

Overview of FOCUS Program

Content of Protocol	F Family Involvement	O Optimistic Attitude	C Coping Effectiveness	U Uncertainty Reduction	S Symptoms Management
SESSION 1 Face-to-Fact 90 minutes	<ul style="list-style-type: none"> *Establish alliance *Assess & discuss: dyad's roles & communication. importance of teamwork. mutual support *Give: "Taking Time" Booklet 	<ul style="list-style-type: none"> *Assess outlook *Educate: optimism benefits, tips to improve outlook 	<ul style="list-style-type: none"> *Assess their coping styles *Educate: benefits of active vs passive coping *Offer relaxation tape *Offer Booklets: "Facing Forward" or "When Cancer Recurs" 	<ul style="list-style-type: none"> *Assess knowledge deficits *Educate: disease/tx info, information-seeking strategies, normalize feelings of uncertainty *Give informational booklets (PCa Guidelines, Chemo & You), med sheets if appropriate *Give business card 	<ul style="list-style-type: none"> *Assess sx's & side effects *Educate: mgmt of common side effects (eg emotional reactions & fatigue), *Give symptom management cards if appropriate
SESSION 2 Phone Call 15 minutes	<ul style="list-style-type: none"> *Assess dyad's status *Problem-solve prn 	<ul style="list-style-type: none"> *Assess outlook *Encourage positive activities 	<ul style="list-style-type: none"> *Assess coping *Reinforce active coping 	<ul style="list-style-type: none"> *Provide information prn *Encourage dyad to ask questions prn 	<ul style="list-style-type: none"> *Problem-solve difficulties with ongoing symptom management
SESSION 3 Face-to-Face 90 minutes	<ul style="list-style-type: none"> *Assess family's response to cancer, & any unmet needs *Identify examples of mutual support & family strengths *Educate: communication skills, Give "10 Commandments" prn 	<ul style="list-style-type: none"> *Assess outlook, explore new concerns & address fears *Give & discuss "Fostering Optimism" brochure 	<ul style="list-style-type: none"> *Assess coping *Educate: stress management (eg relaxation) & healthy living strategies (eg nutrition- Give "Eating Hints", exercise- "rhythmic Walking") 	<ul style="list-style-type: none"> *Elicit questions & review assertiveness techniques *Discuss uncertainty re: future *Offer brochure on advance directives/wills if appropriate 	<ul style="list-style-type: none"> *Review pt's sx mgmt, assess partner for sx *Give permission to discuss difficult symptoms (eg sexual & urinary problems) *Offer "Sexuality and Cancer", Understanding Ca Pain booklet & symptom management cards prn
SESSION 4 Phone Call 15 minutes	<ul style="list-style-type: none"> *Assess dyad's status *Discuss goals & needs for final session 	<ul style="list-style-type: none"> *Encourage continuation of optimism strategies 	<ul style="list-style-type: none"> *Reinforce stress management & coping activities 	<ul style="list-style-type: none"> *Elicit questions *Encourage dyad to ask questions prn 	<ul style="list-style-type: none"> *Problem-solve difficulties *Reinforce reporting & follow-up w/MD
SESSION 5 Face-to-Face 90 minutes	<ul style="list-style-type: none"> *Review response to cancer, identify gains *Discuss long-term ways to handle problems, encourage open communication, Offer "Helping your children" *Debrief dyad 	<ul style="list-style-type: none"> *Discuss realistic goals for future *Reinforce daily practicing of optimism strategies 	<ul style="list-style-type: none"> *Review & reinforce daily stress management & coping strategies *Offer referrals/ brochures for community services & support 	<ul style="list-style-type: none"> *Review information-seeking strategies *Discuss strategies for "living with uncertainty" 	<ul style="list-style-type: none"> *Review pt/partner's symptom mgmt, support attempts to manage sx *Validate symptoms that are stable & improving *Give symptom management cards prn