

Transfer of Care Letter

Tumour Team: Hematology

Patient



[DATE]

Re: Transfer of Care

Dear [ARIA: Insert Name],

Your hematologist/oncologist has determined that your chronic lymphocytic leukemia (CLL) is low risk and you do not require regular follow-up at the cancer centre. We want you to know that even though you are being transferred back to your primary care physician, you are not alone! Cancer Care Alberta help and support is always available to you.

There are things you can start or continue to do to manage your health care and improve your well-being. The information in this letter, along with the supports, resources and suggestions in the book [After Treatment: Information and Resources to Help You Set Priorities and Take Action](#), can help prepare you to move forward and live your best.

Follow Up Appointments and Tests

Since we feel you are doing well, we will use a **Primary Care** model for your follow-up. This means that your primary health care provider (family doctor or nurse practitioner) can safely do your cancer follow-up from now on. Your primary health care provider will:

- arrange blood tests to check on the status of your CLL
- continue to see you for any other health conditions you have or any new problems that develop
- refer you back to a specialist or your cancer doctor (hematologist) if needed

Remember, it is your responsibility to book your follow-up visits with your primary care provider so they can arrange the tests you need.

Continue to See Your Primary Health Care Provider

Continue to see your primary health care provider (such as your family doctor or nurse practitioner) for your regular health exams. We will send them a summary of follow-up recommendations so they are aware of what to do for follow-up and when/if to refer you back to the cancer centre.

If you need a family doctor, you can find one by calling Health Link Alberta (811) or going to: <https://www.albertahealthservices.ca/info/Page13253.aspx>. Once you have a doctor, let them know they can view the health care provider follow-up recommendations at www.ahs.ca/guru.

Know the Signs and Symptoms of Progressive CLL

Here is a list of general symptoms to watch for.

- Unexplained weight loss
- Profound fatigue
- Enlarging lymph nodes that are uncomfortable and/or growing continually

If these symptoms start and do not go away, call your primary care provider. You will require follow-up blood tests and a physical exam and if required, you will be referred you back to the Cancer Centre.

Other Considerations for Patients with Early Stage CLL

1. Infection Risk: You may be at a higher risk for infections. As such, we encourage patients to undergo vaccination for COVID-19, influenza, and pneumonia. Non-live vaccination against shingles should also be considered.
2. Secondary Malignancy Risk: CLL is associated with a higher risk for secondary cancers, particularly non-melanoma skin cancers. We recommend annual skin screening and/or referral to dermatology and a focus on age and risk-factor-appropriate cancer screening.

Support and General Recommendations

As you move forward, you may have questions about what is next, what you should do to take care of yourself, or how to improve your well-being.

Recommended Resources:

- [Newly Diagnosed](#) (book) - has information on resources to help
 - www.cancercarealberta.ca > Patients and Families > Just Diagnosed > Newly Diagnosed with Cancer
- Cancer Care Alberta: www.cancercarealberta.ca
- Lymphoma Canada: lymphoma.ca
- Wellspring
 - <https://wellspringalberta.ca/>; 1-866-682-3135 (Toll free)
- Canadian Cancer Society
 - Community Service Locator (find local resources); <https://csl.cancer.ca/en>
 - Talk to an information specialist; <https://action.cancer.ca/en/living-with-cancer/how-we-can-help/talk-to-an-information-specialist>
 - Connect with an online community of survivors and caregivers; <https://cancerconnection.ca/home>

Counselling and Support:

Many patients find counselling services or support groups helpful when adjusting to life with and after cancer. They can help with things such as communication, stress management, coping with treatment side effects, mood changes, quality of life, body image, sexual health, or loneliness. If you would like to set up a counselling appointment, please pick the closest location from the list below and call to make an appointment:

Calgary: 403-355-3207	Lethbridge: 403-388-6814	Other Communities visit www.ahs.ca/cpn and click: Provincial Cancer Patient Navigation
Edmonton: 780-643-4303	Medicine Hat: 403-529-8817	
Grande Prairie: 825-412-4200	Red Deer: 403-343-4485	

Healthy Lifestyle Recommendations

You are encouraged to lead a healthy lifestyle. Visit [Cancer Care Alberta's supportive care and living well](#) website or the [After Treatment](#) book for more information.

Ongoing Care

If there are any concerns about your cancer returning, your family doctor will connect you back to us.

Sincerely,

Your Cancer Care Team