

Getting Back On Track (GBOT): Life *After* Treatment for Head and Neck Cancer

A 2-part educational class for:

- Patients who have finished treatment for cancers to the head and neck area. This includes surgery, radiation and/or chemotherapy.
- Family members and friends welcome

These classes are part of your overall care and treatment.

The classes will be booked as an appointment.

The appointment for your class is scheduled for:

GBOT Class 1: Tuesday, _____ 2:00 – 4:00 pm

GBOT Class 2: Tuesday, _____ 2:00 – 4:00 pm

We will call you 1 to 2 weeks before your class to remind you of your appointment. The appointment will also appear on your myUHN Patient Portal 1 week before the class.

Please keep this pamphlet and record the appointment in your calendar.



Read this pamphlet to learn about:

- ✓ How to manage and cope with ongoing side effects
 - ✓ Community resources
 - ✓ Emotional well-being
 - ✓ Follow up care
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Why it is important to take this class

After finishing your cancer treatment, you will be adjusting to a new “normal”. **Getting Back On Track: Head and Neck Cancer** will help you understand what to expect after finishing treatment and how to manage short and long term side effects.

Patients and families have told us they appreciate new information on:

- How to better manage ongoing side effects after treatment
- Practical tips from others who have gone through similar experiences
- What to expect from the regular follow up appointments
- Ways to manage and adapt to life after treatment
- Resources available in the hospital and your local community

Patients and families have also said that they appreciated the opportunity to connect with others going through similar experiences.

When to take this class

You will be booked into the class about 2 months after your treatment finishes. The classes are part of your treatment plan. If you would like to take the class earlier than at 2 months, please call 416 946 2172.

Please keep this pamphlet and mark the dates on your calendar. If you use the myUHN Patient Portal, the “GBOT” class will appear twice on your appointment schedule with two different dates and times: once for Class 1, and once for Class 2.

We will also call you 1 to 2 weeks before the scheduled class to confirm that you are attending. If you get a voice mail message, please call us back to confirm your attendance. You can call 416 581 8620.

What are the 2 separate classes of Getting Back On Track?

GBOT Class 1: Ongoing side effects, Medical Follow-up and Emotional Well-being

Held on the **second Tuesday of each month**

Time: 2:00 pm to 4:00 pm (class runs for about 2 hours)

Where: Princess Margaret Cancer Centre
Survivorship Classroom 2-631

What: Led by a Clinical Nurse Specialist (CNS) and a Social Worker (SW).

Class 1 covers information on:

- Strategies to manage and cope with short and long-term side effects
- Emotional changes and well-being
- Medical and dental follow-up and what to expect
- Resources in the community

GBOT Class 2: Nutrition and Swallowing

Held on the **third Tuesday of each month**

Time: 2:00 pm to 4:00 pm (class runs for 1½ to 2 hours)

Where: Princess Margaret Cancer Centre
Survivorship Classroom 2-631

What: Led by a Speech-Language Pathologist (SLP) or a Registered Dietitian (RD).

Class 2 focuses on changes to and ways to manage your:

- Swallowing and speaking difficulties that may continue or start up again months after treatment has finished
- Reduced mouth opening and its effect on day-to-day activities
- Side effects that can affect eating
- Healthy eating for long term health and wellness
- Tips to help you enjoy meals with others and eating out

What to bring

Please bring any questions you, your family members or friends may have to class.

Bring water or beverage with you and any snacks you may need.

You will also get an information package to take home with you.

How to rebook or change your class appointment

If you need to change the date of the class so better fit your schedule, please call the Radiation Reception Desk at 416 946 2172 to rebook your class appointment. Please have your medical record number (MRN) number ready (found on your green treatment card).

For more information about the classes, please call
Maurene McQuestion, Clinical Nurse Specialist at:
416 946 4501, ext. 5420

To learn more about the Head and Neck Cancer Survivorship Program and how to donate through the Head and Neck Discovery Fund, please go to:

<https://thepmcf.ca/Our-Impact/Head-and-Neck-Discovery-Program>

Visit www.uhnpatienteducation.ca for more health information.

Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: pfep@uhn.ca

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