

## What can I do to help myself?

- Learn about your diagnosis, treatment and any potential long-term health risks.
- Lead a healthy lifestyle; eat a balanced diet, exercise regularly, maintain oral health and be sun smart.
- Keep in touch with your GP.
- Take control and responsibility for your future health care by engaging with your health care provider in your consultations and know when your medical appointments are.
- Support your mental wellbeing through friendships, interests and self-care.
- If you're worried or concerned about anything medical contact your health care provider.

### Our values

**Continuity:** enabling positive transitions and equitable access to services and supports

**Empowerment:** promoting healthy lifestyles through education and resources

**Respect:** delivering personalised care tailored to individual needs

**Collaboration:** working in partnership with families and health services

**Integrity:** delivering evidence informed best-practice care

## Contact us

### Victorian Long Term Follow-up Program

#### Paediatric Integrated Cancer Service

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#### For more information visit

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## About us

The Paediatric Integrated Cancer Service (PICS) is supported by the Victorian Government.



The PICS is a state-wide service coordinating LTFP clinics at The Royal Children's Hospital, Monash Children's Hospital and at designated regional centres.



# Victorian Long Term Follow-up Program

*"Providing best-practice long term follow-up care to all paediatric cancer survivors across Victoria"*

Information for patients and families



## Welcome to the Victorian Long Term Follow-up Program (LTFP)

As a survivor of cancer, you are now entering the next phase of your journey: survivorship. The LTFP is here to support you and your family.

### If I am a survivor, why do I still need follow-up?

Some treatments that cure cancer can cause other health issues. These are called 'late effects' and might not show up until years later. Experts recommend that cancer survivors keep a careful eye on their health and visit a doctor regularly and notify them if anything changes.

### When are survivors referred to the LTFP?

Your paediatric oncologist will refer you to the LTFP between two and five years after your treatment finishes. Other healthcare professionals, like a GP, can also refer you into the program.

### What happens now?

When your oncologist refers you to the LTFP you will be sent a letter giving you more information about the program.

You will be contacted with an appointment date and time, and will receive a questionnaire about your current health to fill out before your appointment. This questionnaire gives the LTFP team an opportunity to answer any questions or concerns you may have, and helps us to try to make the clinic a 'one-stop' clinical service to meet a variety of your needs on the same day.

### What happens at the clinic?

Your clinic appointment will be designed around you and your individual needs, with times scheduled with the health professionals you need to see. If your review indicates that input from a specialist who is not available through the LTFP clinic would be beneficial, we can help to arrange a referral. Please be prepared to be at the clinic for two to three hours.

At the clinic, the LTFP team will look at your medical history and current state of health. You might have to have some medical tests as well. The team will talk to you about their recommendations for follow-up care including options for joint care with your GP and other specialists. You may also be invited to take part in clinical research studies.

As part of the program 'Time Alone' is introduced to adolescents, as appropriate, from the time they begin secondary school. This is to encourage development of health awareness and build confidence in interactions with health professionals. It also provides an opportunity to have a confidential conversation about health needs.

After your medical review, the team will let you know about your next follow-up appointment. This may be at six to 24 months after the review, depending on your health needs.

### What information will I receive in the clinic?

The LTFP team will give you information such as:

- a summary of your LTFP clinic visit
- a summary of your treatment received, from diagnosis to end of treatment
- a roadmap that outlines the recommended tests and follow-up for your ongoing health care
- LTFP contact details.

### How will the LTFP help me stay healthy?

As a survivor of childhood cancer, the LTFP is there to give you information about healthy living. It's important to remember that getting involved in your own health care is the best way to make sure you stay healthy.

### What happens when I become an adult?

When you have completed high school or reach 18–21 years of age, you will be transferred to a clinical service that's best for your care. This will depend on the intensity of treatment you received and your current medical condition.