

# WORKSHEET 1 EMERGENCY ROOM (ER) PLAN

Visit [www.LLS.org/CaregiverWorkbook](http://www.LLS.org/CaregiverWorkbook)  
to access all chapters and worksheets.

At some point during cancer treatment, your loved one may need emergency care. Talk to members of the healthcare team in advance about what to do in emergency situations. The following signs and/or symptoms may require a trip to the emergency room:

- Fever of 100.4°F or higher
- Change in mental status or confusion
- Difficulty breathing
- Trouble swallowing
- New or increased pain
- Uncontrollable nausea, vomiting, or diarrhea; these symptoms can lead to dangerous dehydration.
- Bleeding
- Rash or swelling in arms or legs.

Ask members of the healthcare team this question: What signs and/or symptoms require a trip to the emergency room? Either list them below or highlight the signs and symptoms in the list above.

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## Emergency Contact Person on the Healthcare Team

Name: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Notes: \_\_\_\_\_

## After-Hours Contact

Name: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Notes: \_\_\_\_\_

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## Nearest Emergency Room (ER)

Where is the closest emergency room? The emergency room at your loved one's treatment center may not be the one nearest to you. In an emergency situation, minutes can make a difference so it's important to know the location of the closest emergency room.

Upon arrival, let the ER staff know that your loved one is a cancer patient with compromised immunity. Ask for a face mask for him or her if one is not provided.

Hospital Name: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Address: \_\_\_\_\_

Directions: \_\_\_\_\_

\_\_\_\_\_

## Emergency Bag

Have a bag packed for you and your loved one so that you are ready to leave immediately in an emergency situation. The prepacked bag should include the following items:

- Copies of necessary medical records
- Copies of insurance ID cards
- List of all current medications, including drugs given as part of cancer treatment
- Phone charger
- Toothbrush
- Change of clothes
- Jacket or small blanket for cold hospital rooms
- Snacks, such as protein or granola bars
- Water bottles.

Before you leave, don't forget to also include

- Medications in prescription bottles, if possible
- Your own daily medications

## Childcare

If you or your loved one have children, have a plan in place for childcare. You may want to consider both an immediate and a longer-term plan. For example, if you have to go to the emergency room, can your neighbor stay with your children until a family member arrives?

Name: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

## Pet Care

If you or your loved one have pets, you may want to consider asking a neighbor to check in on them during an emergency situation. Give a trusted neighbor a spare key, in advance, in case a trip to the emergency room lasts for more than a few hours.

Name: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Notes: \_\_\_\_\_

## Designated Point Person

Pick a family member or friend to act as a point person who will take messages and provide updates during an emergency situation. You will likely be focused on getting your loved one needed care, so instead of fielding calls from concerned family and friends, designate someone else to be your point person, so you only have to update one person.

Name: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Notes: \_\_\_\_\_