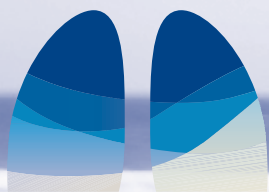


Information Handbook

for Patients and Families



From suspicion of cancer to diagnosis: Reducing the worry and the wait.



LUNG DAP

Lung Diagnostic Assessment Program

Serving Hamilton, Niagara and Brant Communities

St. Joseph's
Healthcare  Hamilton



NIAGARA HEALTH SYSTEM
SYSTÈME DE SANTÉ DE NIAGARA



Contact Information

The Nurse Navigator in your Lung DAP area can be reached at:

- Brantford 519-751-5544 ext. 2078
- Hamilton 905-522-1155 ext. 35941
- Niagara 905-378-4647 ext. 49139

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Your Schedule



Diagnostic Tests

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Your Schedule



Specialist Appointments

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Information for you and your family



The Lung Diagnostic Assessment Program

Your doctor or health care provider has referred you to the Lung Diagnostic Assessment Program (Lung DAP) to find out more about your lung or breathing problem.

The Lung DAP is a regional program that serves the areas of Haldimand, Brantford, Hamilton and Niagara. All family doctors, specialists and primary health care providers may refer people to this program.

This book gives you information about:

- your lungs and how they work
- some tests used to diagnose lung problems
- your scheduled tests and / or appointments

The Goals of Lung DAP

There are 3 main goals for our patients and families:

- Provide timely and equal access to care
- Early detection and treatment of lung problems
- Coordinate care as close to home as possible

Lung DAP helps patients with many different lung problems such as infection, tuberculosis, sarcoidosis and cancer.

A Nurse Navigator is available to answer your questions and provide information and support to you and your family throughout your time in Lung DAP.

Some people find it hard to wait for tests, results and appointments. There are some tips about how to help you manage waiting on pages 14 to 17.

Tobacco Cessation and Support

As part of Lung DAP, we will need to talk about your smoking status with you and your family. We know that this can be a sensitive issue. However, your health is very important to us. We will talk to you about reducing or stopping smoking. While doing this, we discuss your thoughts, feelings and goals or refer you to someone who can help you with this. We respect and honour your decisions and support you throughout this process.

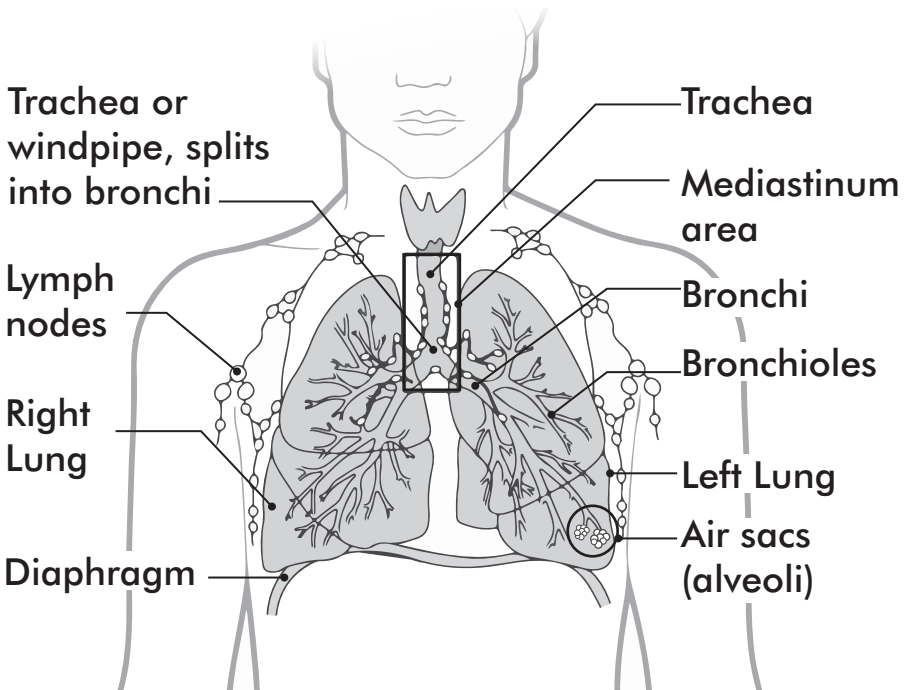
The Nurse Navigator is a trained and experienced counsellor in this area and would be happy to talk to you about this topic any time.

Your Lungs and How They Work

When you breathe in, air goes through your nose, down your throat and into the trachea. It then moves into both sides of your lungs through tubes called bronchi. The air then travels to smaller tubes called bronchioles and ends up in even smaller areas called alveoli. When the air gets to the alveoli, oxygen moves through the lungs into your blood to go to all parts of your body to keep the cells growing and healthy. After your cells use oxygen, they give off carbon dioxide. The blood brings back the carbon dioxide to your lungs so you can get rid of it when you breathe out.

The mediastinum is the area of the chest that lies between the lungs.

The diaphragm is the main muscle below the lungs that helps you breathe in and fill your lungs and breathe out to empty them.



Information for You and Your Family

Tests to diagnose lung or breathing problems

All tests and procedures are explained to you before they are done. You have time to ask questions and talk about any concerns you may have. Check the first few pages of this book to make sure you follow the instructions listed before coming for your test(s).

Blood Tests

Different blood tests are ordered to help diagnose your problem. The blood tests you have depend on your problem. These are explained to you before they are done.

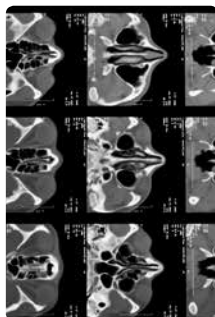
Imaging Tests

There are many kinds of imaging tests to see if you have an infection, air or mass where there should not be. Imaging tests help the health care team see the location and size of a problem but not if it is a concern or not. If you have had any imaging tests such as a CT scan or MRI at another place, please bring the results on a disc when you come to your appointment. The next section describes the common imaging tests done.

A **Chest X-Ray** is a picture of the inside of the chest which includes the heart, lungs, airways, blood vessels and bones of the chest and spine. An x-ray beam passes through the chest to produce an image on a computer. A chest x-ray takes about 15 minutes to complete.



CAT or CT Scan stands for Computerized Axial Tomography. It is a special x-ray that takes a series of 2-dimensional images in more detail to see if there is a growth and / or suspicious area that needs more attention. A contrast dye is injected into a vein in your arm. The dye travels throughout your body so the images are clear to see.



Tests to Diagnose Lung or Breathing Problems

A CT Scan provides very clear measurements and a more precise location of anything abnormal. This procedure can take 30 minutes to 1 hour to complete depending on the area of the body being scanned. If you need to have nothing to eat or drink before the scan, you are told this when you are given the appointment.

MRI stands for Magnetic Resonance Imaging. It uses radio waves, a powerful electromagnet and a computer to create images of tissue and structures inside the body. A dye is injected into a vein in your arm. The dye travels around your body so the images can be seen clearly. An MRI shows the extent of a disease and gives a precise location of anything abnormal. This procedure can take 30 minutes to 1 hour to complete depending on the area of the body being scanned.

The MRI machine may enclose you completely so let the health care provider ordering the test know this in advance if you may be anxious about this.

PET Scan stands for Positron Emission Tomography. It shows how the organs and tissues inside your body are working. A very small amount of radioactive tracer is put into a vein in your arm and a machine takes pictures as the tracer moves through your body, after the tracer absorbs for an hour or so. You must lie still during this time. The pictures are sent to a computer and a 3-dimensional picture is produced.

The actual PET scanning takes about 30 minutes to do but the preparation takes longer, as it includes diet restrictions. You are given another brochure to read about this procedure to help you get ready for it.

Pulmonary Function Tests

These breathing tests check your lung capacity, function and strength. These help the health care team decide how well you will be able to manage surgery or other treatments.

There are many kinds of breathing tests. You are asked to blow in and out of a device which shows how much air you can breathe in and out. It also shows how fast you can blow the air out of your lungs. When you are booked for these tests, follow the instructions written in the first few pages of this book. If you take medications, you can take them as you normally do before your breathing tests.

Pulmonary function tests take between 15 and 45 minutes to complete.

Biopsy Procedures

A biopsy is done to check a sample of fluid, cells or tissue carefully under a microscope. There are many types of biopsy procedures.

Bronchoscopy

For this test, a thin, lighted tube is put into your mouth or nose and down your trachea (windpipe) to look closely at your airways. Your doctor can collect samples of cells or tissue so they can be examined under a microscope.

Bronchoscopy takes 45 to 60 minutes to complete.

If you have sedation you must have someone to give you a ride home.

Tests to Diagnose Lung or Breathing Problems

Endobronchial Ultrasound (EBUS)

For this test, your doctor does a bronchoscopy first. After the bronchoscopy tube is in place, your doctor uses an ultrasound probe to send sound waves through the walls of your airways into the surrounding areas, including the lungs and mediastinum.

If abnormal areas are seen on the ultrasound, your doctor then takes a sample of tissue with a small needle guided by the ultrasound. The sample is then sent to a lab to look for abnormal changes such as cancer.

Plan to be at the hospital for at least 3 hours for this procedure.

You will have sedation so you must have someone give you a ride home.

Fine Needle Aspiration or Needle Biopsy

A thin needle is inserted through the chest into an area to remove a sample of tissue. It is guided by the image produced by a CT scanner to ensure it is aimed precisely.

Thoracentesis

The doctor inserts a needle into the fluid around the lungs to take a sample. This is done using the guidance of ultrasound or CT. Have someone with you to drive you home.

Mediastinoscopy

This is a surgical procedure where the doctor examines and takes a sample of the lymph nodes along the trachea.

Waiting for tests, results and appointments



Waiting for tests, results and appointments

This can be a hard time for you and your family. Each person is different but it is common to feel worried or upset. Here are some things you can do to make the waiting a little easier:

- ✓ Keep doing all of the everyday things you are able to do. It helps to be busy and keep your normal routine. Take care of yourself. Often good health habits are neglected during times of stress. This lowers your energy level as well as your sense of wellbeing. Your body needs energy to help you manage stress.
- ✓ Eat well balanced meals and practice good sleep habits. Avoid drinking too much caffeine and alcohol as these can affect energy and sleep.
- ✓ Be as physically active as you can be. Walking may also relax you.
- ✓ Practice your favourite relaxation method such as yoga, meditation, tai chi, reading, listening to music, gardening or praying.
- ✓ Talk to your family doctor, faith leader or other people you feel safe sharing your feelings with. You can also talk to the Nurse Navigator who can connect you with a professional you may find helpful to talk with.

Prepare for your appointments or tests



Write your questions down when you think of them. Make sure you ask them when you see your health care provider.



Consider having a support person come with you to appointments. It helps to have another person record what is said as it is hard to remember details when you leave.



Take notes during your appointment if you do not have anyone doing this for you.



Keep a list of people you see, their names and contact information.



At the time of a test, ask when and how you will be told about your results.



Bring this book with you to your appointments.



Have a list of all medications you are using to bring to every visit. Check before all appointments to see if you need any medications re-ordered.

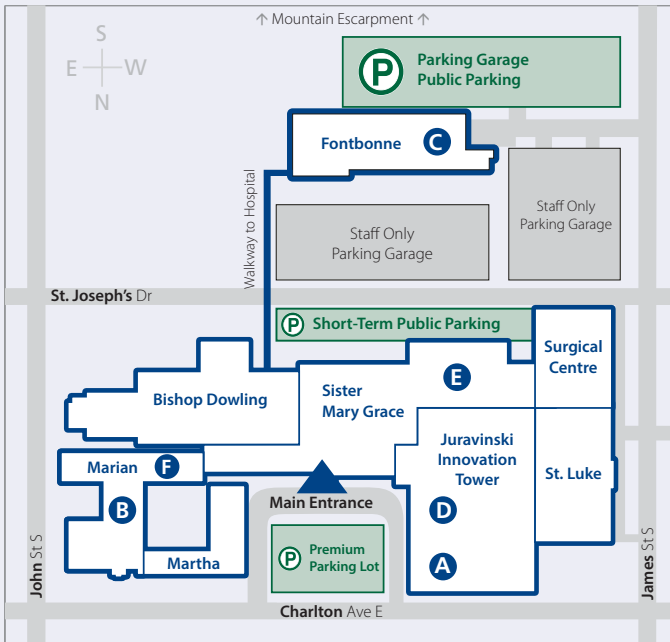
**Talk to the members of your health care team.
We are here to help!**

Waiting for Tests, Results and Appointments

Use this space to write
down any questions
you may have:

Charlton Campus Map

50 Charlton Avenue East
Hamilton, Ontario L8N 4A6



- A** Firestone Institute for Respiratory Health (FIRH)
Level 1, Juravinski Innovation Tower
- B** Nuclear Medicine
Level 0, Marian
- C** PET Scan
Level 1, Fontbonne
- D** Diagnostic Imaging
Level 0, Juravinski Innovation Tower
- E** Endoscopy
Level 3, Sister Mary Grace
- F** Pre-Admission Assessment Unit
Level 1, Bishop Dowling