

Pain & Symptom Management/ Palliative Care

All people living with cancer, including those who may be cured, can access Pain and Symptom Management/Palliative Care clinics.

If you cannot manage your pain or other physical problems, your family doctor and oncologist can refer you to a clinic

Our clinics can also help you with advance care planning, hard decisions, and moving to hospice care.

The clinic team includes specialist doctors, nurses, pharmacists and administrative staff.

Talk to your doctor or nurse if you would like to be referred to a clinic.



Resources

BC Cancer Coping with Cancer:
www.bccancer.bc.ca/coping

Support Programs at BC Cancer:
www.bccancer.bc.ca/supportprograms

Healthlink BC (811) dietitian and exercise consultation: www.healthlinkbc.ca

Kelty's Key: online courses for anxiety, panic, depression and sleep problems
www.keltyskey.com

Centre Contacts

Abbotsford:

604.851.4710 or 1.877.547.3777

Kelowna:

250.712.3900 or 1.888.563.7773

Prince George:

250.645.7300 or 1.855.775.7300

Surrey:

604.930.2098 or 1.800.523.2885

Vancouver:

604.877.6000 or 1.800.663.3333

Victoria:

250.519.5500 or 1.800.670.3322



Provincial Health Services Authority

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SUPPORTIVE CARE SERVICES



About

BC Cancer Supportive Care Services are available at all regional centres. There are many programs to help you with the many concerns that come with a cancer diagnosis and treatments.

Supportive Care staff are an important part of your cancer care team. You can access some services yourself. Some services need a referral from a doctor or nurse.

Physiotherapy

Physiotherapy can help with movement, pain management, fatigue, balance and more. The BC Cancer Vancouver Centre offers telephone or video appointments with a physiotherapist who can prescribe individualized exercises and home safety equipment. You can also speak to an oncology exercise physiologist about your exercise plan at Healthlink BC (dial 811).

Talk to your doctor or nurse if you would like to see a physiotherapist.

Patient & Family Counselling

Counsellors can speak with you or a family member in-person or over the phone. You can talk to them about your emotions, problems in relationships and practical and financial concerns.

Our counsellors will work with you and your family during your treatment and up to 18 months after treatment.

Group programs and educational sessions may be available. Special services include:

Vocational Rehabilitation: A vocational rehabilitation counsellor can help you identify what is important to you. This will help you make career and life decisions. Appointments are available in-person at BC Cancer - Vancouver or by telephone to other areas of B.C.

Art Therapy: Art therapy uses art materials and creative activities to help patients and their family members:

- express emotions
- find inner strength
- relax

Spiritual Health: A Spiritual Health Practitioner helps patients and their families connect with their inner spiritual practices.

Call to book an appointment with a counsellor or to ask about support programs.

Psychiatry

Psychiatrists are doctors who specialize in mental health. Our psychiatrists can help with depression, anxiety, insomnia, fears and changes in personality or thoughts. Psychiatrists will treat your specific concerns. Therapy may include talking and medications.

Talk to your doctor or nurse if you would like to see a psychiatrist.

Nutrition

Registered dietitians can help you with eating and nutrition problems during your cancer treatment.

If you are having chemotherapy at a community clinic, you can ask to speak with the dietitian working at your local hospital.

You can also speak with an oncology dietitian at Healthlink BC (dial 811).

Call to book an appointment with a registered dietitian.

Speech-Language Pathology

Registered Speech-Language Pathologists can help you with communication and swallowing problems related to your cancer. Speech-language Pathologists may see you before, during and after cancer treatment.

Talk to your doctor or nurse if you would like to see a Speech-language Pathologist.