

PanCare Survivorship Care Plan - Short Version

This PanCare Survivorship Care Plan - Short Version is a shortened version of the PanCareFollowUp Survivorship Care Plan - Long Version. It provides you with the information you need: a treatment summary and personalised health recommendations so that you can actively manage your long-term wellbeing.

The PanCare Survivorship Care Plan – Short Version should be filled in by/with a healthcare provider which has access to your medical data. The Long Version covers the same topics in greater depth, with more detailed explanations and comprehensive guidance for those who want a fuller picture of their care. Depending on your personal preference, together with your clinic or your assigned healthcare provider you can either choose the Long or Short Version. This survivorship plan contains personal and health information. It is kept by you, once completed. It can be shared with your healthcare provider, relatives, or caregivers, after your consent.

Please note that the content of this PanCare Survivorship Care Plan - Short Version may be updated to reflect future revisions of the [PanCareFollowUp Survivorship Care Plan - Long Version](#).

This PanCare Survivorship Care Plan - Short Version is also available in other languages, which can be found on the PanCare website.

Date of development: May 2026
More information: www.pancare.eu

1. General information
2. Treatment Summary
3. History and health problems
4. Recommendations for follow-up
5. Recommendations for general health

1a. General information	
This part describes your basic information.	
(Preferred) name	Enter name
Date of birth	DD/MM/YYYY
Sex at birth	Enter sex at birth
Gender identity	Enter gender identity
Telephone number	Enter telephone number
E-mail address	Enter e-mail address
Names of parents / caregivers (if applicable)	Enter name of parents / caregivers
Emergency contact person	Enter emergency contact person
Telephone number emergency person	Enter telephone number of emergency contact person
Treatment center	Enter treatment center
Treating oncologist	Enter name
General practitioner	Enter general practitioner
Allergies	Enter if applicable

1b. Current medications
This part lists all medications that are currently needed.
Enter medications

2. Treatment summary	
This part describes your diagnoses and all treatments you received.	
Primary cancer diagnosis	Enter ICCC3 code/ ICD-O-3 v1 code including laterality, if applicable
Date of primary diagnosis	DD/MM/YYYY
Progression + date	Yes ☐ / No ☐ , DD/MM/YYYY
Relapse + date	Yes ☐ / No ☐ , DD/MM/YYYY
Metastases	Yes ☐ / No ☐ / Not applicable
Secondary malignancy	Yes ☐ / No ☐
Type of secondary malignancy	Enter ICCC3 code/ ICD-O-3 v1 code
Date of diagnosis of secondary malignancy	DD/MM/YYYY
Chemotherapy	Yes ☐ / No ☐
Type of chemotherapy	Enter the type(s) of chemotherapy (for all diagnoses combined)
Total amount anthracyclines	Enter total amount of anthracyclines (for all diagnoses combined)
Total amount alkylating agents	Enter total amount of alkylating agents (for all diagnoses combined)
Radiotherapy	Yes ☐ / No ☐
Type of radiotherapy and total amount [on field]	Enter type(s) of radiotherapy (e.g., protons, photons), amount and field
Stem cell transplantation	Yes ☐ / No ☐
Type of stem cell transplantation	Enter type of stem cell transplantation
Date of procedure	DD/MM/YYYY
Major surgery	Yes ☐ / No ☐
Type of surgery	Enter type of surgery
Date of procedure	DD/MM/YYYY
Immunotherapy	Yes ☐ / No ☐
Type of immunotherapy	Enter type of immunotherapy
Other therapy	Yes ☐ / No ☐
Type of other therapy	Enter type(s) of other therapy/therapies

3. History and health problems		
This part describes any serious health problems (physical and mental) during and after treatment, including already diagnosed late effects.		
DD/MM/YYYY	Enter condition or problem	Enter current or past
3a. Other medical history		
This part describes other medical history that is relevant to know.		
Congenital diseases or hereditary diseases		Enter if applicable
Medical history in your family		Enter if applicable
Other		Enter if applicable

4. Recommendations for follow-up

This part describes why it's important to monitor your health closely after being treated for cancer at a young age.

Because treatments can increase the risk of developing physical and mental health problems later in life, it's essential to report any symptoms to your doctor right away. Early reporting helps identify potential causes sooner and can prevent more serious health issues.

This column includes the treatment that may cause a risk for a certain late effect

This column describes specific risks caused by the treatment received

This column shows the advice based upon evidence-based guidelines

This column shows the shared decision for your care

This column includes any remarks or deviations, and possible contact persons for care

Because you were treated with...

...you may have a risk of...

...therefore, we advise that you get the following care:

The decision that you together with your healthcare provider have made about your care:

Enter treatment

Enter risk

Enter type of care recommended

Enter the decision

Enter any remarks

4a. Decisions about your care that are personally important for you

Enter decisions of personal importance

4b. Direct link to PLAIN summaries

www.pancare.eu/plain-language-summaries

Enter links to the PLAIN summaries

5. Recommendations for general health

This part describes why it's important to take care of your general health.

A healthy lifestyle improves the processes in your body that help you feel good both physically and mentally. A healthy lifestyle can reduce the risk of fatigue, depression, cardiovascular disease, new (secondary) malignancies, and other (mental) health problems.

Regarding a healthy lifestyle, it's recommended to:

- Have enough sleep
- Exercise regularly (at least 3 times a week)
- Maintain a healthy weight (adult BMI between 18.5 - 24.9 kg/m²)
- Eat plenty of fruits and vegetables; reduce your intake of fats, sugar, and salt
- Don't smoke or quit if you currently smoke
- Limit alcohol consumption
- Protect your skin: Use sunscreen and avoid excessive sunbathing

Regarding physical health, it's recommended to:

- Have your teeth checked regularly
- Monitor your health measurements, including weight and blood pressure
- Participate in any cancer screenings you may be invited to
- Receive all vaccinations as recommended in national guidelines

Regarding mental health, it's recommended to:

- Connect with others
- Make time for yourself
- Reach out to family members or close friends when you experience negative emotions
- Engage in hobbies you enjoy or explore new interests/activities
- Practice mindfulness
- Using relaxation techniques
- Seek professional help if needed

Regarding social health, it's recommended to:

- Discuss problems or questions about managing your daily life, such as problems or questions about work, school, relationships, finances, and so on, with your physician if those occur
- Feel free to share your needs with your loved ones

5a. Space for comments

Enter comments