Greetings,

We welcome you and your family to UNC Outpatient Oncology Palliative Care. We look forward to partnering with you and your oncology team to:

- Treat and manage your symptoms related to cancer and cancer treatment
- Help ensure that your cancer care matches your values and goals
- Offer assistance in advance care planning
- Offer support and resources to you and your family

Our team is made up of doctors, a pharmacist, nurse practitioner, nurse, and administrative specialist. We work closely with hospital social workers, dieticians, chaplains, and support staff to address your needs.

You can reach a member of our team
Monday - Friday between 8:30 am – 4:30 p.m. at 984-974-0000.

We look forward to working with you soon.

UNC Outpatient Oncology Palliative Care
Gary Winzelberg, MD, Physician
Kyle Lavin, MD, Physician
Meredith Keisler, Pharm D, Clinical Pharmacist Practitioner
Cindy Kelly, FNP, Family Nurse Practitioner
Jenny Hanspal RN, Nurse Clinical Coordinator
Christine McGrath, Administrative Specialist

Palliative Care (pronounced pal-lee-uh-tiv) is specialized medical care for people with serious illness. This type of care is focused on providing relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and the family.

Palliative care is provided by a specially-trained team of doctors, nurses and other specialists who work together with a patient’s other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness, and it can be provided along with curative treatment.

1. WHERE DO I RECEIVE PALLIATIVE CARE?
   Palliative care can be provided in a variety of settings including the hospital, outpatient clinic and at home.

2. DOES MY INSURANCE PAY FOR PALLIATIVE CARE?
   Most insurance plans, including Medicare and Medicaid, cover palliative care. If costs concern you, a social worker from the palliative care team can help you.

3. HOW DO I KNOW IF PALLIATIVE CARE IS RIGHT FOR ME?
   Palliative care may be right for you if you suffer from pain, stress or other symptoms due to a serious illness. Serious illnesses may include cancer, heart disease, lung disease, kidney disease, Alzheimer’s, HIV/AIDS, amyotrophic lateral sclerosis (ALS), multiple sclerosis, Parkinson’s and more. Palliative care can be provided at any stage of illness and along with treatment meant to cure you.

4. WHAT CAN I EXPECT FROM PALLIATIVE CARE?
   You can expect relief from symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping. Palliative care helps you carry on with your daily life. It improves your ability to go through medical treatments. It helps you better understand your condition and your choices for medical care. In short, you can expect the best possible quality of life.

5. WHO PROVIDES PALLIATIVE CARE?
   Palliative care is provided by a team including palliative care doctors, nurses and other specialists.

6. HOW DOES PALLIATIVE CARE WORK WITH MY OWN DOCTOR?
   The palliative care team works in partnership with your own doctor to provide an extra layer of support for you and your family. The team provides expert symptom management, extra time for communication about your goals and treatment options and help navigating the health system.

7. HOW DO I GET PALLIATIVE CARE?
   You have to ask for it! Just tell your doctors and nurses that you would like to see the palliative care team.
# Pain Management Log

Please use this pain assessment scale to fill out your pain control log.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>How severe is the pain?</th>
<th>Medicine or non-drug pain control method</th>
<th>How severe is the pain after one hour?</th>
<th>Activity at time of pain</th>
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SAFE AND EASY
MEDICATION DISPOSAL
available at the blue MedSafe® boxes at UNC Hospitals

Do you have medication that’s expired or you no longer use?
Dispose of it safely and anonymously at one of three blue MedSafe® boxes located around UNC Hospitals. The medication will be safely and legally destroyed.

Besides cluttering up your medicine cabinet, unused or expired medications can be dangerous – especially opioids, which are being abused more and more.

- 73% of teens say it is easy to access prescription drugs from their parent’s medicine cabinet.
- 70-80% of people who abuse opioid medications like oxycodone, morphine, and fentanyl obtain them from a family member or friend.
- One child is poisoned by opioids every 45 minutes.

Medications should not be simply thrown away or flushed down the toilet: improper disposal of medication can lead to environmental or safety hazards.

LOCATIONS
Just look for the blue MedSafe® boxes at one of three locations:

**UNC HILLSBOROUGH OUTPATIENT PHARMACY**
Lobby Level, Hillsborough Hospital
430 Waterstone Drive
Hillsborough, NC 27278
Hours: Monday-Friday 9 a.m.-5 p.m.

**UNC CENTRAL OUTPATIENT PHARMACY**
Lobby Level, NC Cancer Hospital
101 Manning Drive
Chapel Hill, NC 27514
Hours: Monday-Friday 7 a.m.-8 p.m.

**UNC EMPLOYEE PHARMACY**
Lobby Level, NC Memorial Hospital
101 Manning Drive
Chapel Hill, NC 27514
Hours: Monday-Friday 8 a.m.-5 p.m.

TIPS FOR DISPOSAL

**ACCEPTABLE**
- Pills, tablets, capsules
- Ointments, creams, lotions
- Powders
- Liquid medicines - no more than 4 oz.

**NOT ACCEPTABLE**
- Aerosol spray cans
- Needles, syringes, or sharps containers
- Trash
- Batteries and Hazardous materials

Leaves medication in original container when possible, or place in plastic baggie before disposal.
MedSafe® boxes are available to the public during normal business hours. Do not leave medication outside of the box.

HAVE QUESTIONS? ASK A PHARMACIST AT ANY LOCATION.
**Safe Storage & Disposal of Pain Medications**

**Why do doctors prescribe pain medication(s)?**
People diagnosed with cancer often experience pain, either from the cancer itself or as a side effect of treatment. As a result, managing and treating pain is an important part of a person’s overall cancer treatment plan. Treatment may involve the use of pain relief medications called analgesics. For some people with moderate to severe pain, the doctor may prescribe opioids, also known as narcotics.

**Why is it important to know how to store my pain medication(s)?**
Although opioids are very effective at managing and relieving cancer pain, they are dangerous if a family member or pet accidentally swallows them. Fentanyl skin patches (see below) can stick to the hands and feet of kids and pets. In addition, people who use drugs may seek them out. Therefore, it is important to take additional steps to safely and securely store your prescription pain medication.

**What steps should I take to safely store my pain medication(s)?**
It is important to store your pain medication in a bottle that has a child-resistant lid. You should also keep all of your opioid medication in a location where a pet, child, teenager, or stranger would not easily see it or get to it. Do not store your pain medication in many different places around the house or leave it sitting out. Finally, only share details about your prescription(s) with your caregiver or others who need to know.

**How should I get rid of any old or unused medication?**
The U.S. Food and Drug Administration (FDA) recommends that some opioid medications be flushed down the toilet. However, some communities have rules and restrictions against this. Another option is to take any unused or expired drugs to a prescription medication take-back program collection site. If you can't take your medication to a collection site or flush it, you may need to put it in the trash. To do this safely, take all of the medication out of its container and put it in a sealable plastic bag or coffee can. Then mix the medication with an undesirable substance such as cat litter or used coffee grounds. Finally, seal the container and be sure to put it in the trash, not the recycling.

**How should I dispose of used pain-relief skin patches?**
If you have been prescribed a fentanyl skin patch, make sure used patches are kept away from others. According to the FDA, too much fentanyl can cause severe breathing problems and even death in babies, children, pets, and adults, especially those who have not been prescribed the drug. After using a patch, fold it in half so the sticky parts are sealed together and flush it down the toilet or use another of the disposal methods listed above.
Questions to ask the doctor

Regular communication is important in making informed decisions about your health care. Consider asking the following questions of your health care team:

- Would you explain the options for managing my pain with medication?
- Why is it important for me to safely store and dispose of my pain medication?
- Where is the best place for me to keep my medication?
- Should I lock up my pain medication? If so, where would you recommend?
- What should I do if a pet or family member accidentally swallows or comes in contact with my medication?
- What should I do if some or all of my medication goes missing?
- What should I do with any medication that may be left over if my prescription changes or if I don’t need to take it any more?
- Is it safe for me to flush any old or unused pain medication down the toilet?
- Are there any drug take-back programs in my area? Or should I return left over medication to a member of my health care team?
- Whom should I call if I have any questions or problems?

Additional information about how to safely store and dispose of cancer medications can be found at www.cancer.net/safestorage.

The ideas and opinions expressed here do not necessarily reflect the opinions of the American Society of Clinical Oncology (ASCO) or The Conquer Cancer Foundation. The information in this fact sheet is not intended as medical or legal advice, or as a substitute for consultation with a physician or other licensed health care provider. Patients with health care-related questions should call or see their physician or other health care provider promptly and should not disregard professional medical advice, or delay seeking it, because of information encountered here. The mention of any product, service, or treatment in this fact sheet should not be construed as an ASCO endorsement. ASCO is not responsible for any injury or damage to persons or property arising out of or related to any use of ASCO’s patient education materials, or to any errors or omissions.

To order more printed copies, please call 888-273-3508 or visit www.cancer.net/estore.
FREE LEGAL SERVICES FOR CANCER PATIENTS
HOSTED BY UNC SCHOOL OF LAW, THE LEGAL AID NC AND THE
UNC COMPREHENSIVE CANCER SUPPORT PROGRAM

UNC Law Students and Practicing Attorneys will assist you with preparing…

- **Living Will**: a document specifying your wishes for end of life care.
- **Health Care Power of Attorney**: a document assigning someone you trust to represent your medical wishes if you are unable to.
- **Durable Power of Attorney**: a document assigning someone you trust to help manage your personal and business affairs.

When: Call for appointments
Where: Patient & Family Resource Center
        Ground Floor, NC Cancer Hospital

For more information or to make an appointment, contact Cindy Rogers at 984-974-8112 or cdrogers@email.unc.edu
Progressive Muscle Relaxation (PMR) is a technique that relaxes the muscles in your body. It helps reduce tension or stress that you may hold in your muscles. When you let go of the tension, your muscles will relax. PMR is done by tensing and relaxing a muscle group off and on until the muscle stays relaxed. As you practice, you will learn to feel the difference between tense muscles and relaxed muscles.

Benefits of PMR

- Lower your stress
- Lower your heart rate
- Help you control your anxiety
- Reduce muscle tension
- Lessen your pain
- Help you feel more rested

How to Relax with PMR

1. Get into a comfortable position. You may stand, sit or lay down on your back.

2. Tighten all of the muscles in your face to make them tense. Hold the tension for 5-10 seconds.

3. Relax the muscles in your face for 15-20 seconds. Focus on the tension leaving your body.

4. Repeat tensing and relaxing the same muscles 2 – 3 times before moving on to the next muscle group.

5. Repeat steps 2, 3, and 4 with different muscle groups.
   In this order, focus on the shoulders, upper arms, forearms, hands, chest, back, trunk, thighs, lower legs and then feet.

Helpful Hints

- PMR should not feel bad. Stop PMR if it is painful or not comfortable.
- Keep your muscles relaxed longer than you keep them tense.
- Use long deep breaths to help relax the muscles.
- Feeling warm and tingly is normal.

Call your UNC Recreational Therapy and Child Life team member if you have any questions.

919-966-4131

HDF 3617; 5.6; 11/2012
**Guided Imagery** is a skill that you can use to help relax your mind and your body. In Guided Imagery, you use your imagination and your five senses (sight, smell, touch, taste and hearing) to take your mind to a place that you would rather be.

**Benefits of Guided Imagery**

- Decrease stress
- Give a sense of control
- Decrease anxiety
- Improve your sleep
- Help concentration
- Help decrease pain

**How to Relax with Guided Imagery**

1. Get into a comfortable position. You may sit or lie down. You may also want to close your eyes.

2. Think of a place that you would rather be (such as the beach, mountains, or with family).

3. Think about what you would see, smell, feel, taste and hear if you were in that place. The more that you can make yourself see, smell, feel, taste and hear the place where you want to be, the easier it is to relax.

4. Keep using your senses to think about this place until you feel very relaxed.

**Helpful Hints**

- Use long deep breaths to help you relax.
- The more you practice, the easier it will become.
- There is no time limit with Guided Imagery. Do it for as little or as long as you need.
- Stop Guided Imagery if you start to have uncomfortable feelings and/or thoughts. Guided Imagery should not make you feel sad.
- You can get CDs that use words to help with Guided Imagery. Sound Machines or music can also help.

**Call your UNC Recreational Therapy and Child Life team member if you have any questions.**

919-966-4131
Diaphragmatic (di uh frag MAT ik) breathing is a type of relaxation breathing that uses the diaphragm. The diaphragm is the muscle that is below the ribs and above the stomach. In this type of breathing, the diaphragm causes the stomach, instead of the chest, to rise and fall. When the lungs fill with air, the diaphragm pushes down, and the stomach will rise (move forward). When the lungs empty the air, the diaphragm moves back up, and the stomach will fall (move back in). The result is slow, even and deep breathing.

**Benefits of Diaphragmatic Breathing**

- Decrease pain
- Help with heart rate
- Decrease anxiety
- Decrease muscle tension
- Decrease stress
- Slow down breathing

**How to Breathe with the Diaphragm**

1. Get into a comfortable position. You may stand, sit or lay down on your back.

2. Place one hand on your chest and one hand on your stomach.

   The hand on your chest should stay still. The hand on your stomach will allow you to feel your stomach rise and fall as you breathe.

3. Breathe in through your nose if you can for 3-5 seconds, or as long as you are comfortable. Allow your stomach to rise as the air enters your lungs.

4. Breathe out through your mouth if you can for 3-5 seconds, or as long as you are comfortable. Allow your stomach to fall as the air leaves your lungs.

5. Repeat each step until your body feels relaxed.

**Helpful Hints**

- Focus on exhaling for more relaxation.
- Use a clock with a second hand to time your breathing.
- Never hold your breath or gasp for air.
- If you feel dizzy or light-headed, return to your normal breathing.

☎ Call your UNC Recreational Therapy and Child Life team member if you have any questions.

919-966-4131
The Comprehensive Cancer Support Program, or **CCSP**, has a wide range of services for cancer patients and their families. The CCSP strives to provide thoughtful support to people whose lives have been touched by cancer. The **CCSP** includes the following support programs:

### The Patient and Family Resource Center  
(984) 974-8100
This is located on the Ground Level of the N.C. Cancer Hospital. It offers education, support and comfort services. You will find a library, computer access, wigs and head coverings, recliners for resting, a computerized massage bed and helpful staff. Caregiver programs and resources are also available, learn more at [www.caregivers.web.unc.edu](http://www.caregivers.web.unc.edu)

### Counseling and Mental Health Services  
(919) 966-3494
This program offers individual, couples, family and group consultation and psychotherapy. Staff can help you manage depression, anxiety and other symptoms that can be related to cancer and its treatment.

### Exercise & Survivorship Programs  
(984) 974-8100
Learn ways to introduce or regain physical activity and exercise into your life, including group classes and individual consultations. The survivorship program has both clinical services and education for patients living with cancer during and after active treatment.

### Nutrition  
(984) 974-8100
Licensed dietitians provide education, assessment, and counseling to patients before, during and after treatment. Our oncology nutrition specialists can help you optimize immune function, improve strength, increase energy, preserve lean body cell mass, decrease your risk of infection, manage treatment side effects and more.

### Symptom Management & Supportive Care  
**By Referral**
Supportive Care helps manage the side effects of cancer treatment and cancer-related problems such as pain, nausea and fatigue. If you think supportive care may be helpful, talk to your UNC Cancer Care team about a referral.

### Integrative Medicine  
(919) 966-3494
Many patients find the programs in Integrative Medicine helpful. Our program complements traditional cancer care. Examples include consults with a doctor, yoga, meditation, health coaching and acupuncture.

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For more information:  [www.unclineberger.org/ccsp](http://www.unclineberger.org/ccsp) or 984-974-2277