



**WAHCE Leadership POOL
Train-the-Trainer Lesson on Cancer Clear &
Simple**

CANCER CLEAR & SIMPLE: CANCER BASICS

**HCE LEADER'S PLANNING GUIDE
HOW TO USE THESE MATERIALS**

Overview:

This leader guide is Part 1 in a 2 part series about cancer. It is designed to be delivered by HCE members in a group setting in approximately 30 minutes. It focuses on the basics of what cancer is, how it develops and spreads, how it is diagnosed, and the cancer stages.

A. Choosing an Audience

Who might be interested?

- General public
- HCE club or special interest group
- Referrals from partner organization
- Clinic clients
- Wellness Fairs/Health Clinics
- Women's Night Out

Talk to members of service organizations, church members, professionals with whom you have contact including your health care provider and dental provider. Ask for their input.

B. Potential Partners

Family Living Educator – your Family Living Educator will be an invaluable support as you decide how your County HCE program will use these resources. Talk over your plans with your HCE Committee and your county's Family Living Educator.

To introduce these materials and help get the training arranged, a community partnership could be developed with individuals from the following:

- ADRC (Aging Disability & Resource Center) in your county or region
- County Health Services
- County Human Services
- Local Hospital/Clinic
- Senior Citizen Groups
- Caregiving Agencies such as Home Health, Hospice, Faith in Action
- Relay for Life
- Lions, Kiwanis, Rotary
- Other partners

C. Presentation Type

- Workshop series - more than one session
- One session - topic specific
- Independent Study – Introduction with program overview provided and website address
- Learning Sessions at Education Days sponsored by HCE
- Displays at County Fairs/Health Fairs
- Training professionals/para-professionals so they can share with clients

Materials Needed:

1 set red pipe cleaner and green pipe cleaner
 1 set laminated lung and liver
 12-15 small paper cups
 Power Point Presentation: Cancer Basics
 Cancer Basics Information Sheet
 Qualtric Survey

Lesson Plan/Timeline

Learner Objective	Teaching Materials	Time	Activity
Identify the goals and objectives of the “CC&S” Understanding Cancer Basics session.	Cancer Basics Power Point: CC&S Goals and Objectives	4 minutes	Opening, Welcome, Introductions, explanation: read goals slide 2, “we will answer these questions; read objectives PPT slide 3. Remind participants that you are not a medical expert and information is meant to provide basic information.
Describe what cancer is: over 200 diseases.	Handout: Cancer Information Sheet PPT slide 4	1 minute	“This Cancer Information Sheet gives you the basic information about cancer.” Read PPT slide 4
What cell growth looks like	PPT slide 5&6	1 minute	Read PPT slide 5&6
What abnormal cell growth/cancer looks like	PPT slide 7	1 minute	Read PPT slide 7
Cancer cells can be benign or malignant	PPT slide 8	1 minutes	Read PPT slide 8
What causes cancer	PPT slide 9	7 minute	Read PPT slide 9, then do ‘Abnormal Cell Growth’ activity. Read and follow handout: use lung, liver, paper cups Have each person practice after you demonstrate.
What cancer risk factors are	PPT slide 10 with pie chart	3 minutes	“This pie chart shows what the risk factors are based on nationwide statistics. A risk factor is something

			that we do or happens to us that contribute to an increased risk of disease. Over 60 % of cancers are caused by unhealthy diet (includes low physical activity) and tobacco use. (read risk and percentage).
Define what individual cancer risk factors are.	PPT Slide 11	2 minutes	Read slide 11. An example of cancers related to gender includes cervical or uterine cancer for women, or prostate or testicular cancer for men. (10% of breast cancer is experienced by men.) As we age and our cells get older, our risk increases because our cells get more damage over time. More cancers are diagnosed with those people 55 years and older.
What my cancer risk factors are	PPT slide 12	½ minute	Read slide. “Risk factors associated with cancer are also associated with other chronic diseases. That’s why we are encouraged to eat healthy, fit in physical activity, and avoid tobacco products.”
Describe how a cancer diagnosis is made	PPT Slide 13	½ minute	Read slide 13. We have screenings to see if there’s anything suspicious, and then a biopsy would be done for a diagnosis.
What is a Primary Cancer Site	PPT Slide 14	2 minutes	Read slide 14. “For example, if a tumor begins in the lungs and those cells metastasize or spread to the liver, the lung cells have spread to the liver; that would be lung cancer in the liver, not liver cancer. Demonstrate “How Cancer Spreads” following activity instructions. (with pipe cleaners)
What if cancer spreads	PPT Slide 15 (This colorful slide can be used on a display).	1 minute	Cancer cells can spread through the lymph system or blood system to other parts of the body. What type of cancer cells and the primary site where it started from (e.g. lung, colon, and breast) determines how the cancer will be treated.
What are stages of cancer	Handout: Stages of Colorectal Cancer (This handout would be good to include in a display.) PPT slide 16	1 minute	Slide 16 and handout: Stages of cancer: Stage 1 is very small: in situ (pronounced in sight-oo), Stage 2 is: local, Stage 3 is: regional, Stage 4 is distant and means it is metastasized or spread.
Summary	“Thank you” slide 17	2 minutes	“Today you have learned about cancer basics: how cancer forms and spreads, how it spreads, the stages of cancer,

			and risk factors. If you want more information, please see the back of your "Cancer Information Sheet"
	Post-session Evaluation	3 minutes	Administer Qualtric Survey. Collect and submit to County Office to be entered.
	Total Lesson Time	30 minutes	

These materials were adapted from "Cancer Clear & Simple" an 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 ruralcancernetwork.org for "Information Sheets", "Questions to Ask Your Doctor", "Healthy Tips and Ideas" and other resources.