

# SUPPORTIVE CARE

## Physical Therapist

Your physical therapist (PT) evaluates and treats physical impairments resulting from active cancer disease or the side effects of its treatment. This often includes changes in the muscles, nerves, bones, skin, heart and lungs. Your PT also has additional training in lymphedema management and is a certified lymphedema therapist recognized by the Lymphology Association of North America (LANA).

## Ways regular exercise may help you during and after cancer treatment:

|  |   |
|--|---|
| Improve balance and lower risk of falls                                    | Keep muscles from wasting due to inactivity                                       |
| Improve blood flow to your legs and lower the risk of blood clots          | Lessen symptoms of tiredness (fatigue)  |
| Lower the risk of heart disease  | Help you control your weight  |
| Lessen the risk of osteoporosis (weak bones that are more likely to break) | Make you less dependent on others for help with normal activities of daily living |
| Improve your self-esteem   | Lower the risk of being anxious and depressed                                     |
| Improve your ability to keep social contacts                               | Improve your quality of life  |

## Registered Dietician

Cancer treatment may bring side effects that impact appetite and adequate intake of food, fluid and nutrients. Meeting with a registered dietitian will help determine a plan with individualized strategies to help you stay well nourished during treatment. Additionally, our dietitian can help you navigate what to eat among the vast pool of myths and overwhelming nutrition information found online and in the media. Our dietitian is also available to meet with you once treatment is complete to assist in health and wellness in survivorship.

### **Registered Dietician**

Alison Ryan, PA-C, RD

### **Phone**

503 280 1223

### **Practice Location**

Rose Quarter & Televisit

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## Social Workers

Ready access to social workers at every phase of treatment provides patients and their families with a safe outlet to discuss their experiences and emotions. Our social workers assist with access to important community resources, including in-home care, transportation services and support groups.

| <b><u>Social Workers</u></b>                                   | <b><u>Phone</u></b>          | <b><u>Practice Location</u></b> |
|--|------------------------------|---------------------------------|
| Hannah Fajen, BSW, RBSW<br>Social Services Resource Specialist | 503 528 5366                 | All Sites                       |
| Ari Black, MSW, MPH, LCSW, LICSW                               | 971 708 7676                 |                                 |
| Katie Wheeler, LMSW, LSWAIC, CSWA                              | 503 528 5212<br>360 449 6531 |                                 |
| Mikaela Shrumm, LCSW, LSWAIC                                   | 503 239 2610<br>503 528 5212 |                                 |
| Val Lanham, LCSW, LICSW  | 503 528 5212<br>360 449 6531 |                                 |
| Virginia Hill, LCSW, LICSW, OSW-C                              | 503 528 5212<br>971 708 7676 |                                 |

## Survivorship

The Compass Survivorship program is about helping survivors transition back to “normal” life. One-on-one visits with specially trained, advance practice providers are offered to every patient following treatment. These visits provide individualized care plans with focus on common symptoms such as fatigue, distress and neuropathy. Recommendations are provided for nutrition and lifestyle changes. In addition, the survivorship team offers group sessions to help deal with memory issues, depression, fatigue, problems with intimacy and nutrition. The group setting fosters information sharing and allows our survivors to give strength to one another. With education, support and prevention, there is a rich and rewarding life after cancer.

| <b><u>Survivorship</u></b> | <b><u>Phone</u></b>  | <b><u>Practice Location</u></b> |
|----------------------------|--|---------------------------------|
|                            | 360 944 9889<br>971 708 7600<br>503 280 1223<br>503 239 7767 | All Sites                       |