



TOOLKIT HEALTHCARE TEAM HOW-TO GUIDE

After a survey revealed **95% of patients** who had experienced nausea and vomiting from chemotherapy stated the side effect had caused an **impact on their daily life** at some point, we knew more could be done to support these patients.

The Hematology/Oncology Pharmacy Association (HOPA), in partnership with Eisai Inc. and Helsinn Therapeutics (U.S.), Inc., have developed the action-oriented **Time to Talk CINV Toolkit**, created with input from pharmacists, nurses, patients and caregivers. The goal of the tools is to improve communication about the prevention of CINV.

Any member of the healthcare team can use the toolkit to improve patients' understanding and experiences when receiving chemotherapy.



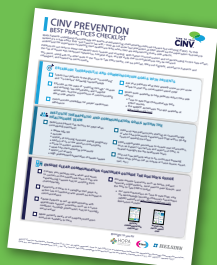
We welcome your feedback on patients' experiences using these tools and can be contacted at **TimeToTalkCINV@HOPArx.org**.

INCORPORATE THESE TOOLS INTO THE CONVERSATION WITH YOUR PATIENTS

REVIEW THE CINV PREVENTION BEST PRACTICES CHECKLIST CREATED FOR THE HEALTHCARE TEAM

Communication within the healthcare team can be just as important as communication with patients.

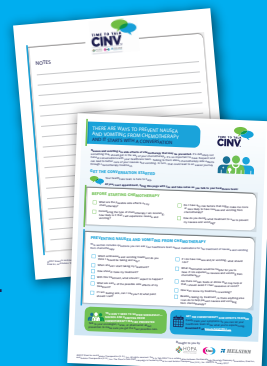
- Review this checklist with your team as a reminder of the most important things to do to ensure clear communication about CINV



INITIATE THE CONVERSATION WITH THE CINV COMMUNICATION CHECKLIST WHEN STARTING A PATIENT ON CHEMOTHERAPY

Patients are often nervous and unsure of what to ask when starting chemotherapy.

- Provide this checklist to patients following initial diagnosis or before a first chemotherapy appointment to equip them with the right information so that you can work together to best manage their potential side effects.
- Involve a caregiver and make sure the responses are written down on the notes page or in a notebook.



REDEFINE PATIENT EXPECTATIONS HEAD ON BY ADDRESSING MISPERCEPTIONS ABOUT CINV

Some patients believe that CINV is a side effect that they must live with when on chemotherapy. Healthcare practitioners know that this and other beliefs may not be entirely true and can impact care.

- Share or walk through this myth-busting tool with patients in order to ensure patients and caregivers understand that CINV may be prevented.

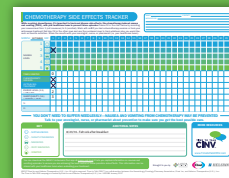


ENCOURAGE PATIENTS AND THEIR CAREGIVERS TO TRACK THEIR EXPERIENCES SO THEY CAN ACCURATELY RELAY INFORMATION

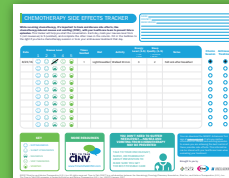
It is challenging to have an in-depth understanding of a patient's experience outside of the office visit.

This tracker can provide a plan for monitoring CINV and will help the healthcare team know how to best advise patients on CINV prevention.

- Show patients and their caregivers how to complete each step in this chemotherapy side effect tracker.
- Explain that it is important to understand nausea or vomiting levels compared to when chemotherapy was received and if/when they took their antiemetics.
- Show patients where they can mark their nausea, energy and sleep quality levels on the 1-5 scale and how they might know where they are falling on the scale.



Help your patient determine which tracker format best corresponds to their chemotherapy regimen.



ADDITIONAL TIPS FOR COMMUNICATING ABOUT CINV WITH PATIENTS



Explain the term CINV – most patients are used to hearing nausea and vomiting after chemotherapy so let them know that the acronym CINV means the same thing

Remind them about the different periods of time when CINV can occur – tell patients that CINV can occur within 24 hours of receiving chemotherapy or during the days following chemotherapy but that both may be prevented

Identify the member of the healthcare team whom patients should reach out to when they experience CINV based on the setup of your institution or facility

Make these tools your own and embrace them as an approach to helping improve patient care and outcomes.

PATIENTS DON'T NEED TO SUFFER NEEDLESSLY.

TALK TO YOUR PATIENTS ABOUT THE PREVENTION OF CINV AND VISIT TIMETOTALKCINV.COM to print or use these tools digitally, email them to your patients and share them online via social media.