



WAHCE Leadership POOL
Train-the-Trainer Lesson on Cancer Clear & Simple: Cancer Screening & Early Detection

HCE LEADER’S PLANNING GUIDE
HOW TO USE THESE MATERIALS
Cancer Clear & Simple, Part 2: Cancer Screening & Early Detection

Concepts that will be taught: Cancer Screening & Detection

What cancer screenings participants should get and when they should get them. How cancer is detected through screenings.

Learner Objective

- **Early Detection: the importance and benefits of screening**
- **What are the basics of early detection?**
- **Benefits of having a screening exam**
- **Learn about screening exams covered in this session: colonoscopy and mammogram**

Handouts - Information Sheets and Questions to ask Your Doctor: Colorectal, Breast, Cervical, and/or Prostate; Online Research handout; Qualtric Survey.

Activities - “Breast Health Radio Show”, “Breast Health Penny Story”, and/or “Colorectal Health Radio Show”.

A note to the leader: Breast Cancer and Colorectal Cancer screenings were chosen for this lesson because they are two of the most common cancers that have a screening exam. Lung cancer currently doesn’t have a screening exam. Due to time constraints and the fact that not every person does not have a prostate, prostate cancer wasn’t covered in this lesson. If you are interested in more information on prostate screening and prostate cancer, please refer to the ruralcancernetwork.org website or contact your doctor.

Please remind your participants that you are not a medical expert and this information is meant to provide basic information regarding cancer screening and detection.

Learner Objective		Time	Activity
Introduction		1 minute	“Have you had a conversation with someone about screening?”
Objectives for lesson	PPT Slide 3	1 minute	Read objectives
Recognize benefits of early cancer detection	PPT Slide 4 and Slide 5	3 minutes	Early Detection Read slide 4 and 5. Have participants discuss “Why is early

			detection important?" – ROUNDTABLE DISCUSSION
What are the basics of early detection?	PPT Slide 6	1 minute	Read slide/notes.
Benefits of having a screening exam	PPT Slide 7	3 minutes	"What are the benefits of having a screening exam?" - ROUNDTABLE DISCUSSION. After discussion read notes to audience from slide.
Men's and Women's Health	PPT Slide 8	1 minute	Cancer that affects both men and women's health includes skin cancer and colorectal cancer. Read slide
Note: Colorectal Screening was chosen to be covered because everyone has a colon and rectum. If you choose you can cover breast health and screening, depending on your audience. Colorectal Cancer Screening: Reason for screening, meaning of tests, and common questions	PPT Slide 9 and "Colorectal Health Radio Show".	8 minutes	Colorectal Health Radio Show
Women's Health (Optional/consider audience)	PPT Slide 10	1 minute	This slide covers Breast Cancer and Cervical Cancer. Read slide/notes.
Breast Health	PPT Slide 11	1 minute	Read slide 11 on Breast Health. A handout from the website ruralcancernetwork.org on Breast Health can be used for this section.
Breast Self-Awareness	PPT Slide 12	1 minute + optional activity 8 minutes	Read Slide 12. Do "Breast Health Penny Story" OR "Breast Health Radio Show" optional activity as time allows (8 minutes).
Clinical Breast Exam	PPT Slide 13	1 minute	Read Slide 13
Understanding Mammograms (if you don't do a Breast Health activity)	PPT Slides 14&15	2 minutes	Optional if you don't include a Breast Health Activity
Thank You	PPT Slide 16		Today you learned about the importance of early cancer detection and screenings the most common of cancers: colorectal and/or breast.
Post-session Evaluation		3 minutes	Administer Qualtric Survey. Collect and submit to County Office to be entered.
	Total time	27-35 minutes	Depending on activities included

These materials were adapted from “Cancer Clear & Simple” a three session educational program developed in partnership with UW Carbone Cancer Center and UW Extension in order to address Cancer Health Disparities through education. Please visit the RCaN website at www.ruralcancernetwork.org for “Information Sheets”, “Questions to Ask Your Doctor”, “Healthy Tips and Ideas” and other resources.

HCE Leader’s Planning Guide: How to Use the Materials – CCS (basics)
Mary Ann Schilling, Family Living Educator, September 2014