



DIRECTIONS TO USE THIS RESOURCE MAPPING TOOL

Part 1: Personalize it for your clinic

- 1. Save the file to your computer
- 2. Open the file in PowerPoint
- 3. Make changes to the content, especially by adding local community resources
- 4. Save the file

Part 2: Put it in a usable format depending on your workflow (Ideas- PDF to pull down, work with EMR team to put within EMR)

To create a PDF:

- 1. If the file is open, click Save as PDF (Some systems call it Export to PDF)
- 2. Save the PDF to your computer (all links should be saved and be clickable)

Part 3: Share and use - You may find printing it out and having paper copies is best, or perhaps it's better to send it as a PDF, or having the content within the EMR, or other electronic tool/database)



During an integrative oncology visit using the HOPE Note, you will uncover areas in which your patients are ready to work on to improve their health. Many of these require reaching outside the traditional tool bag of the current medical model.

Recommended action items typically fall into a few categories including:

- Educational handouts for self-care
- Referral to technology tool or app
- Referral to internal resource or specialist (ex. <u>Health coach</u>, other provider, group course)
- Referral to outside community resource

Note that there may be some pre-work involved in setting up relationships with other providers and local community resources.



HOW TO USE THESE RESOURCES WITH THE HOPE TOOLS IN AN INTEGRATIVE HEALTH VISIT

Steps:

- 1. Let your patient know that you offer an integrative health visit, during which you set aside time to talk about what matters to them most in their healing and how your cancer care team can work with them to help them be well.
- 2. Ask them to fill out the Personal Health Inventory (PHI) before the visit.
- 3. Review the PHI together during the HOPE visit; use HOPE Note questions to guide discussion.
- 4. Identify up to three items they want to focus on now.
- 5. Link to resources related to their top three areas of interest.
- 6. Print out the resources from the links or share them electronically.
- 7. Go over the specific steps they will do to begin (SMART Goals).
- 8. Have a care team member reach out within two weeks to check-in and provide support.

CONTENTS OF THE SOLUTIONS GUIDE



NUTRITION



SLEEP



STRESS MANAGEMENT



ACTIVITY



SOCIAL SUPPORT

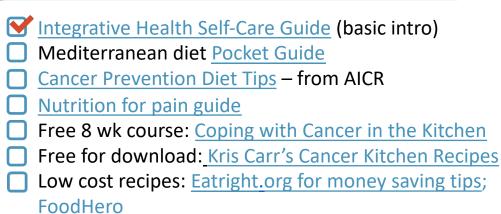
NUTRITION ACTION ITEMS



HOPE Questions: How is your diet? What did you have for breakfast, lunch, and dinner yesterday?



EDUCATIONAL HANDOUTS





Food and water consumption trackers



INTERNAL RESOURCES OR SPECIALIST

Referral to <u>nutritionist</u>Condition-specific group visits



COMMUNITY RESOURCES

Explore cultural food traditions (Mediterranean, African, Asian, Latin Amer, Vegetarian/Vegan)

Highlight and fill in your own resources

SLEEP ACTION ITEMS



HOPE Questions: How is your sleep? Do you wake refreshed?



EDUCATIONAL HANDOUTS

■ NIH Sleep Handout



TECHNOLOGY

- Guided Imagery: Website <u>HealthJourneys Sleep</u> and Mobile app <u>HealthJourneys Guided</u>
 Imagery; (Providers can set up personalized
 Guided Imagery page with Health Journeys like
 DrWayneJonas.com/meditate)
- CBTi Coach app

VA Site on <u>Insomnia</u>



INTERNAL RESOURCES OR SPECIALIST

- Behavioral health therapist for sleep hygiene instruction
- Guided Imagery Practitioner
- Sleep study



COMMUNITY RESOURCES

- Highlight and fill in your own resources
- Highlight and fill in your own resources

STRESS MANAGEMENT ACTION ITEMS











HOPE Questions: How is your stress? How do you relax?



EDUCATIONAL HANDOUTS

- Guided Imagery Pocket Guide
- Breathwork Pocket Guide
- Moving Meditation Pocket Guide
- Music Therapy <u>Pocket Guide</u>
- Journaling Pain and Trauma worksheet



TECHNOLOGY

- Mobile phone apps (<u>CALM</u>; <u>Curable</u> (for pain);
 Headspace; Insight Timer)
- Biofeedback (HeartMath) <u>Healing tool</u> summary
- 15-minute YouTube Meditation from Dr. Jonas
- Recommend integrative health therapist or course
- Guided imagery—Refer to main site or set up an organizationally branded streaming site available through Health Journeys
- For kids: guided imagery from CHOC

STRESS MANAGEMENT ACTION ITEMS











HOPE Questions: How is your stress? How do you relax?



REFERRAL TO SPECIALIST

- Behavioral health therapist
- Mindfulness Based Stress Reduction (MBSR)
- Mental health professional
- Massage Therapy Pocket Guide
- Art Therapy Pocket Guide
- Exercise oncology (free sessions): Maple Tree
 Cancer Alliance online and in-person options



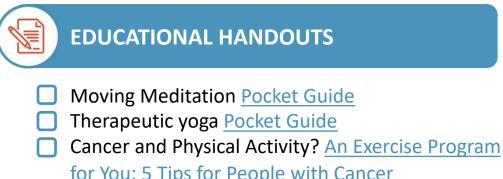
COMMUNITY RESOURCES

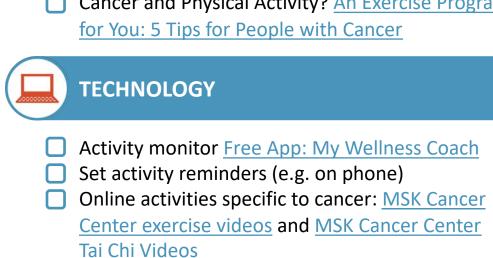
- Highlight and fill in your own resources
- Highlight and fill in your own resources

ACTIVITY ACTION ITEMS



HOPE Questions: How is your activity level? What do you do for recreation?







REFERRAL TO INTEGRATIVE HEALTH THERAPIST OR COURSE



COMMUNITY RESOURCES

Help patient find a local resource near them Ex
Find a YMCA
Highlight and fill in your own resources

Highlight and fill in your own resources

SOCIAL SUPPORT ACTION ITEMS



HOPE Questions: How is your social support? Are you alone?



EDUCATIONAL HANDOUTS

- ☐ ACS Patient Support Programs and Services
- For Parents: Fighting Isolation as a Cancer Parent



REFERRAL TO INTEGRATIVE HEALTH THERAPIST OR COURSE

- Mental health resource
- CBT/Reframing
- Virtual group visits



TECHNOLOGY

- <u>CaringBridge</u> online tool to share health updates
- Online Support Groups <u>Cancer Support Community</u>
- Schedule a video chat: <u>24/7 ACS Cancer Helpline</u>
- Cancer-specific online and live support groups:

cancercare.org support groups



COMMUNITY RESOURCES

- Refer to resources such as clubs, churches, sports groups; group class within system or in community
- For Elders: Online resource search (by zip code)
- National LGBT Cancer Network
- Highlight and fill in your own resources