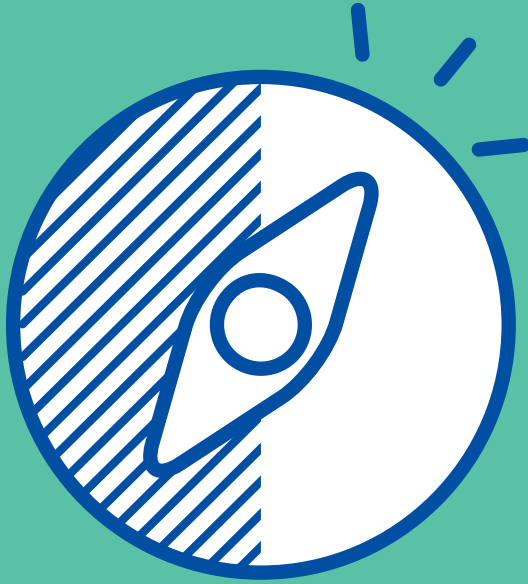


**WORLD
CANCER
DAY2016**

I CAN



**TAKE CONTROL OF
MY CANCER JOURNEY**



ON 4 FEB

**#WeCanICan
#WorldCancerDay**

WWW.WORLDCANCERDAY.ORG

I CAN — TAKE CONTROL OF MY CANCER JOURNEY



Cancer patients and families should be empowered to have a greater degree of control over the choices that influence their health and wellbeing and preserve their dignity at all stages throughout the cancer journey.

Many patients value having a voice in their care, so it is important for cancer specialists to agree on a treatment plan that respects their expertise as well as the patients' individual needs and preferences¹. Providing clear explanations of the available options, including the risks, benefits, and uncertainty associated with the options are all important to help patients play an active role in decisions about their care across the entire cancer journey^{2,3}.

Cancer patients receiving palliative or supportive care may have particular needs to get relief from symptoms, pain, and distress⁴. Having access to person-centred, dignity-conserving care

where patients take part in decisions, and all their care needs are addressed – their physical, emotional, spiritual, and social needs – is essential to delivering effective palliative or supportive care^{5,6}.

PEOPLE LIVING WITH CANCER CAN TAKE CONTROL OF THEIR CANCER JOURNEY BY BEING EMPOWERED TO BE ACTIVE PARTICIPANTS IN DECISIONS ABOUT THEIR CARE, HAVING THEIR CHOICES RESPECTED AND THEIR NEEDS MET.

1. Kehl KL, Landrum MB, Arora NK, et al. Association of actual and preferred decision roles with patient-reported quality of care: shared decision making in cancer care [published online February 12, 2015]. *JAMA Oncol*. doi:10.1001/jamaoncol.2014.112.
2. Politi MC, Studts JL, Hayslip JW. (2012). Shared Decision Making in Oncology Practice: What Do Oncologists Need to Know? *Oncologist*. 17:91-100
3. MacMillan Cancer Support. Making treatment decisions. <http://www.macmillan.org.uk/information-and-support/treating/treatment-decisions>
4. American Cancer Society. A Guide to Palliative or Supportive Care. What is palliative care? <http://www.cancer.org/treatment/treatmentsandsideeffects/palliativecare/supportive-care>
5. Pringle J, Johnston B, Buchanan D. (2015). Dignity and patient-centred care for people with palliative care needs in the acute hospital setting: A systematic review. *Palliat Med*. Mar 23. pii: 0269216315575681
6. WHO (2014). Strengthening of palliative care as a component of integrated treatment throughout the life course. A67/31 4 April 2014.