



an unscripted  
video series  
about cancer

"I think having just a sense of involvement in my own care has and continues to be hugely important to me."



**The Truth of It** showcases videos of people sharing their personal cancer experiences. Many people feel very alone when they hear the words "It's cancer". But this journey has been travelled by many people – and there is much to be learned from their experiences. The series features people from across Canada. They are men and women ranging in age from 20 to 73, who come from many different backgrounds. Viewers have the option of watching individuals' stories as well as themed videos that offer different points of view on a topic.

**Listening to these stories offers those working in cancer care:**

- **Insight into the patient and family perspective**
- **A training tool for cancer care teams**
- **A support resource to give to patients and families**

### For cancer care professionals

Cancer care professionals, researchers and policy makers work hard to improve cancer survival rates, and are responsible for significant advances in the treatment of cancer. However, other factors, such as social and emotional health and well-being and quality of life, matter a great deal to people with cancer and their families. Professionals who acknowledge, understand and integrate patient- and family-focused issues into the care continuum are able to better describe, evaluate and predict symptoms, and improve treatment outcomes.<sup>i</sup>

<sup>i</sup>Howell, D et al., *Patient-Focused Cancer Care Outcomes: A Core Set of Validated Patient-Reported Measures for Canada*, Brief Executive Summary, Princess Margaret Hospital, 2010.

### How to use *The Truth of It*

#### As a teaching tool with professionals

Screening *The Truth of It* videos at group education sessions stimulates discussions that can help:

- improve allied health professionals' understanding of patient- and family-focused outcomes
- promote interdisciplinary knowledge sharing
- educate medical students
- orient new cancer care team members
- guide managers and administrators in policy decision-making

#### As a support tool for patients

*The Truth of It* can help facilitate communication between professionals and patients and family members.

- Watch specially selected videos during a patient consultation to help initiate conversation on a given theme.
- Refer patients to the website, possibly identifying specific patient stories that may be similar to their own.
- Incorporate the videos into support group sessions.