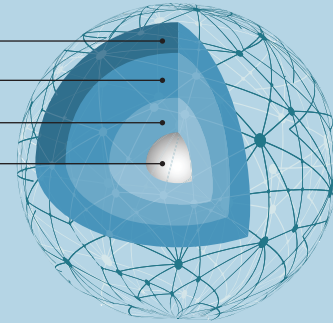


The Why and What of Whole Person Cancer Care

1 *Healing and Cancer* describes whole person care as care that treats the whole person, begins with what matters to them, and incorporates core wellness factors that empower patients in their own care. How is whole person care similar to the care you're already providing?

Body & External
Behavioral & Lifestyle
Social & Emotional
Spiritual & Mental



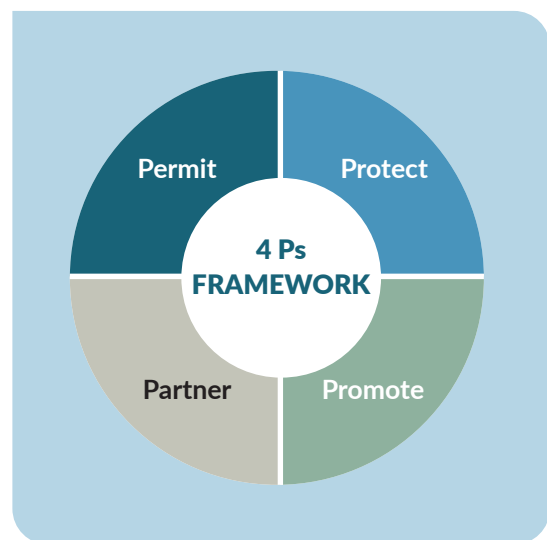
2 *Healing and Cancer* recommends having “what matters” conversations with each patient throughout their treatment. How does knowing what matters to patients help you engage and support them in their own care?



3 Delivering whole person care cannot be done alone; it requires a team. How have you seen this to be true in your practice? What are some ways to strengthen your team?

4 Dealing with the evidence and information needed to deliver whole person care can be a challenge, as much is still unknown. How does the 4 Ps framework presented in the book help you think about how to use the evidence to:

- protect patients as much as possible from all types of harm;
- permit patients to explore approaches that aren't harmful;
- promote proven practices that are recommended in guidelines; and
- partner with patients and the care team to build trust?



5 The authors outline the importance of core wellness factors: learning, loving, relaxing, sleeping, eating, moving and being. They explain that patients can build a supportive and healing environment to influence their ability to be well by adding meaningful health practices. Can you share an example of a health practice that has improved your own wellbeing (even if it doesn't have a Grade-A evidence base)?

CORE WELLNESS FACTORS



Learning



Eating



Loving



Moving



Relaxing



Being



Sleeping

Whole Person Healing Throughout the Cancer Care Trajectory

6 How does a whole person approach help you better understand the perspective and needs of people diagnosed with cancer?

7 How does getting to know patients result in shared decision-making and better overall care?

8 After and during treatment, how does whole person care help patients deal with common challenges such as pain, fatigue, and anxiety?

Insights and Inspiration from *Healing and Cancer*

9 How do the information and patient stories shared in *Healing and Cancer* compare with your experience? What did you find most thought-provoking or surprising?

10 How did *Healing and Cancer* inspire you to take action or think differently about delivering cancer care?

11 What small first step can you take to move toward delivering whole person care? How would taking this step help you enhance your own wellbeing?