

Notice of Discharge from Nova Scotia Health Cancer Care Program

Your Cancer Care Team will no longer be following you. From this date you are being discharged from our care. This means you no longer need to see us for further treatment or care.

Your ongoing care and support will be provided by your primary care provider. Details of your treatment will have been sent to your primary care provider.

If you need an appointment with us, tell your primary care provider. They can refer you back to the cancer program if necessary. We encourage you to maintain regular follow-up appointments with your primary care provider.

If you do not have a primary care provider:

- Register online with the Need a Family Practice Registry:
<https://needafamilypractice.nshealth.ca>
- Call 811 if you prefer to speak to someone or are new to Nova Scotia and do not have a Nova Scotia health card
- Virtual Care NS is available if you are registered with the Need a Family Practice Registry:
<https://www.nshealth.ca/content/virtualcarens>

Resources Available to You

We know this time of transition is filled with mixed emotions. We wish you all the best as you move forward. For some people, going back to “normal life” or a “new normal” is not easy. Along with the relief you might feel at finishing your treatment, it is normal to have concerns about your recovery and your future.

If you are having difficulties related to your cancer diagnosis or treatment, you may contact the Cancer Patient Navigator in your area or a member of your Psychosocial Oncology Team. If you live in the Halifax Regional Municipality (HRM) please call (902) 240-8129, outside Halifax (HRM) the number to call is 1-866-524-1234. To help support you, we have listed many resources below you may find useful.

Patient Education Video Series: The Nova Scotia Health Cancer Care Program has a library of videos to help support you. Some videos are listed below. If you would like to review the full catalogue, please go to: <https://vimeo.com/showcase/4902954> or simply use the QR code provided.



Survivorship Care Plans describe your recommended follow up care. It will help you learn how to manage your life after cancer treatment, understand what you can do to reduce your risk of the cancer coming back and explain the tests that are recommended for you.

Survivorship plans can be viewed by following the links below:

1. Follow Up Care for Cancer Patients:

<https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/nscpp0059.pdf>

2. Follow Up Care for Breast Cancer Patients:

<https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/nscpp0060.pdf>

3. Follow up Care for Colon Cancer Patients

<https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/nscpp0061.pdf>

4. Follow up Care for Rectal Cancer Patients

<https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/nscpp0062.pdf>

5. Follow up Care for Thyroid Cancer Patients

<https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/nscpp0063.pdf>

6. Follow up Care for Prostate Cancer Patients

<https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/nscpp1682.pdf>

Cancer Patient Family Network

You may want to get involved with the Cancer Patient Family Network (CPFN). The CPFN is a program of the Nova Scotia Health Cancer Care Program that connects cancer patients, survivors, family members, and friends with opportunities to improve the cancer system. As a member of the CPFN you will sometimes be sent emails with information to take part in focus groups, join committees, complete surveys, and review patient education resources.

You can read more and join by going to this secure website:

› <https://www.engage4health.ca/cpfn>



THERE ARE NOW MORE
WAYS TO ACCESS CARE
IN NOVA SCOTIA.

Download the
YourHealthNS app today.

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You can also find information by visiting the YourHealthNS website at

<https://yourhealthns.ca>

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This pamphlet is for educational purposes only.

It is not intended to replace the advice or professional judgment of a health care provider.

If you have any questions, please ask your health care provider.