

QUICK START GUIDE FOR MEDICAL PROVIDERS



Important - Please read! Before you give a Bag it bag to your patient or family, add their pertinent info to section 4 (checklist) if you have not given it to them yet.

In focus groups patients said they were much more likely to use the bag IF someone introduced it to them - even briefly! **We know your time is short so at a minimum, open the guidebook to:**

1

Show them the "Start Here" page in the front pocket to read at home.



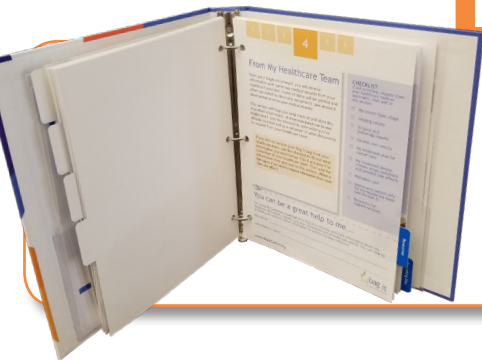
2

Point out our website link www.BagItCancer.org on that page for the 4-minute video "How to Use the Bag It Bag."

3

Behind title page, add cards from your office in the business card holders.

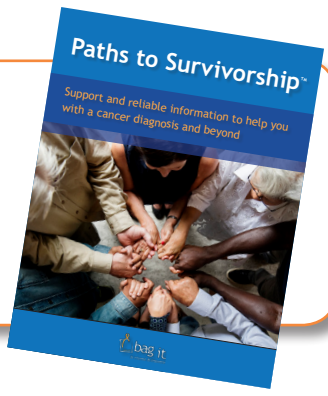
4



Flip to section 4 and use the checklist as you show them their medical records and pertinent information you added for them here. (Discuss portal access if applicable; see section 3)

5

Point out the *Paths to Survivorship* booklet in pocket behind section 6 - a good booklet to read first.



6

Open the zipper pocket and show them the other booklets and the journal. Ask them to give *Caring for the Caregiver* to their caregiver/family. *Taking Time* helps with emotions, and *Heal Well* helps with eating concerns during and after treatment.

7

Emphasize lots of options and suggestions are provided. They don't have to use or read everything right now, and can take it at their own pace. The Bag It bag has something for everyone. Encourage them to give it a try.

HELPFUL TIPS

- **What do I say as I give them a bag?**

This bag helps you and your family with reliable information and ways to stay organized and keep everything in one place. You can customize it and make it your own.

Doctors, nurses and cancer survivors helped choose the information.
- **When should I give the bag?**

As early as possible - at the time of diagnosis, at their first appointment or as soon as you know they do not have one.
- Encourage the patient to bring someone with them to every appointment.
- Bag It bags come in English or Spanish. If you are not sure which language to give someone, ask them!

See next page for more detailed review.

If you have a few more minutes use this checklist to explain the bag in a bit more detail or if someone needs extra help.

Front Pocket

Show them the "Start Here" page to read at home!

Point out our website link on that page for the 4-minute video "How to Use The Bag It Bag."

Use "My Companion Guidebook Contents" page as a guide to each section.

Tab Sections

Point out the instructions behind each tab on how to use that section.

Section 1: My Personal Details

- Gather info and fill in forms at home.
- Saves time; handy reference when asked for this info.

Section 2: My Calendars & Logs

- Keep track of everything in one place to easily find when they need it.
- They can make copies of blank forms or print from Bag It website.
- Show My Appointments Summary Log to note questions before visit and write down answers.

Section 3: My Test Results

- Suggest they ask for paper copies of tests, lab work, reports to store here.
- When filled, they use a second binder or storage container for older documents.
- Show page to list portal information. (*where applicable*)

Section 4: From My Healthcare Team

- Use checklist and show them medical records and pertinent info you added for them here.
- Discuss portal access if applicable; see section 3.

Section 5: Resources

- Direct them to visit Bag It's website so they don't have to search the Internet themselves.
- Tell them about local support services and programs that could benefit them.
- Show them list of common cancer terms.

Section 6: Everything Else

- Extra section for them to use as they need.
- More note paper supplied.

Back Pocket

Point out:

- *Paths to Survivorship* in pocket behind section 6 – a good booklet to read first.
- Feedback Form to fill out later after they've used the bag for a while.

Zipper Pocket

Pull out and show them:

- Journal – write thoughts, notes and/or bring to appointments.
- *Taking Time* - helps with emotions and communicating with others.
- *Heal Well* - eating concerns, side effects & physical activity during/after treatment.
- *Caring for the Caregiver* - ask them to give to their caregiver/family.

Emphasize lots of options and suggestions are provided. They don't have to use or read everything right now, and can take it at their own pace. **The Bag It bag has something for everyone. Encourage them to give it a try.**