

Goose Bay – Screening for Distress Resource Pathways

Cancer Care Resources

Social Work: 1-709-897-2000 ext. 1405

Spiritual Care:

Moravian Church: 1-709-899-4551
Anglican Church: 1-709-896-5831/1-709-896-5831
Northern Canada Evangelical: 1-709-896-4474
Northern Cross Community: 1-709-896-5968
Pentecostal: 1-709-896-2156
Roman Catholic: 1-709-896-3485
Salvation Army: 1-709-896-2756
United Church: 1-709-896-1502
5-Wing Goose Bay: 1-709-896-6900 ext. 7336

Pain and Symptom, Palliative Care Services:

PC Physicians: 1-709-637-5000 ext. 5487
PC Nurse: 1-709-637-5000 ext. 5612
PC Social Worker: 1-709-637-5000 ext. 6477
Palliative End of Life Coordinator,
Health & Community Services: 1-709-643-8717

Inpatient Unit: 1-709-897-2210
(Clinical Manager: 1-709-897-2112)
Outpatient Unit: 1-709-897-2115/2174
(Clinical Manager: 1-709-897-2103)

Aboriginal Navigators: 1-709-777-2199

Young Adult Cancer Canada Team
579-7325 (Phone), 579-7326 (Fax)
connect@youngadultcancer.ca
www.youngadultcancer.ca

Cancer Patient Navigators: 1-855-848-3888

Day Surgery: 1-709-897-2126
Operating Room: 1-709-897-2122
(Clinical Manager: 1-709-897-2301)

Lymphedema Coordinator: 1-709-777-8713

Look Good Feel Better:
Cancer Centre: 1-709-777-6480

Rehabilitation Services: 1-709-897-2142

Home Care/Public/Community Health:
1-709-897-2331

Clinical Dietician: 1-709-896-2183

Enterostomal Therapy: 1-709-777-7554
or 1-709-777-7555

Emergency Room: 1-709-897-2399
Ambulance: 1-709-896-2100

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ESAS-R and CPC

- Practical Concerns
- Work/School
 - Finances
 - Getting to and from appointments
 - Accommodation
- Emotional Concerns
- Fears/worries
 - Sadness
 - Frustration/Anger
 - Changes in appearance
 - Intimacy/Sexuality
- Anxiety
- Depression
- Poor Wellbeing
- Spiritual Concerns
- Meaning/purpose of life
 - Faith
- Social/Family Concerns
- Feeling a burden to others
 - Worry about family/friends
- Pain
- Tiredness
- Drowsiness
- Nausea
- Lack of appetite
- Shortness of breath
- Physical Concerns
- Concentration/memory
 - Sleep
 - Weight
- Informational Concerns
- Understanding my illness and/or treatment
 - Talking with my medical team
 - Making treatment decisions
 - Knowing about available resources

Community Resources

Medication:

NLDPP: 1-888-859-3535
Compassionate Access Coordinator,
Cancer Centre 1-709-777-7541

Mental Health & Addictions: 1-709-897-2343

Dialysis Unit: 1-709-897-2192

Switchboard: 1-709-897-2000

Meals on Wheels: 1-709-897-2331

Fertility Services

Nurse Coordinator: 1-709-752-3664
Fertile Future: 1-877-467-3066

Financial Programs:

Medical Travel Assistance Program: 1-877-475-2412
Veterans Affairs: 1-800-563-9623 (www.vac-acc.gc.ca)
Workman's Compensation: 1-800-563-9000 (www.whscc.nf.ca)
Advanced Education & Support (AES): 1-866-417-4753
Dr. H. Bliss Murphy Cancer Care Foundation: Send via Social Work
Seniors Ostomy Subsidy Program: 1-709-753-3615
Canada Pension disability
www.servicecanada.gc.ca/eng/.../pensions/cpp/disability

Transportation:

Hope Air: 1-877-346-4673 (www.hopeair.org)
Volunteer Driver Program (St. John's): 1-709-753-6520

Smokers Help Line NL: 1-800-363-5864

Medical Equipment and Supplies:

Hamilton's Drugs: 1-709-896-8418
Warr's Pharmacy: 1-709-896-2963
Vital Air: Chris Bird: 1-709-897-2000
Respiratory therapy services: Chris Bird: 1-709-897-2000
Canadian Cancer Society: 1-709-896-4500
NLDPP: 1-888-859-3535

HV-GB Canadian Cancer Society Local:
1-709-896-4500

Accommodations:

Agnes Cowan Hostel: 1-709-777-6831
Daffodil Place: 1-709-753-6520
Extended Stay: 1-709-754-7888
Hillview Terrace: 1-888-754-9822

Websites:

Canadian Cancer Society: www.cancer.ca
Eastern Health: www.easternhealth.ca
Federal Government Program: www.hrdc.drh.gc.ca
Provincial Government Programs: www.health.gov.nl.ca
BC Cancer Agency: www.bccancer.ca
Ontario Cancer Agency: <https://www.cancercare.on.ca>
CANO: www.cano-acio.ca

Guide to Interpreting Scores

Green Zone – Mild
Score of 0 - 3

Yellow Zone – Moderate
Score of 4 - 6

Red Zone – Severe
Score of 7 - 10

- All groups the following should take place:
- Score acknowledged
 - What that score means to the patient discussed
 - Conversation charted
 - Follow through on action plan identified