
CANCER 101

A Cancer Education and Training Program for American Indians and Alaska Natives

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Dear Cancer 101 User:

Welcome to Cancer 101: An Education and Training Program for American Indians and Alaska Natives.

The purpose of the Cancer 101 curriculum is to provide basic information about cancer. The intended audience is community members, staff of Indian health programs, and Community Health Representatives. You may also find the materials helpful for patient/family education in individual or classroom settings. We encourage you to use the curriculum and the supporting materials for other groups and in other settings as educational opportunities arise. The curriculum and materials are meant to be a comprehensive resource for you to use for your specific education and training needs.

As a Cancer 101 user, you are part of an important educational initiative to educate American Indian and Alaska Native people about cancer, and we need your help! A strong feedback loop between our office and the users of the Cancer 101 curriculum is critical to the ongoing success of the program. This feedback loop will provide you with the opportunity to let us know how you are using the materials, how the curriculum can be strengthened to more closely meet your needs, and how we can provide you with the assistance and support you may want with your



program planning. Your suggestions will enable us to modify the curriculum to suit your needs, and to provide you with additional resource materials and/or training assistance.

Please complete the “Trainer Activity Report” in the Evaluation section of the curriculum when you use the Cancer 101 curriculum. Instructions for faxing to our office are on the form. Thanks in advance for your participation in this process. Your feedback will allow us to track usage of the curriculum for reporting purposes, and will ensure that we have your contact information so you can quickly receive any updates to the materials.

We hope that you find the curriculum and accompanying materials useful in your training and education activities with American Indians and Alaska Natives. We look forward to hearing from you. Please feel free to contact Teresa Guthrie at tguthrie@fhcrc.org or 206-667-7593, or Cicelly Gabriel at cgabriel@npaihb.org or 503-228-4185 x319 if you have any questions.

Sincerely,

*Teresa Guthrie,
Spirit of the EAGLES*

*Cicelly Gabriel,
Northwest Portland Area
Indian Health Board*



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A Cancer Education and Training Program for American Indians and Alaska Natives

Written by **Teresa Guthrie, RN, MN**

In consultation with member tribes of the Northwest Portland Area Indian Health Board

Many individuals have made this curriculum possible including tribal representatives who attended Cancer 101 trainings and reviewers serving Indian health programs throughout the Northwest. Together, they have provided invaluable recommendations in the development and use of this document.

Contributors also include staff of the Cancer Information Service - Pacific Region (CIS) and of the Northwest Tribal Cancer Control Project. Contributing CIS staff members are as follows:

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The Cancer 101 cover photo is provided courtesy of:

Larry Workman (Quinault Indian Nation)

Collaborators also extend a note of thanks to the following:

Debra S. Everson, RN, MN, for sharing the curriculum and resource guide, Community Health Representative – Cancer and Advocacy Program Resource Guide

Melany Cueva, RN, MA, of the Alaska Native Medical Center for sharing The Path to Understanding Cancer

Member Tribes of the Northwest Portland Area Indian Health Board

Burns Paiute Tribe	Muckleshoot Indian Tribe
Coeur d'Alene Tribe	Nez Perce Tribe
Confederated Tribes of the Chehalis	Nisqually Tribe
Confederated Tribes of the Colville Reservation	Nooksack Tribe
Confederated Tribes of the Coos, Lower Umpqua & Siuslaw Indians	Northwest Band of Shoshone Indians
Confederated Tribes of the Grand Ronde	Port Gamble S' Klallam Tribe
Confederated Tribes of the Siletz Indians of Oregon	Puyallup Tribe of Indians
Confederated Tribes of the Umatilla Indian Reservation	Quileute Tribe
Confederated Tribes of Warm Springs Reservation of Oregon	Quinault Nation
Coquille Tribe	Samish Indian Tribe
Cow Creek Band of Umpqua Tribe of Indians	Sauk-Suiattle Indian Tribe
Cowlitz Indian Tribe	Shoalwater Bay Indian Tribe
Hoh Tribe	Shoshone-Bannock Tribes
Jamestown S' Klallam Tribe	Skokomish Tribal Nation
Kalispel Tribe of Indians	Snoqualamie Indian Tribe
Klamath Tribes	Spokane Tribe of Indians
Kootenai Tribe	Squaxin Island Tribe
Lower Elwha Klallam Tribe	Stillaguamish Tribe
Lummi Nation	Suquamish Tribe
Makah Indian Nation	Swinomish Indian Tribal Community
	Tulalip Tribes
	Upper Skagit Tribe
	Yakama Nation

Reviewers

Collaborators extend their gratitude to the distinguished panel of reviewers whose experience and expertise have contributed to the value of these modules.

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Preface

These Cancer 101 modules represent collaboration at its best. Collaborators include the Cancer Information Service of the Pacific Region (CIS) and a subcontract of the Spirit of EAGLES program (both based at the Fred Hutchinson Cancer Research Center) and the Northwest Tribal Cancer Control Project (NTCCP) at the Northwest Portland Area Indian Health Board (NPAIHB). Our common goal is to reduce the cancer burden in tribal communities.

In 2001, Sue Swanson, RN, MS, AOCN, oncology nurse specialist, submitted to NTCCP her original 15-minute Cancer 101 presentation. For the review process, we consulted our colleagues: Sandy Valko, MS, partnership manager at CIS, and Teresa Guthrie, RN, coordinator of the Spirit of EAGLES. Ms. Guthrie had written seven Cancer 101 modules used in train-the-trainer sessions.

Once Ms. Guthrie's first draft was mailed out for review to NPAIHB delegates, tribal health directors, service unit directors, NTCCP's Tribal Cancer Control Contacts. A survey was conducted to determine how the modules might be improved. Twelve individuals completed the five-page survey including a Community Health Representative, a Tribal Health Director, seven Nurses, two physicians, and a billing clerk. We are grateful for these individuals who took the time to review and comment on the document and for the many trainees whose critique has made Cancer 101 more usable.

In consultation with Ms. Valko and Ms. Guthrie, NTCCP also developed training sessions most of which were sponsored by NTCCP. This sponsorship entailed coordination and implementation all training plans, recruitment of tribal participants, compiling training packets, and conducting evaluations. NTCCP also contracted with David and Barbara Watson (Siletz) who designed the lay-out for the modules and PowerPoint presentations. We extend our appreciation to all who attended the training sessions and who, in turn, shared this vital information with their communities.

Table of Contents

Each learning module is designed for presentation as a 30- to 40- minute education session; or the entire curriculum may be presented as a one-day workshop on cancer education. Learning modules include stated goals and objectives for each topic, pre and post self-assessment, PowerPoint presentation, glossary, references, and resource materials as appropriate.

Learning Module 1

“Cancer among American Indians and Alaska Natives”

...provides information about the growing health concern of cancer among American Indians and Alaska Natives including contributing factors, interpretation of current data, and survival statistics.

Module 1: Cancer Among American Indians and Alaska Natives...M1-1

Pre/Post Self-Assessment...M1-2

Section 1: Cancer Background...M1-3

Section 2: What’s Known and not Known About Cancer among American Indians and Alaska Natives...M1-5

Section 3: Cancer Survival among American Indians and Alaska Natives...M1-7

Glossary of Terms...M1-9

References...M1-10

Learning Module 2

“What Is Cancer?”

...describes how cancer develops and discusses the five main groups of cancer.

Module 2: What is Cancer? ...M2-1

Pre/Post Self-Assessment ...M2-2

Section 1: What is Cancer? ...M2-3

Section 2: Benign Versus Malignant Tumors ...M2-5

Section 3: Types of Cancer ...M2-6

Glossary of Terms ...M2-7

References ...M2-8

Learning Module 3

“Cancer Screening and Early Detection”

...discusses the components of early detection and barriers associated with practicing early detection, and describes common symptoms associated with cancer.

Module 3: Cancer Screening and Early Detection ...M3-1

Instructor’s Notes ...M3-2

Pre/Post Self-Assessment ...M3-4

Section 1: Cancer Screening and Early Detection ...M3-5

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Cancer Site Worksheets ...M3-14

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Learning Module 4

“Cancer Diagnosis and Staging”

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

Module 4: Cancer Diagnosis and Staging ...M4-1

Pre/Post Self-Assessment ...M4-2

Section 1: Cancer Diagnosis and Staging ...M4-3

Section 2: Staging of Cancer ...M4-5

Glossary of Terms ...M4-7

References ...M4-9

Learning Module 5

“Cancer Risk and Risk Reduction”

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

Module 5: Cancer Risk Factors and Risk Reduction ...M5-1

Pre/Post Self-Assessment ...M5-2

Section 1: What is a Risk Factor ...M5-3

Section 2: Risk Reduction ...M5-5

Glossary of Terms ...M5-7

References ...M5-8

Learning Module 6

“Basics of Cancer Treatment”

...discusses a variety of methods used in the treatment of cancer and their potential side effects.

Module 6: Basics of Cancer Treatment ...M6-1

Pre/Post Self-Assessment ...M6-2

Section 1: How We Become Well Again ...M6-3

Section 2: Treatment Methods ...M6-5

Glossary of Terms ...M6-9

References ...M6-12

Learning Module 7

“Support for Patients and Caregivers”

...addresses some of the psychological and social issues that affect cancer patients and their caregivers and discusses ways to be supportive.

Module 7: Support for Patients and Caregivers ...M7-1

Pre/Post Self-Assessment ...M7-2

Section 1: Coping with the Cancer Diagnosis—How to be Supportive ...M7-3

Section 2: Life after Cancer Treatment—On the Path to Recovery ...M7-5

References ...M7-7

Evaluation

...consists of four documents: Curriculum/Training Evaluation, Health Change Checklist, Trainer Activity Report and Answer Key for the self assessments.

Evaluation Contents ...E-1

Answer Key: Pre- and Post- Self-Assessment Questions ...E-2

Trainer Activity Report ...E-3

Health Change Checklist Next Steps After Training! ...E-5

Workshop Evaluation ...E-7

Training Tips

...and tools to use in a variety of cancer education and training opportunities, from individual to large groups.

Training Tips ...T-1

References ...T-3

Resources

...contain a list of national organizations involved in cancer control for AI/AN. You may choose to add resources from your community. There is also a list of resource materials that accompany the curriculum, with ordering information.

Suggested Resources ...R-1

List of Resources Included with Cancer 101 Curriculum ...R-3

CANCER 101 Curriculum Order Form ...R-5

