

EMERGENCY ROOM PLAN

When your loved one needs emergency care

At some point during cancer treatment, your loved one may need emergency care. Talk to members of the healthcare team in advance about what to do in emergency situations.

WORKSHEET FOR CAREGIVERS

1 Signs and symptoms to watch for

Ask the healthcare team which of the following signs and symptoms require a trip to the emergency room (check them off below):

- | | |
|---|--|
| <input type="checkbox"/> Fever of 38°C or higher | <input type="checkbox"/> New or increased pain |
| <input type="checkbox"/> Change in mental status or confusion | <input type="checkbox"/> Uncontrollable nausea, vomiting, or diarrhea; these symptoms can lead to dangerous dehydration. |
| <input type="checkbox"/> Difficulty breathing | <input type="checkbox"/> Bleeding |
| <input type="checkbox"/> Trouble swallowing | <input type="checkbox"/> Rash or swelling in arms or legs |

OTHER

2 Emergency contact on the healthcare team

NAME

PHONE NUMBERS

EMAIL

NOTES

3 After-hours contact

NAME

PHONE NUMBERS

EMAIL

NOTES

4

Nearest emergency room (ER)

Where is the closest emergency room? The emergency room at your loved one's treatment center may not be the one nearest to you. In an emergency situation, minutes can make a difference so it's important to know the location of the closest ER.

Upon arrival, let the ER staff know that your loved one is a cancer patient with compromised immunity. Ask for a face mask for him or her if one is not provided.

HOSPITAL NAME

ADDRESS

DIRECTIONS

PHONE NUMBERS

5

Emergency bag

Emergency bag checklist

- | | |
|---|---|
| <input type="checkbox"/> Copies of necessary medical records | <input type="checkbox"/> Jacket or small blanket for cold hospital rooms |
| <input type="checkbox"/> Copies of insurance ID cards | <input type="checkbox"/> Snacks, such as protein or granola bars |
| <input type="checkbox"/> List of all current medications, including drugs given as part of cancer treatment | <input type="checkbox"/> Water bottles |
| <input type="checkbox"/> Phone charger | Before going to the ER, don't forget to also include |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Medications in prescription bottles, if possible |
| <input type="checkbox"/> Change of clothes | <input type="checkbox"/> Your own daily medications |

6

Childcare

If you or your loved one have children, have a plan in place for childcare. You may want to consider an immediate and a longer-term plan. For example, if you have to go to the emergency room, can your neighbor stay with your children until a family member arrives?

NAME

PHONE NUMBERS

EMAIL

NOTES

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Pet care

If you or your loved one have pets, you may want to consider asking a neighbor to check in on them during an emergency situation. Give a trusted neighbor a spare key, in advance, in case a trip to the ER lasts for more than a few hours.

NAME

PHONE NUMBERS

EMAIL

NOTES

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Designated point person

Pick a family member or friend to act as a point person who will take messages and provide updates during an emergency situation. You will likely be focused on getting your loved one needed care, so instead of fielding calls from concerned family and friends, designate someone else to be your point person, so you only have to update one person.

NAME

PHONE NUMBERS

EMAIL

NOTES



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LYMPHOMA
SOCIETY
OF CANADA

Never hesitate to contact us, we're here to help!

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