
Specialist Certification in Health Coaching for Cancer Patients

Survivorship and Post-Treatment Care

Accountability refers to the responsibility of healthcare providers to ensure that patients receive high-quality care, and it is a crucial aspect of survivorship care. In the context of cancer care, accountability involves tracking patient outcomes, monitoring treatment efficacy, and making adjustments as needed to improve patient care. Healthcare providers must be accountable for their actions and decisions, and patients should be empowered to take an active role in their care.

Adherence refers to the extent to which patients follow their treatment plans, including medication regimens, lifestyle modifications, and follow-up appointments. In cancer care, adherence is critical to ensuring that patients receive the full benefits of their treatment and minimizing the risk of complications or recurrence. Healthcare providers can promote adherence by educating patients about their treatment plans, addressing potential barriers to adherence, and providing ongoing support and guidance.

Advance Care Planning involves discussing and documenting patients' preferences for end-of-life care, including their wishes regarding life-sustaining treatments, pain management, and other aspects of care. In cancer care, advance care planning is essential for ensuring that patients receive care that is consistent with their values and preferences, even if they are unable to communicate their wishes themselves. Healthcare providers should initiate advance care planning discussions with patients early in the treatment process and revisit these discussions as needed.

Alternative Therapies refer to non-traditional approaches to cancer care, such as acupuncture, herbal supplements, and mind-body therapies. While some alternative therapies may be beneficial for cancer patients, others may be ineffective or even harmful. Healthcare providers should be knowledgeable about alternative therapies and discuss their potential benefits and risks with patients, helping them make informed decisions about their care.

Anthroposophic Medicine is a holistic approach to healthcare that emphasizes the interconnectedness of physical, emotional, and spiritual aspects of human experience. In cancer care, anthroposophic medicine may involve the use of natural therapies, such as herbal remedies and homeopathy, as well as lifestyle modifications and spiritual practices. While anthroposophic medicine may be beneficial for some patients, its effectiveness has not been extensively scientifically studied.

Art Therapy involves using creative activities, such as drawing, painting, and sculpture, to promote emotional expression and healing. In cancer care, art therapy can help patients process their emotions, manage stress and anxiety, and develop a sense of control and empowerment. Art therapy can be particularly beneficial for patients who are experiencing emotional distress or struggling to cope with their diagnosis.

Assistive Technology refers to devices and equipment that can help patients perform daily tasks and maintain their independence. In cancer care, assistive technology may include items such as wheelchairs,

walkers, and communication devices. Healthcare providers should be knowledgeable about assistive technology and help patients access the resources they need to maintain their functional status and quality of life.

Barriers to Care refer to the obstacles that prevent patients from accessing the care they need, including financial constraints, lack of transportation, and inadequate health insurance. In cancer care, barriers to care can have a significant impact on patient outcomes, and healthcare providers should be aware of these barriers and work to address them. This may involve connecting patients with community resources, providing financial counseling, and advocating for policy changes that promote healthcare access.

Biofeedback involves using electronic devices to monitor patients' physiological responses, such as heart rate and blood pressure, and providing them with feedback to help them learn to control these responses. In cancer care, biofeedback can be used to help patients manage stress and anxiety, reduce pain, and improve their overall quality of life.

Biospecimens refer to biological samples, such as blood, tissue, and urine, that are collected from patients for research or diagnostic purposes. In cancer care, biospecimens can be used to develop personalized treatment plans, monitor treatment efficacy, and identify potential biomarkers for disease recurrence.

Cancer Rehabilitation involves restoring patients' functional status and promoting their overall well-being after cancer treatment. Cancer rehabilitation may include physical therapy, occupational therapy, and speech therapy, as well as counseling and support groups. Healthcare providers should be knowledgeable about cancer rehabilitation and refer patients to rehabilitation services as needed.

Cancer Survivorship refers to the process of living with, through, and beyond cancer. Cancer survivorship involves a range of physical, emotional, and social challenges, and healthcare providers should be aware of these challenges and provide patients with the support and resources they need to navigate them.

Care Coordination involves organizing patient care activities and services to ensure that patients receive comprehensive, patient-centered care. In cancer care, care coordination is critical to ensuring that patients receive timely and effective treatment, as well as ongoing support and follow-up care. Healthcare providers should be knowledgeable about care coordination and work to facilitate communication and collaboration among members of the healthcare team.

Caregiver Support refers to the resources and services that are available to support family members and friends who are caring for patients with cancer. Caregiver support may include counseling, support groups, and respite care, as well as educational programs and online resources. Healthcare providers should be aware of the challenges faced by caregivers and provide them with the support and resources they need to maintain their own physical and emotional well-being.

Chemoprevention involves using medications or other interventions to prevent cancer or reduce the risk of cancer recurrence. In cancer care, chemoprevention may be recommended for patients who are at high risk of developing cancer or experiencing recurrence. Healthcare providers should be knowledgeable about chemoprevention and discuss its potential benefits and risks with patients.

Clinical Trials involve research studies that are designed to evaluate the safety and efficacy of new treatments or interventions. In cancer care, clinical trials can provide patients with access to innovative treatments and therapies that are not yet widely available. Healthcare providers should be knowledgeable about clinical trials and discuss their potential benefits and risks with patients.

Cognitive Behavioral Therapy involves using strategies such as cognitive restructuring and behavioral activation to help patients manage stress, anxiety, and other emotional challenges. In cancer care, cognitive behavioral therapy can be used to help patients cope with their diagnosis, manage treatment-related side effects, and improve their overall quality of life.

Complementary Therapies refer to non-pharmacological interventions that are used in conjunction with conventional medical treatments to promote healing and well-being. In cancer care, complementary therapies may include acupuncture, massage, and mind-body therapies. Healthcare providers should be knowledgeable about complementary therapies and discuss their potential benefits and risks with patients.

Continuity of Care refers to the consistent and coordinated delivery of patient care over time and across different settings. In cancer care, continuity of care is critical to ensuring that patients receive comprehensive and patient-centered care. Healthcare providers should be aware of the importance of continuity of care and work to facilitate communication and collaboration among members of the healthcare team.

Coping Strategies refer to the techniques and resources that patients use to manage stress, anxiety, and other emotional challenges. In cancer care, coping strategies may include mindfulness, meditation, and support groups. Healthcare providers should be knowledgeable about coping strategies and help patients develop the skills and resources they need to navigate their diagnosis and treatment.

Counseling involves providing patients with emotional support and guidance to help them cope with their diagnosis and treatment. In cancer care, counseling may be provided by social workers, psychologists, or other mental health professionals. Counseling can help patients manage stress and anxiety, develop coping strategies, and improve their overall quality of life.

Decision Support involves providing patients with the information and resources they need to make informed decisions about their care. In cancer care, decision support may involve discussing treatment options, reviewing medical records, and facilitating communication with healthcare providers. Healthcare providers should be knowledgeable about decision support and work to empower patients to take an active role in their care.

Disease Management involves coordinating patient care activities and services to ensure that patients receive comprehensive and patient-centered care. In cancer care, disease management is critical to ensuring that patients receive timely and effective treatment, as well as ongoing support and follow-up care. Healthcare providers should be knowledgeable about disease management and work to facilitate communication and collaboration among members of the healthcare team.

Distress Screening involves identifying patients who are experiencing emotional distress or other challenges

that may impact their care. In cancer care, distress screening may involve using standardized assessment tools or conducting regular check-ins with patients. Healthcare providers should be knowledgeable about distress screening and provide patients with the support and resources they need to manage their distress.

Elderly Patients refer to older adults who are living with cancer. Elderly patients may face unique challenges, including comorbidities, functional limitations, and social isolation. Healthcare providers should be aware of these challenges and provide elderly patients with the support and resources they need to navigate their diagnosis and treatment.

Electronic Health Records involve using digital systems to store and manage patient health information. In cancer care, electronic health records can help facilitate communication and collaboration among members of the healthcare team, as well as provide patients with access to their medical records and test results.

Emotional Expression involves expressing and processing emotions in a healthy and constructive way. In cancer care, emotional expression can help patients manage stress and anxiety, develop coping strategies, and improve their overall quality of life. Healthcare providers should be knowledgeable about emotional expression and provide patients with the support and resources they need to express their emotions in a healthy way.

End-of-Life Care refers to the care that patients receive in the final stages of their lives. In cancer care, end-of-life care may involve managing pain and other symptoms, providing emotional support and guidance, and facilitating communication with family members and other loved ones. Healthcare providers should be knowledgeable about end-of-life care and provide patients with the support and resources they need to navigate this challenging time.

Energy-Based Therapies involve using energy to promote healing and well-being. In cancer care, energy-based therapies may include acupuncture, Reiki, and other forms of energy medicine. Healthcare providers should be knowledgeable about energy-based therapies and discuss their potential benefits and risks with patients.

Family Support involves providing emotional support and guidance to family members and friends who are caring for patients with cancer. Family support may include counseling, support groups, and educational programs, as well as respite care and other forms of practical assistance. Healthcare providers should be aware of the challenges faced by family members and provide them with the support and resources they need to maintain their own physical and emotional well-being.

Functional Status refers to the ability of patients to perform daily tasks and maintain their independence. In cancer care, functional status is an important aspect of patient care, as it can impact patients' quality of life and overall well-being. Healthcare providers should be knowledgeable about functional status and work to help patients maintain their functional status throughout their treatment and recovery.

Genetic Counseling involves providing patients with information and guidance about their genetic risk of developing cancer. In cancer care, genetic counseling may involve discussing genetic testing, risk reduction strategies, and other aspects of genetic medicine. Healthcare providers should be knowledgeable about

genetic counseling and provide patients with the support and resources they need to make informed decisions about their care.

Health Coaching involves working with patients to help them achieve their health goals and promote their overall well-being. In cancer care, health coaching may involve setting goals, developing action plans, and providing ongoing support and guidance. Healthcare providers should be knowledgeable about health coaching and provide patients with the support and resources they need to navigate their diagnosis and treatment.

Health Literacy refers to the ability of patients to understand and navigate the healthcare system. In cancer care, health literacy is critical to ensuring that patients receive comprehensive and patient-centered care. Healthcare providers should be knowledgeable about health literacy and work to empower patients to take an active role in their care.

Health-Related Quality of Life refers to the impact of cancer and its treatment on patients' overall well-being and quality of life. In cancer care, health-related quality of life is an important aspect of patient care, as it can impact patients' functional status, emotional well-being, and overall satisfaction with their care. Healthcare providers should be knowledgeable about health-related quality of life and work to help patients maintain their quality of life throughout their treatment and recovery.

Herbal Supplements involve using plant-based products to promote healing and well-being. In cancer care, herbal supplements may be used to manage symptoms, reduce side effects, and improve overall quality of life. However, herbal supplements can also interact with conventional medications and have other adverse effects, and healthcare providers should be knowledgeable about their potential benefits and risks.

Holistic Care involves addressing the physical, emotional, and spiritual aspects of patient care. In cancer care, holistic care may involve using complementary therapies, such as acupuncture and massage, as well as providing emotional support and guidance. Healthcare providers should be knowledgeable about holistic care and work to provide patients with comprehensive and patient-centered care.

Home Care involves providing patients with care and support in their own homes. In cancer care, home care may involve providing patients with nursing care, rehabilitation services, and other forms of support. Healthcare providers should be knowledgeable about home care and work to help patients access the resources they need to maintain their independence and quality of life.

Hope and Optimism involve maintaining a positive outlook and sense of hope, even in the face of challenging circumstances. In cancer care, hope and optimism can help patients cope with their diagnosis and treatment, as well as maintain their overall quality of life. Healthcare providers should be knowledgeable about hope and optimism and provide patients with the support and resources they need to maintain a positive outlook.

Hospice Care involves providing patients with care and support in the final stages of their lives. In cancer care, hospice care may involve managing pain and other symptoms, providing emotional support and guidance, and facilitating communication with family members and other loved ones. Healthcare providers

should be knowledgeable about hospice care and provide patients with the support and resources they need to navigate this challenging time.

Integrative Medicine involves combining conventional and complementary therapies to promote healing and well-being. In cancer care, integrative medicine may involve using acupuncture, massage, and other forms of complementary therapy to manage symptoms, reduce side effects, and improve overall quality of life. Healthcare providers should be knowledgeable about integrative medicine and discuss its potential benefits and risks with patients.

Intimacy and Sexuality involve maintaining healthy and fulfilling relationships, even in the face of cancer and its treatment. In cancer care, intimacy and sexuality can be impacted by physical and emotional changes, and healthcare providers should be knowledgeable about these challenges and provide patients with the support and resources they need to maintain their intimacy and sexuality.

Lifestyle Modifications involve making changes to diet, exercise, and other aspects of lifestyle to promote health and well-being. In cancer care, lifestyle modifications may involve adopting a healthy diet, engaging in regular exercise, and managing stress and anxiety. Healthcare providers should be knowledgeable about lifestyle modifications and provide patients with the support and resources they need to make healthy changes.

Mind-Body Therapies involve using techniques such as meditation and yoga to promote relaxation and reduce stress. In cancer care, mind-body therapies can help patients manage symptoms, reduce side effects, and improve their overall quality of life. Healthcare providers should be knowledgeable about mind-body therapies and discuss their potential benefits and risks with patients.

Naturopathic Medicine involves using natural therapies, such as herbal supplements and homeopathy, to promote healing and well-being. In cancer care, naturopathic medicine may be used to manage symptoms, reduce side effects, and improve overall quality of life. However, naturopathic medicine can also have adverse effects, and healthcare providers should be knowledgeable about its potential benefits and risks.

Nutrition and Hydration involve providing patients with the nutrients and fluids they need to maintain their health and well-being. In cancer care, nutrition and hydration are critical to ensuring that patients receive the nutrients they need to recover from treatment and maintain their overall health. Healthcare providers should be knowledgeable about nutrition and hydration and provide patients with the support and resources they need to maintain their nutritional status.

Oncology Social Work involves providing patients with emotional support and guidance to help them cope with their diagnosis and treatment. In cancer care, oncology social work may involve counseling, support groups, and other forms of emotional support. Healthcare providers should be knowledgeable about oncology social work and provide patients with the support and resources they need to navigate their diagnosis and treatment.

Pain Management involves providing patients with effective treatment for pain and other symptoms. In cancer care, pain management is critical to ensuring that patients receive comprehensive and patient-

centered care. Healthcare providers should be knowledgeable about pain management and work to help patients access the resources they need to manage their pain.

Palliative Care involves providing patients with care and support to alleviate symptoms, reduce suffering, and improve their overall quality of life. In cancer care, palliative care may involve managing pain and other symptoms, providing emotional support and guidance, and facilitating communication with family members and other loved ones. Healthcare providers should be knowledgeable about palliative care and provide patients with the support and resources they need to navigate their diagnosis and treatment.

Patient Advocacy involves supporting patients in their interactions with the healthcare system and advocating for their needs and preferences. In cancer care, patient advocacy may involve helping patients navigate the healthcare system, facilitating communication with healthcare providers, and providing emotional support and guidance. Healthcare providers should be knowledgeable about patient advocacy and work to empower patients to take an active role in their care.

Patient Education involves providing patients with the information and resources they need to understand their diagnosis, treatment, and care. In cancer care, patient education is critical to ensuring that patients receive comprehensive and patient-centered care. Healthcare providers should be knowledgeable about patient education and work to empower patients to take an active role in their care.

Patient Engagement involves involving patients in their care and encouraging them to take an active role in their health and well-being. In cancer care, patient engagement may involve setting goals, developing action plans, and providing ongoing support and guidance. Healthcare providers should be knowledgeable about patient engagement and work to empower patients to take an active role in their care.

Patient-Centered Care involves providing patients with care that is tailored to their unique needs and preferences. In cancer care, patient-centered care may involve using patient-reported outcomes, providing emotional support and guidance, and facilitating communication with family members and other loved ones. Healthcare providers should be knowledgeable about patient-centered care and work to provide patients with comprehensive and patient-centered care.

Post-Treatment Care involves providing patients with care and support after they have completed their treatment. In cancer care, post-treatment care may involve managing long-term and late effects, providing emotional support and guidance, and facilitating communication with family members and other loved ones. Healthcare providers should be knowledgeable about post-treatment care and work to help patients navigate their recovery and maintain their overall health and well-being.

Precision Medicine involves using genetic and other biomarkers to tailor treatment to individual patients. In cancer care, precision medicine may involve using targeted therapies, immunotherapies, and other forms of personalized medicine. Healthcare providers should be knowledgeable about precision medicine and discuss its potential benefits and risks with patients.

Prehabilitation involves preparing patients for treatment by optimizing their physical and emotional health. In cancer care, prehabilitation may involve providing patients with exercise programs, nutritional counseling,

and other forms of support. Healthcare providers should be knowledgeable about prehabilitation and work to help patients prepare for their treatment and recovery.

Primary Care involves providing patients with routine medical care and preventive services. In cancer care, primary care may involve managing chronic conditions, providing health screenings, and facilitating communication with specialists and other healthcare providers. Healthcare providers should be knowledgeable about primary care and work to provide patients with comprehensive and coordinated care.

Psychological Support involves providing patients with emotional support and guidance to help them cope with their diagnosis and treatment. In cancer care, psychological support may involve counseling, support groups, and other forms of emotional support. Healthcare providers should be knowledgeable about psychological support and provide patients with the support and resources they need to navigate their diagnosis and treatment.

Quality of Life refers to the overall well-being and satisfaction of patients with their care. In cancer care, quality of life is an important aspect of patient care, as it can impact patients' functional status, emotional well-being, and overall satisfaction with their care. Healthcare providers should be knowledgeable about quality of life and work to help patients maintain their quality of life throughout their treatment and recovery.

Radiation Therapy involves using high-energy rays to kill cancer cells and shrink tumors. In cancer care, radiation therapy may be used to treat a wide range of cancers, including breast, lung, and prostate cancer. Healthcare providers should be knowledgeable about radiation therapy and discuss its potential benefits and risks with patients.

Rehabilitation involves restoring patients' functional status and promoting their overall well-being after cancer treatment. Rehabilitation may include physical therapy, occupational therapy, and speech therapy, as well as counseling and support groups. Healthcare providers should be knowledgeable about rehabilitation and work to help patients access the resources they need to maintain their independence and quality of life.

Relaxation Techniques involve using methods such as deep breathing, progressive muscle relaxation, and visualization to reduce stress and anxiety. In cancer care, relaxation techniques can help patients manage symptoms, reduce side effects, and improve their overall quality of life. Healthcare providers should be knowledgeable about relaxation techniques and discuss their potential benefits and risks with patients.

Self-Care involves taking care of oneself and engaging in activities that promote physical, emotional, and spiritual well-being. In cancer care, self-care may involve practicing mindfulness, engaging in regular exercise, and maintaining a healthy diet. Healthcare providers should be knowledgeable about self-care and encourage patients to prioritize their own self-care.

Sexual Health involves maintaining healthy and fulfilling relationships, even in the face of cancer and its treatment. In cancer care, sexual health can be impacted by physical and emotional changes, and healthcare providers should be knowledgeable about these challenges and provide patients with the support and resources they need to maintain their intimacy and sexuality.

Spirituality involves addressing the spiritual aspects of patient care, including patients' values, beliefs, and sense of meaning. In cancer care, spirituality can help patients find meaning and purpose in their experience, as well as maintain their overall well-being. Healthcare providers should be knowledgeable about spirituality and provide patients with the support and resources they need to maintain their spiritual health.

Stem Cell Transplant involves using stem cells to replace damaged or diseased cells in the body. In cancer care, stem cell transplant may be used to treat a wide range of cancers, including leukemia, lymphoma, and multiple myeloma. Healthcare providers should be knowledgeable about stem cell transplant and discuss its potential benefits and risks with patients.

Support Groups involve providing patients with emotional support and guidance from others who are experiencing similar challenges. In cancer care, support groups may involve in-person meetings, online forums, or other forms of connection. Healthcare providers should be knowledgeable about support groups and encourage patients to participate in these groups to maintain their emotional well-being.

Survivorship Care involves providing patients with care and support after they have completed their treatment. In cancer care, survivorship care may involve managing long-term and late effects, providing emotional support and guidance, and facilitating communication with family members and other loved ones. Healthcare providers should be knowledgeable about survivorship care and work to help patients navigate their recovery and maintain their overall health and well-being.

Symptom Management involves managing patients' symptoms and side effects to improve their overall quality of life. In cancer care, symptom management may involve using medications, lifestyle modifications, and other forms of therapy to manage symptoms such as pain, fatigue, and nausea. Healthcare providers should be knowledgeable about symptom management and work to help patients access the resources they need to manage their symptoms.

Telehealth involves using digital technologies to provide patients with remote access to healthcare services. In cancer care, telehealth may involve virtual consultations, remote monitoring, and other forms of digital communication. Healthcare providers should be knowledgeable about telehealth and work to provide patients with the support and resources they need to access these services.

Transitional Care involves providing patients with care and support as they transition from one care setting to another. In cancer care, transitional care may involve managing patients' medications, providing emotional support and guidance, and facilitating communication with family members and other loved ones. Healthcare providers should be knowledgeable about transitional care and work to help patients navigate their care transitions.

Treatment Adherence involves helping patients follow their treatment plans and adhere to their medication regimens. In cancer care, treatment adherence is critical to ensuring that patients receive the full benefits of their treatment and minimizing the risk of complications or recurrence. Healthcare providers should be knowledgeable about treatment adherence and work to help patients access the resources they need to maintain their adherence.

Treatment Planning involves developing a comprehensive plan of care that takes into account patients' unique needs and preferences. In cancer care, treatment planning may involve using patient-reported outcomes, providing emotional support and guidance, and facilitating communication with family members and other loved ones. Healthcare providers should be knowledgeable about treatment planning and work to provide patients with comprehensive and patient-centered care.

Wellness Programs involve providing patients with resources and support to promote their overall health and well-being. In cancer care, wellness programs may involve fitness classes, nutritional counseling, and other forms of support. Healthcare providers should be knowledgeable about wellness programs and encourage patients to participate in these programs to maintain their physical and emotional health.

Workplace Reintegration involves helping patients return to work after cancer treatment. In cancer care, workplace reintegration may involve providing patients with vocational counseling, facilitating communication with employers, and addressing other challenges that may impact patients' ability to return to work. Healthcare providers should be knowledgeable about workplace reintegration and work to help patients access the resources they need to maintain their employment and overall well-being.

Yoga and Mindfulness involve using techniques such as meditation, deep breathing, and physical postures to promote relaxation and reduce stress. In cancer care, yoga and mindfulness can help patients manage symptoms, reduce side effects, and improve their overall quality of life. Healthcare providers should be knowledgeable about yoga and mindfulness and discuss their potential benefits and risks with patients.