

At Northwestern Medicine,
Lurie Cancer Center,
our physicians and
multidisciplinary care teams
are committed to providing
patient-centered treatment
and an evidence-based
approach to care.



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fingertips, download the MyNM app today.



Your Voice, Better Care

Symptom Monitoring in the
Lurie Cancer Center



Innovative research has shown that routine monitoring of patients' symptoms and concerns using self-reported health questionnaires can improve symptom management, quality of life, satisfaction with the care experience, and in some cases, even survival.

As a result, national cancer care organizations, like the Commission on Cancer, are endorsing symptom monitoring as a standard of care, and we are too.

Our commitment to quality now includes the routine use of a self-reported health questionnaire, which allows us to focus on what matters to you.

Routine monitoring using self-reported health questionnaires can:

Communicate symptoms or concerns only you can tell us, such as your level of pain or fatigue

Raise your care team's awareness of your symptoms, helping ensure that we have a complete picture of how you're doing

Contribute to early detection and management of your symptoms, which can help you feel better sooner and help ensure you stay on schedule with your treatments

Focus appointments on your highest priorities, so that your care team can address the symptoms and concerns that matter to you

Improve your quality of life by helping you return to your normal activities

Enhance your overall care experience by feeling more connected to your care team

How we are using symptom monitoring in the Lurie Cancer Center

Your care team will ask you to complete an online health questionnaire (called the *Symptom and Needs Assessment*) within three days of your scheduled appointment. The questionnaire asks targeted questions about symptoms you may be experiencing. Questionnaire results are made available to your physician and care team for discussion before or during your appointment. You will be asked to complete this questionnaire on a regular basis, but not more than once a month. Routine completion is important because your health, feelings and needs may change over time.

How to complete the health questionnaire

NOTE: If you do not have access to a computer, you can complete your health questionnaire during your scheduled appointment.



Step 1: Look for an email from your care team.

You will receive an e-mail message three days before your scheduled appointment. The message includes a reminder and link to complete your health questionnaire in NM MyChart.



Step 2: Sign in to NM MyChart.

Access NM MyChart by clicking on the link in the email message or going directly to the NM MyChart login page at myc.nm.org. If you still need to activate your NM MyChart account, go to myc.nm.org to get started.



Step 3: Find the questionnaire in NM MyChart.

On the home page, you can click on the message that says, "Complete your questionnaire," or you can click on the "Health" tab and then "Personalized Questionnaires."



Step 4: Answer the questions.

This will take approximately 5 to 7 minutes to complete. Your responses will automatically load into your medical record for your physician and care team to review.



Step 5: Review your answers with your physician.

At your appointment, you and your physician can discuss your responses. Other members of your care team may also be notified, as appropriate, to address specific symptoms and/or needs.

Early identification of symptoms can help us, help you.

For more information, go to cancer.northwestern.edu/survivorship or ask your care team.