

Cancer 101: A Cancer Education and Training Program (Version 2)

Now with updates and expanded content written by Katherine Josa Briant, MPH, CHES in collaboration with Teresa Garrett Hill, DNP, RN

Original version, completed in 2002 and updated in 2004, was written by Teresa Garrett Hill DNP, RN, in consultation with member tribes of the Northwest Portland Area Health Board and the National Cancer Institute's Cancer Information Service – Northwest Region

Version 2 of the *Cancer 101* curriculum has new updated and expanded content which reflects an increase in our knowledge and understanding about cancer from recent advances in science and cancer research.

The purpose of the *Cancer 101* curriculum is to provide basic information about cancer.

The intended audience is community members, promotores, staff of health programs, and Community Health Representatives. Each learning module is designed for presentation as a 30- to 40- minute education session; or the entire curriculum may be presented as a two-day workshop on cancer education. Learning modules include stated goals and objectives, pre and post self-assessment, PowerPoint presentation, glossary, references, and resource links for learning more.

Learning Module 1 - "Cancer among the Target Population"

...provides information about the health concern of cancer among members of the population including contributing factors, current data with interpretation, and survival statistics.

Learning Module 2 - "What Is Cancer?"

...describes in detail how cancer develops in the body's cells and discusses the five main groups of cancer.

Learning Module 3 - "Risk Factors and Risk Reduction"

...focuses on understanding cancer risk factors and learning how to reduce risks associated with cancer.

Learning Module 4 - "The Role of Genes in Cancer"

...describes genes, their role in the body, how changes in their function may lead to cancer, discusses genetic testing, the benefits and limitations of genetic testing, and its potential importance to early diagnosis, intervention, and targeted therapies. Also discusses considerations for undergoing genetic testing including concerns about privacy and protection of information, and provides an overview of the role of counseling in understanding the implications for and results from testing.

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Learning Module 5 - “Cancer Screening and Early Detection”

...provides updated information on methods for screening and early detection, discusses barriers associated with practicing early detection, and describes common symptoms associated with cancer.

Learning Module 6 - “Cancer Diagnosis and Staging”

...discusses how cancer is diagnosed and how cancer stage is determined.

Learning Module 7 - “Basics of Cancer Treatment”

...discusses a variety of methods used in the treatment of cancer, potential side effects, and how they are addressed.

Learning Module 8 - “Biospecimens and Biobanking”

...provides an understanding of what biospecimens are, how they are collected, stored and used, as well as the importance of biospecimens to cancer research. Issues and concerns about privacy and protection of donor information, ethical, legal, and social considerations related to tissue donation for research, the informed consent process and current laws enacted to provide protection for donors are also discussed.

Learning Module 9 - “Chronic Disease and Cancer”

...defines chronic disease and describes common types, their risk factors, signs and symptoms, contributing factors, and the growing concern about the increase in numbers of persons affected. Discusses how chronic disease relates to cancer, including concerns for persons with chronic disease who are diagnosed with cancer and chronic conditions, and second cancers that may result from cancer treatment. Action steps for how to reduce risk for chronic disease are also discussed.

Learning Module 10 - “Support for Patients and Caregivers”

...addresses some of the psychological, emotional, and social issues that affect cancer survivors, their families and caregivers, discusses ways to be supportive, and describes the importance of follow-up care for survivors and new tools to support follow-up including survivor care plans and cancer treatment summaries.