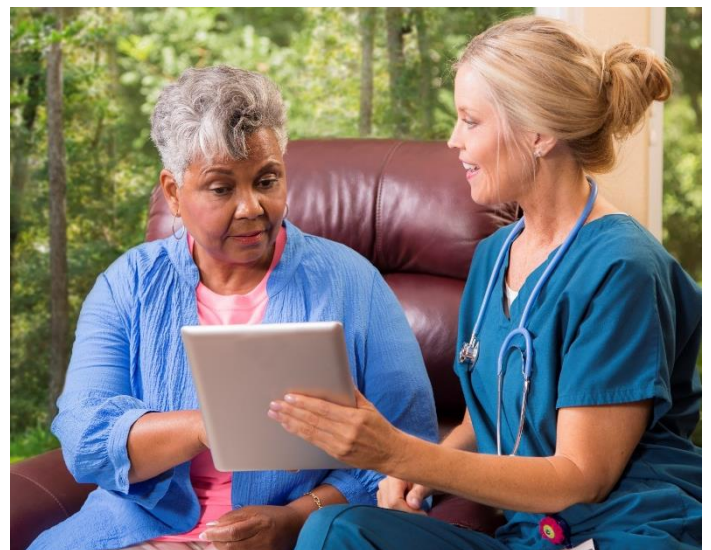
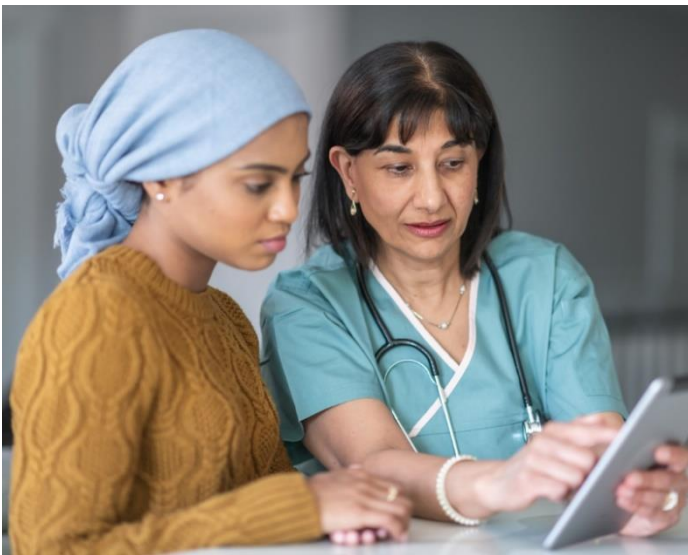


# EPICC

## The Early symPtom Indicators for Cancer Care Screening Program

Using repeat symptom  
screening to better manage  
your quality of life during  
cancer care



## Early Symptom Management in Cancer Care

During your cancer care, you may experience symptoms and side effects. Each person is different.

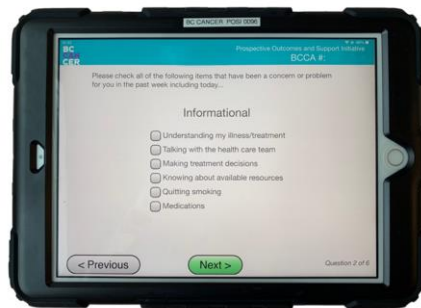
Regular screening improves your care and gives you a better quality of life by showing your symptom patterns over time. This alerts your care team to symptoms and issues that are starting or that are getting worse. This helps the team better plan for your care. It also helps them better care for any mental, emotional and spiritual distress you are having.



I don't worry that I'm taking up time for these things with my doctor.

It brought up concerns I wouldn't otherwise bring up.

I can talk to nurses about the things bothering me.



## How does EPICC work?

When you take part in EPICC you will be asked to answer a few sets of questions about your symptoms and issues. These are called screens. You may fill out these screens on an iPad, online or by answering questions on the phone.

Your care team gets your screen results right away. A nurse will review the screen results with you.

- Screens happen before consult visits where you review your cancer care progress or symptoms.
- The questions are grouped into five sets. Your first screen will have all the sets. One set is asked at every screen, the rest are asked only every month or two.

You know your body. You are a partner and leader in managing your health and deciding what care is right for you. You can ask questions anytime and share your thoughts with us.

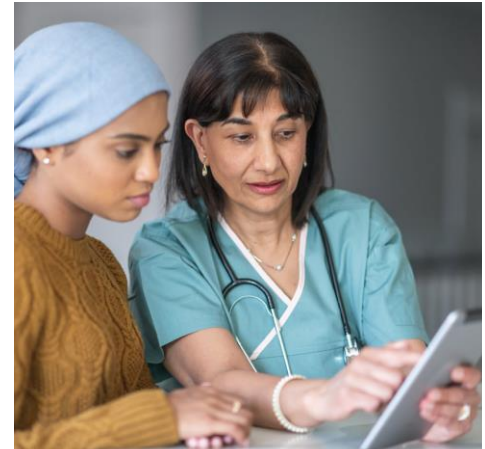
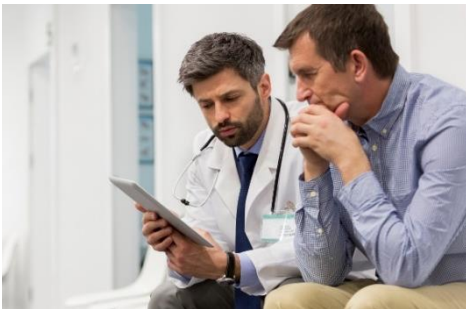
## How do I take part?

### Doing a symptom screen

- If you have questions, please ask any member of your health care team.
- For in-person consult visits, you may be offered an iPad to do the screening in the clinic. Or, you may be asked to do the screen online or by phone the day before.
- For the online screens, please try to complete the questions by midnight the day you get them.
- If you feel able, complete the screen when it is offered. We can track your symptoms better if you complete more screens.
- Answer each question as best you can.
- You can review a copy of the questions any time on the EPICC website (see [link](#), at the bottom, right side).

### Reviewing the results

- A nurse or other member of your cancer care team will review your results with you.
- Talk with the nurse about how you are feeling, including your worries and fears.
- You may have one or more symptoms and side effects. Each person is different. If you do have symptoms, let the nurse know which ones are most important to you.
- For some symptoms, the nurse may suggest some things you can do to help yourself. For other symptoms you may need more support (such as medications or services).
- When possible, you will receive a printout that shows your results over time. If you want, you can share your results with other health care providers and with family members and friends.



## Managing Symptoms & Side Effects

The next pages list the self-support options, education, and services available. They are arranged by the types of symptoms and issues in the screening questions.

The EPICC website has active links to the self-management resources and webpages.

Visit the EPICC website  
[bccancer.bc.ca/EPICCVancouver](http://bccancer.bc.ca/EPICCVancouver)

Scroll down to “Symptom Management Resources”

If you are self-managing your symptoms but you have concerns or your symptoms are getting worse, please contact your Vancouver BC Cancer care team at **604.877.6025**.

To learn more about EPICC and to find the resource links for each symptom or issue in the screens you do, visit the EPICC BC Cancer webpage: [www.bccancer.bc.ca/EPICCVancouver](http://www.bccancer.bc.ca/EPICCVancouver)

Scroll down to “Symptom Management Resources”

<b>Symptoms</b>  <i>(ESAS screen)</i>	<b>Scores of 0 to 6</b>  <b>No and Low symptom scores</b>  <i>Self-care approaches</i>  <i>Live links on the EPICC webpage</i>	<b>Scores of 4 to 10</b>  <b>Moderate to High symptom scores</b>  <i>Connect with Someone at BC Cancer</i>  <i>For immediate help with intense symptoms, call 911</i>
Pain	<ul style="list-style-type: none"> <li>• <a href="#">BC Cancer website &amp; handouts</a> <i>Pain / Nerve Damage / Skin and Wounds / As Cancer Progresses / BC Cancer Library Pathfinders</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>• Telephone Line Care Nurse: 604.877.6025</li> <li>• Pain &amp; Symptom Clinic: 604.877.6000 ext 672752</li> </ul>
Tiredness (lack of energy)  Drowsiness (feeling sleepy)  Sleep	<ul style="list-style-type: none"> <li>• <a href="#">BC Cancer website &amp; handouts</a> <i>Fatigue and Tiredness / Neutropenia / Sleeping Problems / BC Cancer Library Pathfinders</i></li> <li>• HealthLink BC (phone line): 811 Exercise &amp; Cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>• Telephone Line Care Nurse: 604.877.6025</li> <li>• Patient &amp; Family Counselling: 604.877.6000 ext 672194               <ul style="list-style-type: none"> <li>– Indigenous Cancer Care Counsellor</li> <li>– Chinese Cancer Care Counsellor</li> </ul> </li> <li>– Please call / check the website for current support programs and education courses</li> </ul>
Nausea	<ul style="list-style-type: none"> <li>• <a href="#">BC Cancer website &amp; handouts</a> <i>Nausea and Vomiting / BC Cancer Library Pathfinder</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>• Telephone Line Care Nurse: 604.877.6025</li> </ul>
Appetite	<ul style="list-style-type: none"> <li>• <a href="#">BC Cancer website &amp; handouts</a> <i>Loss of Appetite / BC Cancer Library Pathfinder</i></li> <li>• HealthLink BC (phone line): 811 Cancer Dietitian</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>• Dietitian: discuss a referral with your care team or call 604.877.6000 ext 672013</li> </ul>
Shortness of breath	<ul style="list-style-type: none"> <li>• <a href="#">BC Cancer website &amp; handouts</a> <i>Breathlessness / Neutropenia / BC Cancer Library Pathfinders</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>• Telephone Line Care Nurse: 604.877.6025</li> </ul>
Anxiety  Depression	<ul style="list-style-type: none"> <li>• <a href="#">BC Cancer Website &amp; handouts</a> <i>Anger / Anxiety (worried, scared, or anxious) / Emotional support / Sadness and Depression / Loss and Grief / Managing Stress / BC Cancer Library Pathfinders</i></li> <li>• <a href="#">BC Cancer website</a>: Patient and Family Counselling               <ul style="list-style-type: none"> <li>– Indigenous Cancer Care Brochure</li> </ul> </li> <li>• <a href="#">The Emotional Facts of Life with Cancer</a> (Canadian Association for Psychosocial Oncology)</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>• Patient &amp; Family Counselling: 604.877.6000 ext 672194               <ul style="list-style-type: none"> <li>– Indigenous Cancer Care Counsellor</li> <li>– Chinese Cancer Care Counsellor</li> </ul> </li> <li>– Please call / check the website for current support programs and education courses</li> <li>• Psychiatry Services: discuss a referral with your care team</li> </ul>
Constipation	<ul style="list-style-type: none"> <li>• <a href="#">BC Cancer website &amp; handouts</a> <i>Constipation / Diarrhea</i></li> </ul>	<ul style="list-style-type: none"> <li>• Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>• Telephone Line Care Nurse: 604.877.6025</li> <li>• Dietitian: discuss a referral with your care team or call 604.877.6000 ext 672013</li> </ul>
Well-being (how you are feeling about your health overall)	<ul style="list-style-type: none"> <li>• <a href="#">BC Cancer Website &amp; handouts</a> <i>Anger / Anxiety (worried, scared, or anxious) / Sadness and Depression / Fatigue and Tiredness / Loss and Grief / Managing Stress / Sexual health / As Cancer Progresses / BC Cancer Library Pathfinders</i></li> <li>• <a href="#">BC Cancer website</a>: Patient and Family Counselling               <ul style="list-style-type: none"> <li>– Indigenous Cancer Care Brochure</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>• Patient &amp; Family Counselling: 604.877.6000 ext 672194               <ul style="list-style-type: none"> <li>– Indigenous Cancer Care Counsellor</li> <li>– Chinese Cancer Care Counsellor</li> </ul> </li> <li>– Please call / check the website for current support programs and education courses</li> </ul>

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<b>Checklist items</b> <i>Supportive Care &amp; information Needs</i>	<b>Online Resources &amp; Handouts</b> <i>BC Cancer and others</i> <i>Live links on the EPICC website</i>	<b>BC Cancer Support Services</b> <i>And other helpful services</i>
<b>PHYSICAL ISSUES</b> <ul style="list-style-type: none"> <li>Memory and Attention</li> <li>Diarrhea</li> <li>Swallowing</li> <li>Communication difficulties</li> <li>Falling / Loss of balance</li> <li>Tingling / Numbness</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">BC Cancer website &amp; handouts</a> <i>Balance &amp; Coordination / Diarrhea / Fatigue / Memory, Thinking &amp; Attention / Dry mouth &amp; pain / Nerve Damage / BC Cancer Library Pathfinders</i></li> <li><a href="#">BC Cancer website</a> <i>Communication Difficulties / Swallowing Difficulties</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>Telephone Line Care Nurse: 604.877.6025</li> <li>Pain &amp; Symptom Clinic: 604.877.6000 ext 672752</li> <li>Dietitian: discuss a referral with your care team or call 604.877.6000 ext 672013</li> <li>Speech &amp; Language Pathologist: discuss a referral with your care team</li> </ul>
<b>PRACTICAL CONCERNS</b> <ul style="list-style-type: none"> <li>Returning to (staying in) work / school</li> <li>Affording costs / loss of income</li> <li>Getting to and from appointments</li> <li>Where to stay during treatment</li> <li>Child / family / elder care</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">BC Cancer website &amp; handouts</a> <i>Financial Assistance / Home Support Services / Transportation and Lodging / Work &amp; School</i></li> <li><a href="#">Cancer &amp; Work</a> – www.cancerandwork.ca</li> <li><a href="#">First Nations Health Authority</a>: Health Benefits Guide – www.fnha.ca/benefits/</li> </ul>	<ul style="list-style-type: none"> <li>Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>Patient &amp; Family Counselling: 604.877.6000 ext 672194 <ul style="list-style-type: none"> <li>– Indigenous Cancer Care Counsellor</li> <li>– Chinese Cancer Care Counsellor</li> <li>– Please call / check the website for current support programs and education courses</li> </ul> </li> <li>Indigenous Patient Navigator referral: <a href="mailto:icc@bccancer.bc.ca">icc@bccancer.bc.ca</a></li> </ul>
<b>EMOTIONAL ISSUES</b> <ul style="list-style-type: none"> <li>Fears / worries</li> <li>Depression / Sadness</li> <li>Frustration / Anger</li> <li>Changes in appearance</li> <li>Intimacy / Sexuality</li> <li>Coping</li> <li>Change in sense of self</li> <li>Loss of interest in everyday things</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">BC Cancer website &amp; handouts</a> <i>Fears and worries / Sadness and Depression / Frustration and Anger / Hair Loss and Appearance Changes / Lymphedema / Sexual Health / BC Cancer Library Pathfinders</i></li> <li><a href="#">The Emotional Facts of Life with Cancer</a> (Canadian Association for Psychosocial Oncology) <a href="http://www.capo.ca/The-Emotional-Facts-of-Life-with-Cancer">www.capo.ca/The-Emotional-Facts-of-Life-with-Cancer</a></li> <li><a href="#">Cancer Chat Canada</a> – <a href="http://cancerchat.desouzainstitute.com">cancerchat.desouzainstitute.com</a></li> </ul>	<ul style="list-style-type: none"> <li>Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>Telephone Line Care Nurse: 604.877.6025</li> <li>Patient &amp; Family Counselling: 604.877.6000 ext 672194 <ul style="list-style-type: none"> <li>– Indigenous Cancer Care Counsellor</li> <li>– Chinese Cancer Care Counsellor</li> <li>– Please call / check the website for current support programs and education courses</li> </ul> </li> <li>Indigenous Patient Navigator referral: <a href="mailto:icc@bccancer.bc.ca">icc@bccancer.bc.ca</a></li> <li>Look Good Feel Better Workshops: 1.800.914.5665</li> </ul>
<b>SOCIAL / FAMILY CONCERNS</b> <ul style="list-style-type: none"> <li>Feeling a burden to others</li> <li>Worry about family / friends</li> <li>Feeling alone</li> <li>Relationship difficulties</li> <li>Support for family / friends caring for me</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">BC Cancer website &amp; handouts</a> <i>Family Support / Indigenous Cancer Care brochure / Talking to children and teens about your cancer / BC Cancer Library Pathfinders</i> <i>Resources for Caregivers (see “Caregiver support services” section below)</i></li> </ul>	<ul style="list-style-type: none"> <li>Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>Patient &amp; Family Counselling: 604.877.6000 ext 672194 <ul style="list-style-type: none"> <li>– Indigenous Cancer Care Counsellor</li> <li>– Chinese Cancer Care Counsellor</li> <li>– Please call / check the website for current support programs and education courses</li> </ul> </li> <li>Indigenous Patient Navigator referral: <a href="mailto:icc@bccancer.bc.ca">icc@bccancer.bc.ca</a></li> </ul>
<b>FAITH / SPIRITUAL CONCERNS</b> <ul style="list-style-type: none"> <li>Meaning / Purpose in life</li> <li>Faith</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">BC Cancer website</a> <i>Spiritual Health / BC Cancer Library Pathfinder</i></li> </ul>	<ul style="list-style-type: none"> <li>Patient &amp; Family Counselling: 604.877.6000 ext 672194 <ul style="list-style-type: none"> <li>– Indigenous Cancer Care Counsellor</li> <li>– Chinese Cancer Care Counsellor</li> </ul> </li> <li>Indigenous Patient Navigator referral: <a href="mailto:icc@bccancer.bc.ca">icc@bccancer.bc.ca</a></li> </ul>
<b>INFORMATIONAL NEEDS</b> <ul style="list-style-type: none"> <li>Understanding my illness / treatment</li> <li>Talking with my health care team</li> <li>Making treatment decisions</li> <li>Knowing about available resources</li> <li>Quitting smoking</li> <li>Medications</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">BC Cancer website &amp; handouts</a> <i>5 Questions to ask about your medications / Advance Care Planning (see section below “Your personalized care plan”) / New Patient Guide / Tobacco, smoking, and cancer/ BC Cancer Library Pathfinders / BC Cancer Library</i></li> <li><a href="#">Quitting Smoking</a> <ul style="list-style-type: none"> <li>– Quit Now: 1-877-455-2233; <a href="http://www.quitnow.ca">www.quitnow.ca</a> ; local community pharmacy; rack cards</li> <li>– Respecting Tobacco (FNHA)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Talk to your BC Cancer care team (or with your community health care team or HealthLink BC phone line: 811)</li> <li>Chemotherapy Teach: discuss a referral with your care team</li> <li>BC Cancer Pharmacy: 604.877.6135</li> <li>Patient &amp; Family Counselling: 604.877.6000 ext 672194 <ul style="list-style-type: none"> <li>– Indigenous Cancer Care Counsellor</li> <li>– Chinese Cancer Care Counsellor</li> <li>– Please call / check the website for current support programs and education courses</li> </ul> </li> <li>Indigenous Patient Navigator referral: <a href="mailto:icc@bccancer.bc.ca">icc@bccancer.bc.ca</a></li> </ul>

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**Other Supportive Care & information Needs**

**BC Cancer Resources and Support Services and other key resources (live links on the EPICC webpage)**

<p><b>THOUGHTS OF SUICIDE / TAKING MY LIFE</b></p>	<p>Many people with cancer think about suicide.</p> <p>If you are currently thinking about suicide, please call and connect:</p> <ul style="list-style-type: none"> <li>• BC Cancer: Patient &amp; Family Counselling: 604.877.6000 ext 672194 or your care team. Hours: 8am to 4:30pm</li> <li>• <b>Crisis line workers are always available:</b> Crisis Intervention and Suicide Prevention Centre of BC: 1-800-794-2433 (1-800-suicide) or 310-6789 (no area code needed).             <ul style="list-style-type: none"> <li>– You can also call 911 or go to the emergency department of your nearest hospital.</li> </ul> </li> <li>• <b>Indigenous support is always available</b> – KUU US Crisis line: 1800.588.8717 Métis: 1833.638.4722 Line, services, and programs: <a href="http://www.kuu-uscrisisline.com">www.kuu-uscrisisline.com</a></li> </ul> <p>You can contact any of the above teams or your community health care team <b>at any time</b> with questions or concerns about suicide or finding further support.</p>
<p><b>MEDICAL ASSISTANCE IN DYING (MAiD)</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">BC Cancer webpages – Medical Assistance in Dying (MAiD) / BC Cancer Library Pathfinder</a></li> <li>• <a href="#">BC Ministry of Health webpage – Medical Assistance in Dying (MAiD)</a></li> </ul>
<p><b>YOUR PERSONALIZED CARE PLAN / ADVANCED CARE PLAN</b></p> <ul style="list-style-type: none"> <li>• Advanced care planning</li> <li>• Making treatment decisions</li> </ul>	<p>Advance care planning is when you think about what matters to you, what a good day looks like, how your personal beliefs and wishes fit into your future healthcare and personal care, and then sharing your wishes and preferences with others. It also means deciding who will speak for you if you cannot speak for yourself. Your BC Cancer health care team can help you start or update your planning documents at any time.</p> <ul style="list-style-type: none"> <li>• <a href="#">BC Cancer webpages</a> <ul style="list-style-type: none"> <li>– <a href="#">Advance Care Planning / BC Cancer Library Pathfinders</a></li> <li>– <b>Serious Illness Conversations:</b> a supportive approach to having difficult conversations about your health.</li> </ul> </li> <li>• <a href="#">BC Centre for Palliative Care</a> – <a href="http://www.bc-cpc.ca">www.bc-cpc.ca</a></li> <li>• <a href="#">BC Ministry of Health</a> – <a href="http://www.gov.bc.ca/advancecare">www.gov.bc.ca/advancecare</a></li> <li>• <a href="#">Canadian Virtual Hospice</a> – <a href="http://www.virtualhospice.ca">www.virtualhospice.ca</a></li> <li>• <a href="#">First Nations Health Authority</a> – <a href="http://www.fnha.ca/what-we-do/healthy-living/advance-care-planning">www.fnha.ca/what-we-do/healthy-living/advance-care-planning</a></li> </ul>
<p><b>PALLIATIVE (SYMPTOM) CARE</b></p>	<p>Palliative (symptom) management care is more than just end-of-life and hospice care. <i>Palliative care is appropriate for anyone dealing with symptoms during the cancer journey.</i> It can be provided in any location; usually by a team of health care providers, including volunteers. You may be able to receive additional help at home through your community health care team: ask your BC Cancer team for details.</p> <ul style="list-style-type: none"> <li>• <a href="#">BC Cancer website resources:</a> <ul style="list-style-type: none"> <li>– See specific symptoms as listed on page 4, above.</li> <li>– <b>Pain &amp; Symptom Management / Palliative Care clinics / BC Cancer Library Pathfinders / Practical &amp; Financial Information for People with Advanced Cancer / Serious Illness Conversations:</b> a supportive approach to having difficult conversations about your health.</li> </ul> </li> <li>• <a href="#">BC Centre for Palliative Care</a> – <a href="http://www.bc-cpc.ca">www.bc-cpc.ca</a></li> <li>• <a href="#">BC Ministry of Health:</a> – <a href="http://www.gov.bc.ca/advancecare">www.gov.bc.ca/advancecare</a></li> <li>• <a href="#">Canadian Virtual Hospice</a> – <a href="http://www.virtualhospice.ca">www.virtualhospice.ca</a></li> <li>• <a href="#">First Nations Health Authority</a> – <a href="http://www.fnha.ca/what-we-do/healthy-living/advance-care-planning">www.fnha.ca/what-we-do/healthy-living/advance-care-planning</a></li> </ul>
<p><b>CAREGIVER SUPPORT SERVICES</b></p>	<p>Are you a family member or friend providing care and support for someone with cancer? Remember to take care of yourself while you are caring for others. See also Palliative (symptom) Care, above, for community support and end-of-life support services to help you.</p> <ul style="list-style-type: none"> <li>• <a href="#">BC Cancer website and support services</a> <ul style="list-style-type: none"> <li>– Patient &amp; Family Counselling: 604.877.6000 ext 672194</li> <li>– Indigenous Cancer Care Counsellor</li> <li>– <a href="#">Caregiver wellness / BC Cancer Library Pathfinders</a></li> </ul> </li> <li>• <a href="#">Family caregivers of British Columbia</a> – <a href="http://www.familycaregiversbc.ca">www.familycaregiversbc.ca</a> Support line: 1.877.520.3267</li> <li>• <a href="#">The Caregiver Decision Guide</a> – <a href="http://www.caregiverdecisionguide.ca">www.caregiverdecisionguide.ca</a></li> <li>• <a href="#">Canadian Cancer Society caregiver resources</a> – <a href="http://www.cancer.ca/en/?region=bc#">www.cancer.ca/en/?region=bc#</a></li> </ul>
<p><b>ADDITIONAL RESOURCES</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Vancouver Coastal Health Locations, Services and Programs:</a> <a href="http://www.vch.ca/locations-services">www.vch.ca/locations-services</a></li> <li>• <a href="#">Canadian Cancer Society</a> <ul style="list-style-type: none"> <li>– Community Services Locator – <a href="https://csl.cancer.ca/en">https://csl.cancer.ca/en</a></li> <li>– General website – <a href="http://www.cancer.ca">www.cancer.ca</a></li> </ul> </li> </ul>

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