KICK KENTUCKY CANCER

PROGRAM GUIDE

PROGRAM DESCRIPTION:

According to the CDC, Kentucky has the highest rate of cancer-related deaths in the country. Each year, cancer affects millions of people in Kentucky whether as a patient, caregiver, family member, or friend. Extension developed this program to provide practical information regarding the management of cancer treatment and recovery for all those involved in a format appropriate for Extension audiences.

PROGRAM OBJECTIVES:

- Understand the basics of cancer
- Apply strategies to manage nutrition during cancer
- Implement coping strategies to improve mental health during cancer
- Balance caregiving responsibilities with self-care
- Recognize ways to be empathetic with someone with cancer

PROGRAM STRUCTURE:

This program includes five lessons, each focusing on the different aspects of health related to cancer treatment and recovery. If possible, it is ideal to offer the entire program to provide the audience with a broad understanding of health and well-being during cancer treatment and recovery. The lessons can be offered in the suggested order (see below) either weekly or bi-weekly. For a comprehensive view of the program, see the Kick Kentucky Cancer Program Contents handout.

Lesson Titles

1. Understanding the Basics of Cancer
2. Managing Nutrition during Cancer
3. Taking Care of Your Mental Health during Cancer
4. Caring for Someone with Cancer
5. Interacting with Someone with Cancer

Lessons may be used individually as single lessons. Each lesson has supplemental materials that allow it to stand alone, including a facilitator's guide, presentation, and evaluation tools. This might be appropriate in situations such as a KEHA Leader Lesson or a program at the Senior Center.

ESTIMATED TIME:

Each lesson should take approximately 30 to 60 minutes depending on the presentation and included activities.

POTENTIAL AUDIENCES:

- Cancer patients
- Caregivers of cancer patients
- Individuals interested in cancer treatment and recovery
- Support groups
- Homemakers
- Senior centers

GROUP SIZE:

Group size can vary. Content may be adapted for larger audiences or for a smaller, more intimate group setting. Consider group size when planning the space and set-up of the lessons.

HANDOUTS:

Appropriate publications and lesson materials are specified in the lesson Facilitator's Guide and can be found in the Program Contents handout.

PREPARATION:

Before the Program

- Establish a collaboration or recruitment plan for the program or lesson
- Select dates for programming
- Read through the publications and other lesson materials
- Prepare handouts or activities for the lesson (copying the publication, preparing the recipe demonstration, etc.)
- Become familiar with the PowerPoint presentation and review the presentation notes
- OPTIONAL: Reserve a room and secure technology (computer or projector)

During the Program

- Continuously read through and familiarize yourself with the teaching materials (reach out to Specialists for clarification, if necessary)
- Refer to the specific Facilitator's Guide for the specific lesson information
- OPTIONAL: Provide email or social media reminders for an upcoming lesson location and time
- OPTIONAL: Obtain the necessary materials or resources for each lesson

After the Program

- Distribute and collect the evaluation forms
- Distribute the follow-up evaluation three months after the specific lesson (See Program Evaluation below).
- OPTIONAL: Offer additional FCS programs that support the needs of the audience if there is interest.

EXTENSION RESOURCES

- Extension publications related to healthy lifestyle choices, well-being, nutrition, and care-giving
- Talking FACS podcasts, including the Cancer Conversation episodes and other relevant topics
- Information releases

ADDITIONAL SUGGESTIONS OR RESOURCES:

- For supporting materials related to each lesson, please see the Agent Resource Guide.
- Provide participants with a UK Healthcare gift bag or items at the conclusion of a lesson or program.
- Having a cancer survivor present or co-teach may be a powerful tool for participants. This would allow for more in-depth discussion regarding coping, treatment, impact on family and caregivers, and provide a sense of hope.
- Other Extension Specialists may serve as guest presenters on topics not covered in the existing lessons (e.g., finances, parenting).

PROGRAM PARTNERSHIPS AND RECRUITMENT:

For some FCS agents, the material may be intimidating for several reasons. We encourage you to use existing partnerships in your community or look for new partnerships that may be appropriate to host this program.

UK Markey Cancer Center has an expansive affiliate network that may serve as a potential partner in hosting this program. To find locations and participating clinics or hospitals, please visit https://ukhealthcare.uky.edu/markey-cancer-center/refer-patient/affiliate-network. Use the UK Extension Partner Lettre with local healthcare providers or clinics that work with oncology patients or survivors as a way to share about the Kick Kentucky Cancer program.

This can also be an opportunity to work with UK Markey Cancer Center's Community Outreach and the UK Markey Cancer Center Screening Program.

For recruitment, we encourage you to think of organizations, businesses, and community partners that might be interested in supporting the program. For example, faith-based organizations often provide services to help those in need or dealing with difficult life situations. In this case, faith-based organizations may be interested in recruiting within their congregations or hosting at their physical location. Other options could be assisted-living facilities, cancer-treatment centers, and health-care clinics. Do not forget the power of a few advocates sharing and recruiting by word of mouth. The snowball recruitment method may be effective where you encourage a small group of interested participants to bring 1-2 individuals with them to the lessons.

There may be increased interest to participate in a program like this during certain months of the year. For example, October provides an increased interest in supporting breast cancer awareness and research. This may be an ideal time to host cancer-related programming in your county. Another idea would be to host this program in conjunction with KEHA when they are focused on ovarian cancer screenings and fundraising.

MARKETING

The *Kick Kentucky Cancer* logo will be available for use in marketing to have consistency between marketing and branding on lesson materials. Consider marketing the program at highly attended Extension events (e.g., Kentucky Extension Homemaker Association events) and take advantage of community health fairs and events hosted by community partners for a platform for marketing and recruitment.

Program and Individual Lesson Flyers
Consider distributing flyers to the library, health departments, community bulletin boards, local health-care providers, or on social media. If you have a cancer treatment center or a UK Markey Cancer Center affiliate site in your county, please share the information with them to help with recruitment. It could also be included in your KEHA and Extension newsletters.

Social Media
Are you or a loved one dealing with cancer treatment or in remission? Would you like some information about managing physical and emotional health for you and your loved one during this time? Come to Kick Kentucky Cancer to find out how to stay physically and mentally healthy during treatment and how to give support to a loved one dealing with a diagnosis. Join us at the XXXXX County Extension office on INSERT DATE and TIME for our first lesson!

Newspaper/Newsletter
Are you or a loved one managing cancer treatment or in remission? Would you like some information about managing physical and emotional health for you and your loved one during this time? People might have questions but don't know who to ask when it comes to maintaining overall health during cancer treatments. You might have questions about cancer-related words your health-care provider is using, what foods to eat, or even how to talk with someone who has cancer. Fortunately, there is a program that is just right for you.

The XXXXX County Extension office will be hosting a five-lesson program called Kick Kentucky Cancer beginning on INSERT DATE, TIME, and LOCATION. The program will provide an overview of physical health, nutrition, mental and emotional health, as well as communicating and helping caregivers. This program is for anyone whose life has been touched by cancer. You will walk away from this program with practical tips to use right away. Join us!

PROGRAM EVALUATION:

Each lesson includes a post-evaluation and a Three-Month Follow-Up Evaluation. Whether you are offering a series or hosting a single lesson, use the following steps for evaluation.

1. Use the program sign-in sheet for each lesson to record addresses for follow-up evaluations.
2. Use the appropriate post-evaluation for each lesson.
3. After the completion of the lesson, mail or email the sign-in rosters and all post-evaluations to Heather Norman-Burgdolf at heather.norman@uky.edu OR 118 Funkhouser Building, Lexington, KY 40506.
4. Send the Three-Month Follow-Up Evaluations for each of the specific lessons using addresses from the lesson sign-in sheet three months after the lesson.
5. State-level specialists can help manage the Three-Month Follow-Up Evaluations if the agent prefers.

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