

EDUCATE · SUPPORT · EMPOWER

Fight The Fear of Cancer!



Quick Start Guide for Medical Providers

Please distribute BAG IT to ALL newly-diagnosed patients (infused, oral, rad/onc) as part of their routine initial visit. It is critical that this happens early.

We realize that some patients may not be ready to use BAG IT right away. In that case, give it to a family member/friend to pass it on to the patient later or use the bag themselves to assist the patient.



BAG IT will:

- assist all cancer patients regardless of their cancer type, gender, or age.
- help your patients cope with their diagnosis and treatment to *Fight the Fear*.
- give them reliable resources and information.
- answer many of their questions which will save you office time.
- provide support to caregivers.

BAG IT is available in ENGLISH and SPANISH. Each bag includes:

- navigation binder with tips, resources, forms.
- printed publications from NCI and NCCS.
- pre-loaded USB wristband with publications, resources & forms. (Mac/PC compatible)

Who and How to Distribute?



- Ideally, the doctor, navigator, nurse or other trained designee.
- Provide a brief 2-3 minute explanation of the contents. (see reverse side)

Why the navigation binder?



- Considered by patients to be critical
- Stores contacts, medical information, reports and notes. Bring to each office visit.
- Contains tips/resources along with the printed publications.

Why the USB wristband?



- Information sharing & storage: 4GB capacity for patients' records, reports, scans, treatment plans, etc.
- Convenience: Pre-loaded with all the publications and forms in PDF format.
- No internet needed.



How does my office order the BAG IT resource?



- **Email: orders@bagit4u.org** or call 520-575-9602. **Provide your name & office email, address, phone and number of boxes desired in English and/or Spanish. (6 bags per box)**
- Orders will be received within one week.
- **Order what you need.** Or, we recommend automatic order: quarterly, monthly, bi-weekly based on your needs/available storage.
- Ask one person in the office to be responsible for ordering. Monitor and rotate your inventory.
- During winter, handknitted caps are included.

How to review the BAG IT bag with a patient

What do I say to patients as I give them a BAG IT bag? “This bag is meant to help you deal with your cancer. Survivors made the BAG IT for you. Oncologists, nurses, and survivors helped choose the information.”

What's next?

1. Give patients choice of an English or Spanish bag. Ask them to bring the binder to each appointment.
2. Guide the patient through the three sections of the binder.
3. Behind the founder's letter, review the index for the printed booklets, USB wristband and websites listed.



Getting Started

Show the patient:

- 1) Links and tips on the divider.
- 2) Handy forms to keep updated.
- 3) Paper to date/write down questions before office visits and write answers.
- 4) Pull out *Teamwork (Trabajo en equipo)* - guide to questions to ask, help with cancer words and more.
- 5) Next pull out *Taking Time (Tómese su tiempo)* – helps with emotions and relationships.

During Treatment

Show the patient:

- 1) Links and tips on the divider.
- 2) Calendar to customize.
- 3) Place for printed copies of scans, reports, treatment plans.
- 4) More paper for questions/notes.
- 5) Spanish bag only: article about complementary health approaches.
- 6) Pull out *Eating Hints (Consejos de alimentación)* – eating/nutrition tips.
- 7) If appropriate, pull out *Chemotherapy and You (La quimioterapia y usted)* - possible side effects of chemotherapy.
- 8) If appropriate, direct to *Radiation Therapy and You (La radioterapia y usted)* available on the USB wristband.

After Treatment

Show the patient:

- 1) *Facing Forward - Life After Cancer (Siga adelante)* addresses questions/concerns. Find on USB wristband.
- 2) Treatment Summary & Care Plan form – to be filled out by care team for follow-up care.
- 3) Pull out *When Someone You Love Has Cancer (Cómo cuidarse mientras used cuida a su ser querido)* (in back pocket) – help for family and friends.
- 4) Remember to bring binder to all appts.

How do I explain the USB wristband?

- Pre-loaded with all the publications and printable forms found in the binder. Use to read, print, copy (to another device), and share information with caregivers, family, and friends.
- 4 GB storage to store copies of reports, scans, lab work, advance directives, etc. Valuable as a backup, too.



If possible, demonstrate the USB wristband in an office computer. No internet required. (Mac/PC compatible)

1. Click English or Spanish version.
2. Click on the publications and forms to view.

To copy the patients' records, reports, etc. onto the USB wristband:

1. Insert USB into an office computer.
2. Copy or “drag and drop” patients' reports and records onto the USB. You can create one or more folders.
3. Safely remove the USB from the computer when finished.

If unable to copy onto the USB for patient, provide printed copies. They can scan the documents at home and copy onto the USB.

Feedback Form: BAG IT wants to hear how the bag helped your patients. Please ask patients to complete the yellow survey form in the front pocket of the binder after treatment.

On the backside is an opportunity to donate to the BAG IT organization.

**For more information:
please visit bagit4u.org or call: 520-575-9602**