

CANCER 101

A Cancer Education and Training Program for American Indians and Alaska Natives

Written by Teresa Garrett Hill (formerly Guthrie) RN, MN, in consultation with member tribes of the Northwest Portland Area Health Board and the National Cancer Institute's Cancer Information Service – Northwest Region.

The purpose of the Cancer 101 curriculum is to provide basic information about cancer. The intended audience is community members, staff of Indian health programs, and Community Health Representatives.

Each learning module is designed for presentation as a 30- to 40- minute education session; or the entire curriculum may be presented as a one-day workshop on cancer education. Learning modules include stated goals and objectives, pre and post self-assessment, PowerPoint presentation, glossary, references, and resource materials as appropriate.

Learning Module 1 - “Cancer among American Indians and Alaska Natives”

...provides information about the growing health concern of cancer among American Indians and Alaska Natives including contributing factors, interpretation of current data, and survival statistics.

Learning Module 2 - “What Is Cancer?”

...describes how cancer develops and discusses the five main groups of cancer.

Learning Module 3 - “Cancer Screening and Early Detection”

...discusses the components of early detection and barriers associated with practicing early detection, and describes common symptoms associated with cancer.

Learning Module 4 - “Cancer Diagnosis and Staging”

...discusses how cancer is diagnosed and how cancer stage is determined.

Learning Module 5 - “Cancer Risk and Risk Reduction”

...focuses on understanding cancer risk factors and learning how to reduce risks associated with cancer.

Learning Module 6 - “Basics of Cancer Treatment”

...discusses a variety of methods used in the treatment of cancer and their potential side effects.

Learning Module 7 - “Support for Patients and Caregivers”

...addresses some of the psychological and social issues that affect cancer patients and their caregivers and discusses ways to be supportive.

Available for download at: http://www.npaihb.org/programs/project/ntccp_cancer_101/