

Survivorship Care Plans

A survivorship care plan (SCP) is a personal outline of your cancer journey. It includes future health recommendations. You should get an SCP from your survivorship care team when you finish active treatment. Your SCP includes a treatment summary and a follow-up plan.

Treatment summary includes:

- Your cancer doctor's contact information
- Complete record of your medical history
- Treatment-related side effects or problems

Follow-up plan includes:

- Recommendations for your future care
- Guidelines for follow-up visits
- Help to manage side effects
- Healthy behaviors that lower your cancer risk (such as not drinking alcohol and smoking cessation)
- Exercise and nutrition programs
- Help to identify and manage symptoms
- Cancer screening exams

Benefits of a SCP

A survivorship care plan helps to make your switch from cancer treatment to survivorship care easier. You benefit when you share your SCP with your primary care provider (PCP). Your follow-up care and communication with your PCP is improved. A SCP can help to better manage your care between all those involved.

It is important to communicate with your health care team. Your SCP can be changed at any time by your care team as needed. Notes in your SCP from your MD Anderson survivorship team can help you and your PCP tell the difference between normal long-term effects of cancer and its treatment and concerning symptoms. These notes are important for PCPs when they prescribe medicines. Some medicines may not mix well with some post-cancer treatments. Some may also increase your risk for the cancer to return. Patients who have a SCP may have more confidence in their PCP's understanding of their needs and ability to provide follow up care.

If you have any questions about SCPs, send a message to your MD Anderson Survivorship Care Team through MyChart.