



# QUICK START GUIDE

## How to Get Your Patients Started with Bag It Bags

### New To Using The Bag?

- Watch the short training video: [BagItCancer.org/healthcare-providers](http://BagItCancer.org/healthcare-providers)
- Two versions of the Bag:
  - **English Bag**
  - **Spanish Bicultural Bag** (in Spanish & English) for Latino or Hispanic patients with significant cultural adaptations and dual language for family members who may not be proficient in English.
- The binders are the same but the booklets vary. (See boxes at right.)
- Get familiar with both binders and all the booklets to be able to guide patients to parts that would be most useful to them. (Find booklets inside binder and in separate pouch.)
- **Who gets a Bag, and when?** As early as possible, give a bag to anyone with any type or stage of cancer, receiving any type of treatment.
- **What do I say when I give a Bag?** “This bag has reliable cancer info and resources for you. It helps you and your family stay organized and keep track of everything in one place. Use what works best for you.”

### Prep a Bag for Your Patient (Select English or Spanish Bicultural)

- Open the binder. Add the appropriate business cards to the card holder.
- Print and 3-hole punch your patient’s documents (test results, tx plan, chemo info, schedules, practice info, resources, etc.) and add to the binder.
- Gauge what info and support your patient needs most today. Select and bookmark 1 or 2 sections and/or pages to highlight when introducing the bag.  
Common needs:
  - Education about their cancer
  - Coping with diagnosis/emotions
  - Making decisions about tx
  - Paying for care, insurance
  - Everyday concerns, family

### Give a 3-minute Bag Review to Your Patient/Caregiver

- Using a Spanish Bicultural Bag for a Spanish speaker? Grab an extra one for yourself to use the English part as a reference. (A medical interpreter can be helpful here.)
- In the binder show them:
  - “Start Here” in front pocket with 5-minute video to watch at home.
  - the business cards you added.
  - their records and all the info you added (or review portal).
- Show them the booklets and describe them. Do this before you point out what parts of the bag you think can help immediately.

#### ENGLISH BAG BOOKLETS

- *Paths to Survivorship* - informational guide to use from day of diagnosis and beyond.
- *CancerResource: Living Well with Cancer and Beyond* - tips on nutrition and physical activity
- *Taking Time* - emotional support
- *Caring for the Caregiver* - give to caregiver/family

#### SPANISH BICULTURAL BAG BOOKLETS

- *Caminos hacia la Sobrevivencia/Paths to Survivorship* - 2-part informational guide to use from day of diagnosis and beyond.
- *El cáncer: Viviendo su mejor vida/Cancer: Living Your Best Life* - tips on nutrition & physical activity
- *Cómo cuidarse mientras usted cuida a su ser querido/Caring for the Caregiver* - for caregivers
- *Mi acompañante a las citas/My Appointment Companion* -Bring to appointments to help with questions, cancer words, knowing what to expect.