

MCGILL CANCER NUTRITION REHABILITATION PROGRAM

AT THE JEWISH GENERAL HOSPITAL

Your quality of life is at the heart of our work



Hôpital général juif
Jewish General Hospital

Pavilion E, Room 809 | 514 340 8222 x 23150
cnrjgh.ca

WHY CNR?

The Cancer Nutrition Rehabilitation (CNR) team at the Jewish General Hospital has the goal of improving **your nutrition, physical function and overall quality of life.**

Working with you, your family or caregivers and your treating oncology team, we aim to help patients with cancer experiencing:

- Weight Loss,
- Decreased appetite,
- Reduced physical function,
- Fatigue or weakness.

The core CNR clinical team includes a physician, a nurse, a physiotherapist and a dietitian.



WHAT CAN YOU EXPECT?

At a clinical visit, you will meet and be evaluated by the professionals from our core team.

We will ask you to complete some questionnaires as well as recall what you have eaten over the previous day.

For each clinic visit, please:

- Bring a list of all your medications,
- Wear suitable shoes to perform a walking test.

Their Whole Person team approach resulted in a plan that was thoughtful, encouraging and specific to my particular needs

NUTRITIONAL PLAN

A dietitian will work with you to:

- Design a personalized nutritional plan,
- Give you suggestions to optimize your food intake,
- Determine if nutritional supplements are needed.

PHYSICAL REHABILITATION

A physiotherapist will:

- Assess your current physical ability,
- Design an exercise program that is right for you, maximising your strength and endurance to optimize your activity and independence at home.

SYMPTOM MANAGEMENT

A physician and nurse will work with you to help manage your medical and psychosocial needs. They will help coordinate your care with other health professionals and will help you access additional services of benefit to you (such as acupuncture to alleviate symptoms).

ADDITIONAL CLINIC SUPPORT

A **clinical psychologist** or **social worker** may be offered to you or your family for extra support to cope with illness-related stress and life changes.

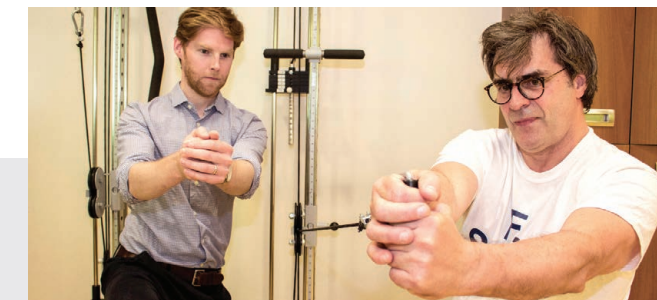
An **oncology pharmacist** can answer questions about the safety of natural health products or certain foods which may interact with your current anticancer medications.

An **occupational therapist** can offer help with planning for return to work or to evaluate you for driving safety.

WORKING IN PARTNERSHIP

The CNR team works together to make a final plan to address your needs. Any specific recommendations will be discussed and agreed with you and your family. We will contact your referring oncology team to keep them informed and we may arrange referrals to other specialists who may be of help to you.

The CNR team is a team of incredibly kind, compassionate and extremely competent professionals who work in synergy



RESEARCH

Our interventions are based on current scientific knowledge, and we want to improve the care we offer. As a result, we frequently have research studies going on and there are often opportunities for patients to participate in these studies.

I (was) certainly left with more strength, morale uplifting and positive outlook for my future.

Within weeks I felt much stronger and was able to walk farther, climb stairs and generally function much better.

FUNDING & DONATIONS

The McGill Cancer Nutrition Rehabilitation Program is completely dependent on donations to continue functioning. You may wish to make a donation to the clinical CNR team at the Jewish General Hospital or to support research in this area of care at McGill University. We welcome any support from patients, their family and friends.

If you or someone you know would like to give a donation, please call (514) 340 8222 x 23150 or contact us at the address below:



McGill Cancer Nutrition Rehabilitation Program
E-809, Segal Cancer Centre | Jewish General Hospital
3755 Côte Ste Catherine, Montréal, QC H3T 1E2

Donations can be made by:

Cheque to: McGill University, Cancer Nutrition Rehabilitation Program

Online at: www.cnrjgh.ca

McGill University issues tax receipts for donations of \$15 or more.

For more information or any other questions, please contact Mary Kanbalian, (514) 340 8222 x 23150



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Programme de nutrition réadaptation en oncologie de McGill