process.

Spiritual Care

While you are in the hospital it may be helpful to have someone with whom you can share your emotional and spiritual concerns. Your priest, minister, or rabbi is always welcome to visit you while you are here. Also, the hospital has several volunteer clergy and specially trained individuals from the community who can be contacted at your request. For assistance, please contact the Spiritual Care Department at (202) 715-5329.

Rehabilitation Services

Patients in medical or surgical units often can benefit from interdisciplinary approaches to treatment. Rehabilitation professionals can provide many therapy options. For details, see the Rehabilitation Services section of this binder or call (202) 715-5277.

Volunteers

Volunteers contribute many hours of service as well as financial assistance to the hospital. They supplement the services of the hospital staff in many ways including delivering books and magazines to you from the volunteer library, delivering your purchases from the gift shop, or accompanying you to the interfaith chapel. If you need a volunteer's help or know of a patient who may appreciate a friendly visit, call (202) 715-5310 during business hours.

Housekeepers

A member of the housekeeping staff cleans your room daily. Please inform your nurses if you have an immediate housekeeping need.

Other Personnel

During your stay you may be visited by other health care professionals, including technicians, technologists, and therapists. Also, the GW Hospital family includes many behind-the-scenes workers, such as accountants, engineers, administrative assistants, food service workers, and others who contribute greatly toward your well-being while you are here.

- H o s p i t a l S e r v i c e s -

Cafeteria and Food Services

Located on the Lobby Level, the cafeteria is open seven days a week for service as follows:

	Weekdays	Weekends/Holidays
Breakfast	6:30 - 9:30 a.m.	7 - 9:30 a.m.
Lunch	11 a.m. - 2 p.m.	11 a.m. - 2 p.m.
Afternoon Service	2 - 4 p.m.	2 - 4 p.m.
Dinner	4 - 7 p.m.	4 - 7 p.m.
Evening Service	7 - 11 p.m.	7 - 11 p.m.

Starbucks Coffee

- ❖ Weekdays: 6:30 a.m. - 8 p.m.
- ❖ Weekends/Holidays: 7 a.m. - 8 p.m.

Vending

Vending machines are located in the cafeteria, Emergency Room waiting area, and visitors' lounges on the third, fourth, and fifth floors.

Concierge Service

The Concierge, located on the first floor, can provide information about many services including parking, area hotels, transportation, restaurants, and directions to aid in your hospital visit and for the comfort of your visitors. In addition, the Concierge can arrange for a variety of services, including notary public, taxicabs, foreign and sign language interpreters, dry cleaning, salon services, flower delivery, business services, and reservations at local attractions or events. You may contact our Concierge at (202) 715-4977.

Fire Drills

For your protection, the hospital conducts fire and disaster drills regularly. If a drill occurs while you are here, please remain in your room and do not become alarmed.

Hearing-Impaired

A telecommunications device is available to help hearing-impaired patients or patients who want to communicate with a hearing-impaired relative or friend. Arrangements also can be made for a sign language expert to assist a hearing-impaired patient. For assistance, call Volunteer Services at (202) 715-5310. (Weekends, evenings, and holidays: call the Nursing Supervisor at (202) 715-5330.)

Gift Shop

Located on Level 1, the gift shop has jewelry, magazines, greeting cards, snacks, balloons, toiletries, flowers, nightgowns, and other gift items. Gift shop hours:

- ❖ Monday - Friday: 8:30 a.m. - 9 p.m.
- ❖ Saturday and Sunday: 9 a.m. - 8 p.m.

Guest Internet Service

Bring your own personal laptop with wireless capability, and you can connect to a wireless network, free of charge. This service is available to all patients and visiting family members and friends. The IT Department will provide your logon information and all accounts will be active for 72 hours. Accounts are created between Monday and Friday, 7 a.m. - 4 p.m., and are activated within three hours. Accounts requested after 4 p.m. will be created the next business day. Patients or family members can call (202) 715-GWEB (4932) to request Wi-Fi access.

GW MFA Pharmacy

22nd and Eye Streets, NW - Ground Floor
(202) 741-3600
Monday - Friday
8:30 a.m. - 5:30 p.m.
Closed on weekends and holidays

Interfaith Chapel

The interfaith chapel is located on Level 1 and open 24 hours a day for you and your visitors. Religious books are available through the Spiritual Care department at (202) 715-5329.

International Medicine Program

This program serves the medical needs of international patients in the D.C. metropolitan area and abroad. We can provide you with a personal liaison to assist you with language interpretation, scheduling, medical second opinions, cost estimates, and insurance settlements. Additionally, the staff gladly will assist you and your family or friends with air and ground transportation, hotel accommodations, and leisure recommendations. Please call (202) 715-5100 for this service.

Library Cart

Our staff, along with hospital volunteers, has arranged a collection of books and magazines that are available for your use. Hospital volunteers can bring the library cart to your room at your convenience. Please call (202) 715-5310 for this service.

Mail and Flowers

Mail and flowers are delivered daily to the nursing stations and then brought to patient rooms. Please call Volunteer Services at (202) 715-5310 if you have outgoing mail. Stamps may be purchased from the gift shop.

Medications

Every medicine that you receive in the hospital is reviewed first and then prepared. The pharmacist screens your medications to make sure there is no potential for drug interactions and to see that you are not given any drug to which you might be allergic. Once you are discharged, your prescriptions can be filled by the outpatient pharmacy.

Notary Public

The services of a notary are available free of charge for patients. For information, call (202) 715-4194 during business hours.

Safety and Security

Your health and safety is very important. While you are in the hospital, please take an active role in your care. Here are several things you can do to help provide for your safety:

- ❖ Remain on your assigned unit unless escorted by a hospital employee.
- ❖ Participate in our hand hygiene program: "It's okay to ask" if someone has washed their hands.
- ❖ Make sure your nurse or doctor confirms your identity and checks your wristband or asks your name before administering any medication or treatment.

Senior Advantage Program

Senior Advantage is a special membership program for people age 65 and older. As an inpatient, a Senior Advantage member receives VIP services including a private room (when available), a gourmet meal, a plant (delivered Monday - Friday), the daily newspaper and a coupon to the cafeteria for visiting family members or friends. Other program benefits include discounts on prescriptions and medical alert programs. Members also receive invitations to health screenings and seminars for senior adults. A lifetime membership in the program costs a one-time fee of \$10 per individual or \$15 per couple. For more information about the Senior Advantage program, call (202) 715-4263.

Valuables or Lost Items

The Hospital permits patients to bring and use personal clothing and possessions; however, patients are encouraged to leave their valuables, such as jewelry and large amounts of cash, at home for safekeeping. The Hospital is not responsible for the loss, damage, or theft of personal items brought to the hospital. Patients arriving at the Hospital with valuable possessions will be encouraged to send them home with a family member or friend for safekeeping. Depending on the patient's state of consciousness, that determination may be made by either the patient or caregiver. Only patients with no known next of kin, or patients who are unconscious and alone, will be permitted to store items in the Security Department. If you lose something, immediately notify your nurse, who will report the loss to Security. All found items should be brought to Security.

- A d v a n c e D i r e c t i v e s -

If you are 18 or older and mentally competent, you have the right to make decisions about your medical care. Advance Directives are legal forms that help you do that. Each hospital patient will receive an Advance Directive form and booklet at the time of admission. With the Advance Directive form you can:

- ❖ Appoint someone to make medical decisions for you in the event you are unable to make those decisions yourself; and
- ❖ Give specific directives about what medical treatment you do or do not want if, in the future, you are unable to make these wishes known.
- ❖ There are three kinds of advance directives:
 - A living will lets you state your wishes about medical care, or choose another person(s) to make medical decisions for you if you lose the ability to do so.
 - A health care power of attorney lets you name a person to make health care decisions for you if you become unable to decide for yourself.
 - An advance instruction for mental health treatment allows you to give instructions and preferences about mental health treatment. You may select someone to make these decisions for you if you lose the ability to decide for yourself. This document automatically expires in two years.
- ❖ Please note that your Advance Directive may be temporarily suspended during surgery. If you have questions or concerns while completing the Advance Directive form, talk to your nurse, physician, or staff in Pastoral Care.

- E t h i c s C o m m i t t e e -

The GW Hospital believes that most patients, their families, and caregivers will act with the patient's best interests in mind. The Ethics Committee Consultation Service can offer help when there is confusion or conflict in dealing with ethical aspects of a patient's care. Call the Medical Staff Office between 7:30 a.m. and 5 p.m. Monday through Friday at (202) 715-4676. During other times, call the hospital page operator at (202) 715-4000 and ask for the person on call for the Ethics Committee to be paged. There is no charge to the patient or to the patient's insurance for the use of the Ethics Committee consultation service.

- I n p a t i e n t A c c o m m o d a t i o n s -

Your Hospital Bed: Hospital beds can be adjusted by using the controls on the beds. The beds are equipped with side rails that must be raised while you are asleep or sedated.

Room Temperature: All rooms in the Hospital are centrally heated and air-conditioned. If the temperature in your room is not comfortable, please notify the nursing station on your unit.

Calling Your Nurse: All rooms except the Psychiatric Unit are equipped with an intercom system. Patient bathrooms also are equipped with an emergency call system.

During the Night: Please stay in bed after you have been prepared for the night. Strange surroundings and sleeping medications may create a hazard if you get out of bed. For assistance during the night, use your intercom system.

Food and Nutrition: GW Hospital recognizes that food and nutrition play a very important role in your recovery. To serve you better, GW has developed a meal preparation and delivery system that is called "At Your Request-Room Service Dining". This new program gives you greater control over what and when you eat. Using your bedside menu, you may order the meal selections of your choice, within the special diet that your physician has ordered for you. Simply dial **3663 (FOOD)** to place your order with one of our room service operators between 6:30 a.m. and 6:30 p.m. Each meal is individually prepared and delivered to your room within 60 minutes.

Telephones: Please give your telephone number to friends and family so they can dial you directly. Outgoing calls can be made at any time. Incoming calls can be received only between 7 a.m. and 10 p.m. If you do not want to receive phone calls, inform the nurse, who will arrange to restrict your calls. If you experience difficulty using the phones or long-distance service please call the telecommunications department at extension **4883**, or tell your nurse. To make a local call: Dial **9** and the ten-digit number. To make a long distance call or toll call: Dial **9 + 0 + area code** and then the number. (Long distance calls cannot be charged to your room. You can use a telephone calling card or make a collect call.)

Patient Movement/Leaving the Unit: In the interest of patient safety and security, patients are encouraged to remain on their assigned floors. Patients should not leave the floor without permission from the nurse. Furthermore, regulatory agencies prohibit inpatients from entering the cafeteria or gift shop.

- P a t i e n t R i g h t s a n d R e s p o n s i b i l i t i e s -

We want you to have the best possible care as prescribed or recommended by those treating you. The Hospital provides care, treatment, and services within its capabilities and mission, and in compliance with laws and regulations. We also want you to know what your rights are as a patient, as well as what your obligations are to yourself, your physician, and the Hospital.

Your Rights

As a patient of The George Washington University Hospital, you have the right to:

1. Receive complete and current information concerning your diagnosis, treatment, and prognosis in terms you can be reasonably expected to understand.
2. Request a second opinion from another physician.
3. Participate actively in determining a course of treatment for yourself.
4. Determine the course of medical treatment for yourself and, if you are a pregnant woman, for your fetus. It is the policy of this Hospital that your doctor must consider your health and the health of your fetus in assessing the range of medically reasonable treatment options. Our

physicians are committed to providing you with information to help you evaluate the risks and benefits of any recommended treatment or course of care for you and your fetus.

5. Receive information that you need to give informed consent for any proposed procedure or treatment, including information related to the risks, benefits, and alternatives to the proposed procedure or treatment in light of your condition and current medical knowledge.
6. Refuse treatment and be told what effect this may have on your health, and to be informed of the other potential consequences of refusal. Furthermore, you have the right to refuse assessment, care, or treatment by any specific group or individual not essential to your care needs.
7. Designate an individual to represent you in making decisions regarding your treatment and health care. This includes, as allowed by law, an individual to refuse care, treatment, and services on your behalf. Please ask your nurse for a copy of our brochure *Making Your Medical Choice Known*, and ask for an Advance Directive Form.
8. Receive considerate and respectful care, support for personal dignity, and privacy in a clean and safe environment.
9. Receive care committed to the prevention and management of pain.
10. Refuse to take part in research.
11. Receive respect for cultural, psychosocial, spiritual, and personal values, beliefs, and preferences. Pastoral and other spiritual services are available upon request.
12. Know by name the physicians, nurses, and other staff members responsible for your care.
13. Receive confidentiality for all information and records regarding your care. Access, request amendment to, and receive an accounting of disclosures regarding your health information.
14. Have language-interpreter services arranged by the Hospital.
15. Examine and receive an explanation of your bill.
16. Limit those persons who visit you.
17. Receive equal treatment at all times and under all circumstances, regardless of race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, veteran status, family responsibilities, disability, infectious disease, matriculation, political affiliation, source of income, or place of residence or business. For more information, refer to the section below entitled "Services for Patients with Disabilities and Nondiscrimination Based on Disability."
18. Receive treatment free from mental, physical, sexual and verbal abuse, neglect, and exploitation.
19. Access protective and advocacy services. A list of services will be provided upon request.
20. File a complaint with the state survey and certification agency. If you are dissatisfied with the care received at The George Washington University Hospital, and you do not wish to raise the issue with a member of the hospital staff or a physician, you may contact D.C. Department of Health, 825 N. Capitol Street, NE, Second Floor, Washington, D.C. 20002 or the complaint hotline at (202) 442-5833.
21. Be advised should the Hospital propose to initiate court proceedings pertinent to your course of treatment.

The Hospital maintains a Patient Hotline that is answered by staff who are available to assist you regarding questions about patients' rights, provide information and referrals, solve problems, investigate complaints, and act as your advocate. To reach the Patient Hotline, call (202) 715-4195.

Your Responsibilities

Rules and regulations pertaining to patient conduct are necessary so that all patients are treated fairly and feel secure while in the Hospital. Your cooperation in the responsibilities listed below will help us provide quality care and services.

1. Talk to our staff and ask questions. Good communication promotes good care.
2. Please cooperate with your caregivers and follow the plan of care you, your physician, and your health care team have agreed upon.

3. Accept the consequences of your decisions, follow rules and regulations, and show respect and consideration. Please make any specific care wishes, including any Advance Directive, known to your attending physician and health care team.
4. Respect the privacy of your roommate and respect the rights of others by assisting in the control of smoking, noise, and the number of visitors you receive.
5. Interactions with the media: Privacy and restful recuperation for all patients is a priority at GW Hospital. For this reason, all interactions with the media must be coordinated with the Hospital Marketing Department. Patients cannot authorize media interviews in the Hospital. For questions related to media interviews, please call the Marketing Department at (202) 715-4447.

- P r e v e n t i n g I n f e c t i o n s -

Infections can occur after many types of medical procedures. This is particularly true if you are having surgery. There are several things you can do to help prevent infections from developing in the hospital:

- ❖ Remind doctors, nurses, and other health care workers about washing their hands before working with you. Remember you also are a part of your health care team!
- ❖ Wash your hands carefully after handling any type of soiled material. This is especially important after you have gone to the bathroom.
- ❖ If you have an intravenous catheter, keep the skin around the dressing clean and dry. Tell your nurse promptly if the dressing becomes loose or gets wet.
- ❖ Likewise, if you have a dressing on a wound, let your nurse know promptly if it becomes loose or gets wet.
- ❖ If you have any type of catheter or drainage tube, let your nurse know promptly if it becomes loose or dislodges.
- ❖ If you have diabetes, be sure that you and your doctor discuss the best way to control your blood sugar before, during, and after your stay at the Hospital. High blood sugar increases the risk of infection.
- ❖ If you are overweight, losing weight will reduce the risk of infection following surgery.
- ❖ If you are a smoker, you should consider a smoking cessation program. This will reduce the chance of developing a lung infection while in the hospital and may also improve your healing abilities following surgery.
- ❖ Carefully follow your doctor's instructions regarding breathing treatments and getting out of bed.
- ❖ Don't be afraid to ask for help, advice, or sufficient pain medications!
- ❖ If possible, ask your friends and relatives not to visit if they feel ill.
- ❖ Don't be afraid to ask questions about your care so that you may fully understand your treatment plan and expected outcomes. You and your family/friends will be able to better facilitate your recovery.

- S e r v i c e s f o r P a t i e n t s w i t h D i s a b i l i t i e s a n d N o n d i s c r i m i n a t i o n B a s e d o n D i s a b i l i t y -

It is the Hospital's policy to provide medically appropriate treatment without unlawful discrimination based on whether a patient has a disability, is regarded as having a disability, or has an infectious disease that may not be regarded as a disability. Infectious diseases may include hepatitis B, hepatitis C, multidrug resistant tuberculosis, Human Immunodeficiency Virus (HIV) infection, and Acquired Immune Deficiency Syndrome (AIDS). For example, a physician may not refuse to perform surgery or another procedure or discourage surgery or another procedure for a patient merely because the patient has HIV or AIDS. A physician, however, may make a reasonable medical determination, based on current medical knowledge, that a patient's illness and current medical condition makes such a procedure inadvisable for the individual patient. If you believe that you or any patient has been discriminated against because of a disability or infectious disease, please contact the Patient Hotline at (202) 715-4195 or the Ethics Committee at (202) 715-4676 during regular business hours, or contact us

through the page operator at (202) 715-4000 at other times. If desired, you also may contact the District of Columbia Department of Human Rights by calling (202) 724-1385 and/or the Department of Justice Disability Rights Section by calling (800) 514-0301.

- T e l e p h o n e N u m b e r s -

Admitting	(202) 715-4238	Operator	(202) 715-4000
Admitting Pre-Registration	(202) 715-4907	Pain Management Center	(202) 715-4599
Case Management	(202) 715-4165	Patient Accounts	(202) 715-4905
Cashier	(202) 715-4110	Patient Complaint	(202) 715-4195
Chaplain	(202) 715-5329	Pharmacy (Outpatient)	(202) 715-3600
Concierge	(202) 715-4977	Pre-Registration	(202) 715-4907
Emergency Department	(202) 715-4911	Radiation Oncology	(202) 715-5120
Gift Shop	(202) 715-4196	Radiology Scheduling	(202) 715-4907
International Patient Services	(202) 715-5100	Rehabilitation Services	(202) 715-5655
Main Number/Operator	(202) 715-4000	TDD Number	(202) 715-4833
Medical Records	(202) 715-5324		

- V i s i t o r s -

Guidelines for Visitors

Visitors can be “good medicine” for patients. Family members and friends are welcome to visit; however, patient care is our primary concern and we ask that you follow specific visiting hours and regulations established for each unit to maintain the quality of care.

Hospital Visitor Guidelines:

- ❖ All visitors must provide a valid form of picture identification at the reception desk in the main lobby.
- ❖ All visitors going to patients’ rooms must be at least 13 years of age. In certain situations, a patient may leave the floor to visit children in the Level 1 waiting areas or children may have a limited visit in the patient’s room. If you wish to make such arrangements, please talk with your nurse.
- ❖ Visitors are not permitted to smoke on hospital property.
- ❖ Shirts and shoes must be worn.
- ❖ No more than two visitors should be in the patient’s room at one time. Visitors to semi-private rooms should be considerate of both patients.
- ❖ People with colds, sore throats, or any contagious diseases should not visit patients.
- ❖ Visits should be kept short, and to maintain a quiet environment, visitors should avoid creating unnecessary noise.
- ❖ Visitors may be asked to leave the room when the doctor or nurse needs to see the patient. Liberal visiting arrangements may be made for families or friends of surgical patients on the day of surgery.
- ❖ Visitors should ask before giving gifts of food or beverages since many patients have special or restricted diets.
- ❖ Plants and flowers are not permitted in the critical care units.
- ❖ Cameras may be permitted for personal photographs. In order to protect patient information and hospital staff, the Unit Director, Security, and Hospital Administration must be informed of the reason for any other type of photography and grant permission to the photographer. Please respect the privacy of others and speak to your nurse if you have any concerns.

Hospital Visiting Hours

The visiting hours for general, medical, surgical and critical care units are from 8:30 a.m. to 10 p.m. Specific units may have different visiting hours. If you need additional information, please check with the nurse on the unit.

Condition Reports

Any personal information about a patient's diagnosis and treatment must come from the patient's physician, and this information is available only to designated members of the patient's family or those designated by the patient.

Waiting Areas

There are designated lounge areas for visitors on each patient floor. Specific waiting areas have been designated for families and friends of patients in the critical care units, the emergency department, and surgery.

Out-of-Town Visitors

Accommodations for out-of-town visitors are available at nearby hotels. The hospital has preferred rates with several area hotels. For a list of hotels and rates please contact the concierge at (202) 715-4977.

- I N S E R T Map of the G W Medical Center -

- D i r e c t i o n s t o t h e G W M e d i c a l C e n t e r -

Metro

All buildings are within a few blocks of the Foggy Bottom Metro stop on the blue and orange lines. For information about riding the metro visit: www.wmata.com or call (202) 637-7000.

Driving Options from Maryland

- Route 95 to route 495 (toward Silver Spring) to Route 355 south (which becomes Wisconsin Avenue). Then follow directions as given from Route 270 below.

Route 270 following arrows toward Maryland, feeds into Route 355 (which becomes Wisconsin Avenue). Proceed on Wisconsin and turn left onto Massachusetts Avenue. Continue on Massachusetts and at Sheridan Circle make a right at 23rd Street. This will take you up into Washington Circle. Go 1/2 of the way around the traffic circle and take a right onto 23rd Street.

- Route 50 runs directly on to New York Avenue coming into Washington, D.C. Stay in the far right lane and after you cross 4th Street, bear right, and follow the series of signs saying Downtown Washington and New York/Mass Avenue. This will put you on L Street. Make a left on 9th Street. Get in the far right lane and make a right on K Street. Get in the far right lane just after you cross 20th Street and bear right into the service lane. This will take you up into Washington Circle as opposed to going under a tunnel. Go 2/3 of the way around the traffic circle and take a right onto 23rd Street.

Driving Options from Virginia

- Route 50 and cross the Arlington Memorial Bridge, bear left at the Lincoln Memorial, turn left on 23rd Street. Continue several blocks.
- Route 395 to Exit 10C. Follow signs to and cross the Arlington Memorial Bridge, then bear left at the Lincoln Memorial. Turn left on 23rd Street, NW, and continue several blocks.
- Key Bridge and turn right on M Street. Continue straight on M Street and turn right on Pennsylvania Avenue. Bear right at traffic circle and take a right onto 23rd Street.

- P a r k i n g -

Parking is available for a fee in the GW University garage. The entrance is on 22nd Street between H and Eye Streets, NW. Street parking is limited and metered.

- First hour (or fraction thereof) \$7.00
- Second hour (or fraction thereof) \$13.00
- Daily maximum \$16.00
- Weekend daily maximum \$9.00
- Evening (enter after 5 p.m.) \$8.00

GW Hospital

Valet parking is available from 7 a.m. - 7 p.m., Monday through Friday. The valet service is located near the front entrance of the Hospital at 900 23rd Street, NW. The cost is a flat rate of \$25. Vehicles left in valet after 7 p.m. will be released by the security supervisor located on the first level of the Hospital.

GW Radiation Oncology Center

Free onsite patient parking for radiation oncology patients. The parking lot is located behind the building at 2300 K Street, NW. Patients must receive a parking pass from the receptionist.

-A m e r i c a n C a n c e r S o c i e t y -

The American Cancer Society (ACS) is a nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service.

❖ **National Cancer Information Center: (800) ACS-2345**

Trained cancer information specialists are available 24 hours a day, seven days a week to answer questions about cancer, link callers with resources in their communities, and provide information on local events.

❖ **American Cancer Society Web Site: www.cancer.org**

The American Cancer Society's Web site is an important extension of the Society's mission to provide lifesaving information to the public. The user-friendly site includes an interactive cancer resource center containing in-depth information on every major cancer type. Useful sections on the web site include a directory of medical resources, links to other sites organized by cancer type or topic, and information on the Society's research grants program, advocacy efforts, and special events.

ACS Support Programs and Services

Patient Navigation Program: Navigating the medical system can be confusing and overwhelming for cancer patients and their loved ones. The Patient Navigator is a friendly, experienced, and approachable ACS staff person who helps patients have a better experience while they are receiving care. GW's ACS Navigator is Chelsea Phelps. You can contact her directly at (202) 741-3122.

Cancer Survivors Network: This online community allows cancer survivors to connect, communicate, and celebrate life together. You can create your own personal space (page) to tell us about yourself and your cancer experience, share photos, audio, etc., start an online journal (blog), contribute resources, and more. Visit the Web site at: <http://csn.cancer.org/>

Look Good...Feel Better: This program teaches female cancer patients beauty tips to look better and feel good about how they look during chemotherapy and radiation treatments. Free self-help materials can be ordered through the toll-free number, (800) 395-LOOK. Also, a free self-help brochure for men can be ordered through the same toll-free number. For GW's program, see the Support Groups section in this binder.

TLC - Mastectomy and Hair Loss Products: TLC is intended to make coping easier for women experiencing hair loss due to chemotherapy, radiation treatment, or surgery. ACS offers helpful editorial advice as well as a large selection of hair loss and special products for cancer patients and survivors.

I Can Cope: This educational program helps dispel cancer myths by presenting straightforward facts and answers to your cancer-related questions. For more information about classes in your area, contact your local American Cancer Society office or call (800) ACS-2345. I Can Cope online allows you to take these classes at any location at a time that is convenient for you. Go to: www.cancer.org/docroot/ESN/content/ESN_3_1X_I_Can_Cope_Online.asp.

Road to Recovery: This program provides transportation to and from treatment for people who have cancer and do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive the life-saving treatments they need. Call (800) ACS-2345.

Reach to Recovery: This program helps people (female and male) cope with their breast cancer experience. Volunteers who are breast cancer survivors give patients and family members an opportunity to express feelings, talk about fears and concerns, and ask questions of someone who is knowledgeable and level-headed. For more information, visit "In My Community" on our Web site at www.cancer.org or call us toll-free at (800)-ACS-2345.

Man to Man: This program helps men cope with prostate cancer by offering community-based education and support for patients and family members. For more information or to locate a program in your area, contact your local American Cancer Society office or call toll-free (800) 227-2345.

- N a t i o n a l C a n c e r I n s t i t u t e -

The National Cancer Institute (NCI) conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.

Help Options: Cancer information specialists can answer your questions about cancer and help you quit smoking. They can also help you use the NCI Web site and provide you with NCI's printed and electronic materials. Cancer information specialists have access to comprehensive, accurate information on a range of cancer topics, including the most recent advances in cancer treatment.

Important: NCI provides cancer-related information for your general knowledge. Please note they cannot answer personal medical questions, make referrals to specific doctors or institutions, or give medical advice. Concerns about a medical condition - either your own or that of a family member or friend - should always be directed to a health care professional.

Telephone: Talk with an information specialist from the NCI's Cancer Information Service, in English or Spanish, within the United States, Monday through Friday 9 a.m. to 4:30 p.m. local time. Call (800) 4-CANCER ((800)422-6237) or TTY (800)-332-8615.

LiveHelp Online Chat: Have a confidential online text chat with a cancer information specialist from the NCI's Cancer Information Service - Monday through Friday 9 a.m. to 11 p.m. U.S. Eastern Time. Visit the NCI Web site: www.cancer.gov and click on "LiveHelp".

E-mail: If you have questions or comments or are unable to find what you need on the Web site, please feel free to contact NCI, in English or Spanish, using our online contact form located on the NCI Web site: www.cancer.gov. Alternatively, you may send an e-mail to cancergovstaff@mail.nih.gov.

- S m i t h F a r m C e n t e r f o r H e a l i n g a n d t h e A r t s -

Smith Farm Center for Healing and the Arts is a nonprofit health, education, and creative arts organization that serves individuals, families, and communities affected by cancer and other serious illnesses. Smith Farm aims to provide comfort, community, resources, and hope to those affected by illness. With the belief that each individual deserves the best conventional medical treatment as well as complementary and mind/body approaches to health; Smith Farm offers a wide array of programs, retreats, and services to transform the experiences of people living with cancer and other illnesses, and to give strong support to their caregivers, families, friends, and medical practitioners.

Programs and Retreats

- Gentle Yoga for Stress Reduction Series
- Meditation to Relieve Stress Series
- Health and Nutrition
- Art-in-Process: using the arts and creativity to heal
- Cancer Help Program (weeklong retreat)
- Living Well with Cancer (daylong retreat)
- And More

For a complete list of programs with full program descriptions and ongoing updates, visit www.smithfarm.com/programs.

Contact:

1632 U Street NW

Washington, DC 20009

Phone: (202) 483-8600

Web: www.SmithFarm.com

- T h e W e l l n e s s C o m m u n i t y -

The Wellness Community is dedicated to providing free support, education, and hope to people with cancer and their loved ones. Through participation in professionally-led support groups, educational workshops, nutrition and exercise programs, and stress-reduction classes, people affected by cancer learn vital skills that enable them to regain control, reduce isolation, and restore hope regardless of the stage of their disease.

All services are provided free of charge in a home-like, community setting. 'Community' is perhaps the most important aspect of The Wellness Community model of care. People come at diagnosis, during or at the end of treatment, at recurrence or several years out of treatment. They all come to learn they are not alone in their fight--whether for physical, emotional, or spiritual recovery.

Contact:

Barbara Shaffer, LCSW-C, OSW-C, Program Director

The Wellness Community, Greater Washington, D.C.

5430 Grosvenor Lane, Suite 100

Bethesda, MD 20814

Phone: (301) 493.5002

Web: www.wellnesscommunitydc.org

- Community Resources and
Advocacy Organizations -

There are many organizations throughout the D.C. metro area focused on supporting cancer patients, survivors, and caregivers. The D.C. Cancer Consortium has created a resource guide that lists many of the services and organizations offered throughout the area. Go online to: www.dccancerconsortium.org/publications/DCCCResourceGuide.pdf.

Here is a list of the types of organizations and services that can be found in the resource guide:

Advocacy Organizations	Integrative Medicine/Wellness
Breast Forms and Accessories	Legal Resources
Cancer Screenings	Medical Equipment and Supplies
Caregiver Assistance	Mental Health Services
Clinical Trials	Nutrition and Food Assistance
Employment Rights	Pain and Side Effects Management
End-of-Life Care and Hospice	Senior Citizens Assistance
Financial Assistance	Smoking Cessation
Grief and loss	Support Groups and Resources
Health Clinics (D.C. Public)	Transportation
Health Insurance	Utilities
Home Care	Wigs
Hospitals and Cancer Centers	Other

- Online Resources -

There are many organizations online that focus on the needs of cancer patients, survivors and those who care for them. To help begin your online search for support and resources a list of useful Web sites are listed below. For more online resources, including resources for specific cancers, visit the GW Cancer Institute resource page at www.gwumc.edu/gwci/resources.html or the DC Cancer Consortium's Resource Guide at www.dccancerconsortium.org/publications/DCCCResourceGuide.pdf. If you have questions about information you find online, ask your health care team.

Group	Description	Web Site
American Cancer Society	Provides information and resources for those affected by cancer.	www.cancer.org
American Institute of Cancer Research	Fosters research on diet and cancer prevention, interprets the evidence, and educates the public about the results.	www.aicr.org
American Pain Society	Increases the knowledge of pain and transforms public policy and clinical practice to reduce pain-related suffering.	www.ampainsoc.org
Association of Cancer Online Resources	Online support and information for those affected by cancer and related disorders.	www.acor.org
Association of Community Cancer Centers	Education and advocacy organization for cancer centers.	www.accc-cancer.org
Bone Marrow Foundation	Free support services and financial assistance to bone marrow/stem cell transplant patients and their families.	www.bonemarrow.org
Cancer Care	Provides free, professional support services for anyone affected by cancer.	www.cancercare.org en Español: www.cancercare.org/espanol
Cancer Information Service	A national information and education network.	www.cis.nci.nih.gov

Cancer Legal Resources Center	Provides free and confidential information and resources on cancer-related legal issues to cancer survivors, their families, friends, employers, health care professionals, and others coping with cancer.	www.lls.edu/academics/candp/clrc.html
Cancervive	Provides support, public education and advocacy to those who have experienced cancer.	www.cancervive.org
Caringbridge	Free, personalized websites that support and connect loved ones during critical illness, treatment, and recovery.	www.caringbridge.org
Facing Forward: Life after Cancer Treatment	Offers practical tips to help cancer survivors through the time after their treatment.	www.cancer.gov/cancertopics/life-after-treatment
Fertile Hope	Provides reproductive information, support, and hope to cancer patients and survivors whose medical treatments present the risk of infertility.	www.fertilehope.org
Gilda's Club Worldwide	A community of free support for everyone living with cancer - men, women, teens, and children - along with their families and friends.	www.gildasclub.org
GW Institute for Spirituality and Health	Provides information and resources for connecting spirituality and health.	www.gwish.org
GW Center for Integrative Medicine	Provides information about using complementary and alternative medicine as a component of your cancer treatments.	www.integrativemedicinedc.com
Intercultural Cancer Council	Promotes policies, programs, partnerships, and research to eliminate the unequal burden of cancer among racial and ethnic minorities and medically underserved populations.	www.iccnetwork.org
Lance Armstrong Foundation	Provides practical information and tools people with cancer need to live life on their own terms.	www.laf.org
Leukemia and Lymphoma Society	Funds blood cancer research, education, and patient services.	www.lls.org
Look Good...Feel Better	Empowers women to manage the effects that cancer and its treatment have on their appearance and morale.	www.lgfb.ca
Mautner Project	The National Lesbian Health Organization that supports lesbians, bisexual, and transgender women with cancer.	www.mautnerproject.org
National Center for Complementary and Alternative Medicine (CAM)	Conducts and supports research, trains CAM researchers, and provides information about CAM.	www.nccam.nih.gov
National Coalition for Cancer Survivorship	Survivor-led cancer advocacy organization advocating for quality cancer care for all Americans and empowering cancer survivors.	www.canceradvocacy.org
Oncolink	Helps cancer patients, families, health care professionals, and the general public get accurate cancer-related information at no charge.	www.oncolink.upenn.edu
Patient Advocate Foundation	Seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment, and preservation of their financial stability relative to their diagnosis of life threatening or debilitating diseases.	www.patientadvocate.org
People Living With Cancer	Provides oncologist-approved information about cancer.	www.cancer.net/portal/site/patient
Planet Cancer	A community of young adults with cancer. Provides information, funny stories, and opportunities to connect with other young adults in similar situations.	www.planetcancer.org/html/index.php
Smith Farm Center for Healing and the Arts	Provides information and resources to aid D.C. cancer patients on how to begin the healing process from within.	www.smithfarm.com
Ulman Foundation: Young Adults	Connects young adults with cancer to others in their situation. Provides information, programs and events.	www.ulmanfund.org
Us Too	Prostate Cancer Education and Support Network.	www.ustoo.com
Wellness Community of	Provides free programs of emotional support, education, and	www.wellnesscommunitydc.org

Greater DC	hope to people affected by cancer.	
Y-ME Breast Cancer Network of Strength	Provides immediate emotional relief, information, and programs to anyone affected by breast cancer.	www.networkofstrength.org
Young Adult Cancer Survivors	Enables young adult cancer survivors (20s and 30s) living in the D.C. metro area to connect, share experiences, and exchange resources.	www.yacsd.org

- Resources for Healthy Living -

There are several important things you can do to improve your overall health during and after cancer treatment. Some of these things include appropriate exercise, good nutrition, sun safety, not smoking, and routinely getting screened for other cancers.

Exercise

Physical activity provides many benefits such as helping to maintain muscle mass, strength, stamina, and bone strength. It can help reduce depression, stress, and constipation. So, if you don't already exercise, talk to your doctor about including at least 30 minutes or more of moderate activity, like walking, on five or more days of the week. If your doctor approves, start where you are (perhaps five to 10 minutes each day) and work up to the goal of 30 minutes -- as you are able.

Eat Right

Your body needs a healthy diet to function at its best. It is even more important if you have cancer. With a healthy diet, you'll go into treatment with reserves to help keep up your strength, prevent body tissue from breaking down, rebuild tissue, and maintain your defenses against infection. People who eat well are better able to cope with the side effects of treatment. And you may even be able to handle higher doses of certain drugs. In fact, some cancer treatments are more effective in people who are well-nourished and are getting enough calories and protein.

- ❖ Don't be afraid to try new foods. Some things you may never have liked before may taste good to you during treatment.
- ❖ Choose a diet with many types of plant-based food. Try substituting dried beans and peas for meat at a few meals each week.
- ❖ Try to eat at least five colorful servings a day of fruits and vegetables, including citrus fruits and dark green and deep yellow vegetables. Colorful vegetables and fruits and plant-based foods contain natural health-promoting substances called phytochemicals.
- ❖ Limit high-fat foods, especially those from animal sources. Choose lower-fat milk and dairy products. Reduce the amount of fat in your meals by choosing a lower-fat cooking method such as baking or broiling.
- ❖ Limit the amount of salt-cured, smoked, and pickled foods that you eat.
- ❖ Drink alcohol in moderation, if at all.
- ❖ Try to maintain a healthy weight and be physically active.

If you have trouble with doing any of these things, talk to a member of your oncology team or a GW nutritionist.

For more nutritious tips, as well as recipes, talk to a GW dietitian or visit the American Cancer Society Web site at cancer.org/docroot/MH/MH_1.asp. The American Institute for Cancer Research also has guidelines for nutrition after cancer at: www.aicr.org/site/PageServer?pagename=cs_guidelines.

Protect Yourself from the Sun

It isn't possible or practical to completely avoid sunlight, and it would be unwise to reduce your level of activity to avoid the outdoors. Time in sunlight also helps your body make vitamin D, which can be important for good health. But too much sunlight can be harmful. There are some steps you can take to limit your amount of exposure to UV rays: wear protective clothing, use sunscreen with SPF 15 or higher, wear a hat and/or sunglasses, and limit exposure to the sun during the middle of the day. For

more information on sun safety, visit the American Cancer Society Web site at www.cancer.org/docroot/PED/PED_7.asp?sitearea=PED.

Quit Smoking

According to the National Cancer Institute, quitting smoking helps improve the body's ability to heal and respond to cancer treatment, and it lowers the risk of pneumonia and respiratory failure. Also, quitting smoking may lower the risk of cancer returning or a second cancer forming. For resources on quitting smoking, talk to your GW social worker or patient navigator or visit the American Cancer Society Web site at www.cancer.org/docroot/PED/ped_10_3.asp?sitearea=PED.

Maintain Regular Health Care and Screenings

Follow the plan of care provided by your oncologist and other health care team members. Do not forget to visit your primary care physician for routine medical care! Be sure to get screened for other cancers at the appropriate time. For screening guidelines, talk to your family doctor and visit the American Cancer Society Web site at www.cancer.org/docroot/PED/ped_2.asp.

S U R V I V O R S H I P

Once your treatment for cancer is completed, you will have occasional follow-up appointments with your oncology team. It is also important to maintain regular visits with your primary care physician and other appropriate medical professionals who can assist you in optimizing your overall health.

When visiting your oncology team, your primary care physician, and other medical professionals, it is helpful to know your medical history and your plan for follow-up care. This helps your doctors understand what you have been through and how best to help you in the future. The information here can help you maintain detailed medical treatment records, so that you can share this information with your medical team throughout your life.

There are several ways to keep track of your medical information. Here are a few of them:

- ❖ Within this section of your binder is the American Cancer Society survivorship care plan template. This tool can help you document your medical history and chart a follow-up care plan.
- ❖ If you are a breast cancer patient, please visit the GW Cancer Survivorship Center to have a free, customized survivorship care plan created for you. (See section on the Survivorship Center in this binder). Customized survivorship care plans are also available to survivors of other kinds of cancer for a fee.
- ❖ The Lance Armstrong Foundation provides a LIVESTRONG NOTEBOOK with a Medical Treatment Summary section that you can use to document your care. For more information on Livestrong resources, go to www.livestrong.org/notebook.
- ❖ The Lance Armstrong Foundation recently launched an electronic program to help you create an individual plan of care after gathering your medical records from your doctors. See www.livestrongcareplan.org.

If you have questions after your treatment is completed, contact:

Dr. Lorenzo Norris
Director, GW Cancer Survivorship Center
GW Medical Faculty Associates
2150 Pennsylvania Avenue, NW, 8th Floor
Washington, DC 20037
Phone: (202) 741-2882
E-mail: lnorris@mfa.gwu.edu

Chelsea Phelps
Patient Navigator
The GW Medical Faculty Associates
2150 Pennsylvania Ave NW
Urology Dept, Suite 3-417
Phone: (202) 741-3122
E-mail: cphelps@mfa.gwu.edu