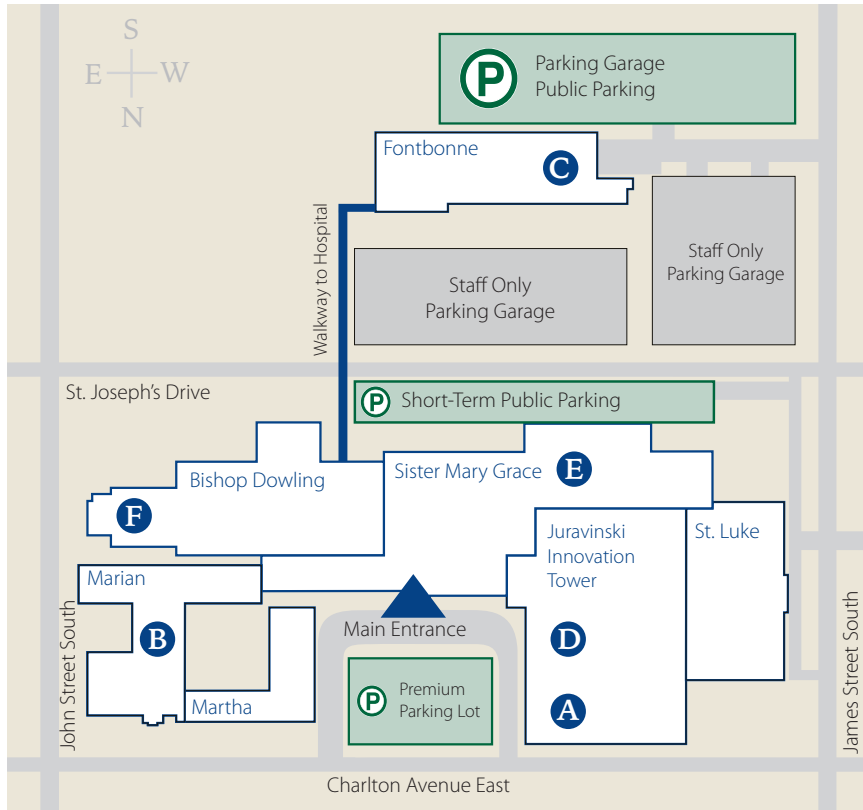


# Charlton Campus Map

50 Charlton Avenue East  
Hamilton, Ontario, L8N 4A6



- A** Firestone Clinic  
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

PD 7692 (2011-08)

# Information Handbook

*for patients and families*

From suspicion of cancer to diagnosis, reducing the worry and the wait.

The graphic features a woman in a white dress and hat walking on a beach, carrying a white basket. The background is a soft-focus beach scene. The text 'LUNG DAP' is prominently displayed in a large, stylized font, with 'Lung Diagnostic Assessment Program' underneath. Below that, it says 'Serving communities in Hamilton and Niagara'. At the bottom, the logos for St. Joseph's Healthcare Hamilton and the Niagara Health System (Système de Santé de Niagara) are shown.



# Your Schedule – DIAGNOSTIC TESTS

<b>TEST:</b>	
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SPECIAL INSTRUCTIONS:	
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SPECIAL INSTRUCTIONS:	

# Your Schedule



## DIAGNOSTIC TESTS

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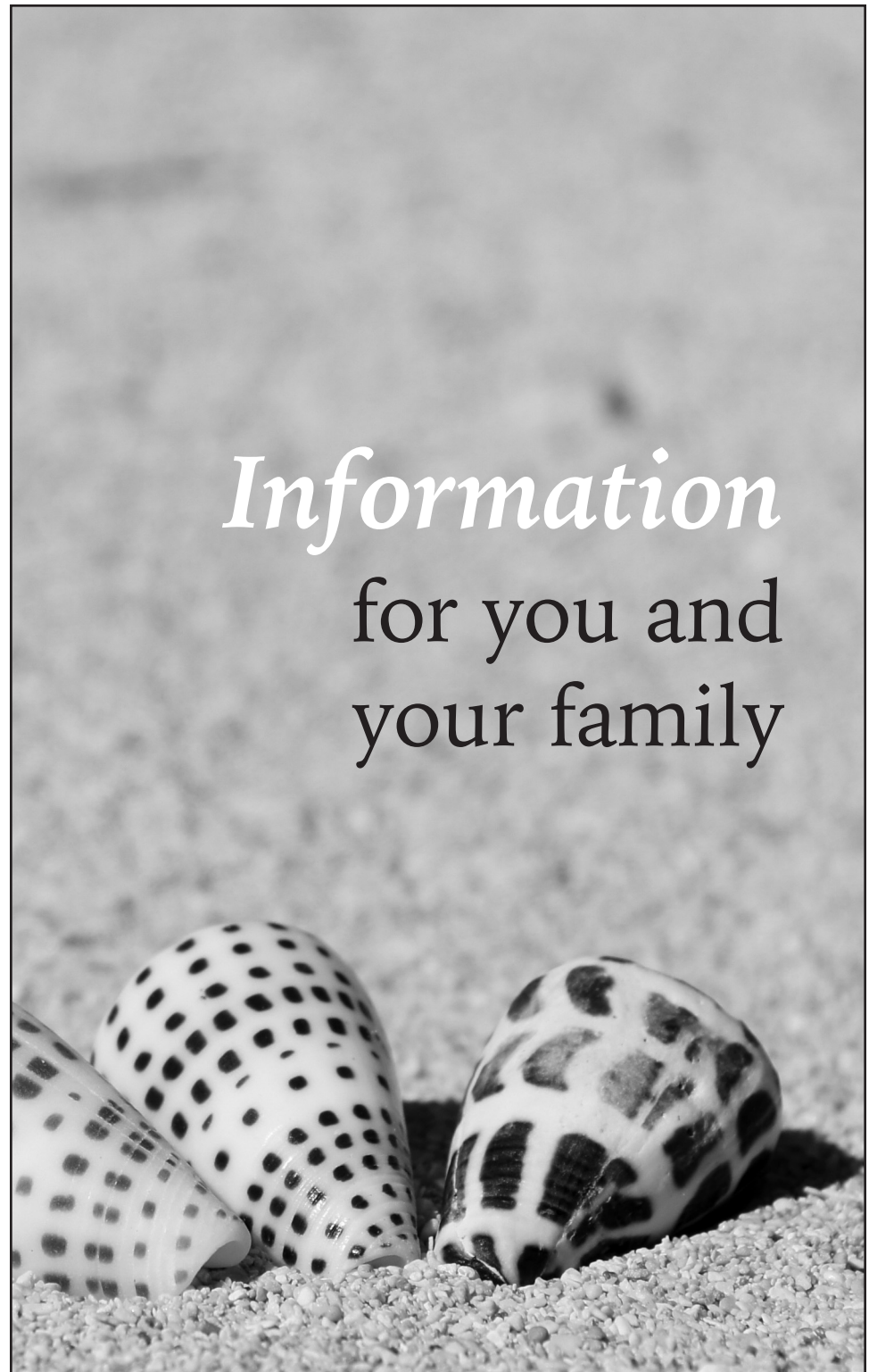
## DIAGNOSTIC TESTS

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SPECIAL INSTRUCTIONS:	



## Your Schedule – SPECIALIST APPOINTMENTS

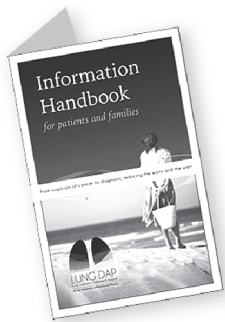
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# About the Lung Diagnostic Assessment Program



Your doctor has referred you to the Lung Diagnostic Assessment Program (DAP) to find out more about your lung or breathing problem. A Nurse Navigator will contact you within 48–72 hours of referral to see how you are doing and to answer any questions you may have. She will book tests and appointments for you and tell you about the program.



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## This brochure gives you information about:

- ◆ the Lung DAP
  - ◆ basic lung anatomy
  - ◆ common tests used to diagnose lung related problems
  - ◆ your scheduled tests and/or appointments
- 

Some people find waiting for tests, results and appointments difficult. There is also some information and ‘tips’ included in this brochure to make the waiting a little easier.

The Lung DAP is a newly enhanced regional program serving the areas of Haldimand, Brantford, Hamilton and Niagara. All family doctors or primary health care providers may refer patients to the program.

## The Goals of the LDAP are:

1. Timely care and equal access to care
2. Coordinate care close to home when possible
3. Early detection and treatment

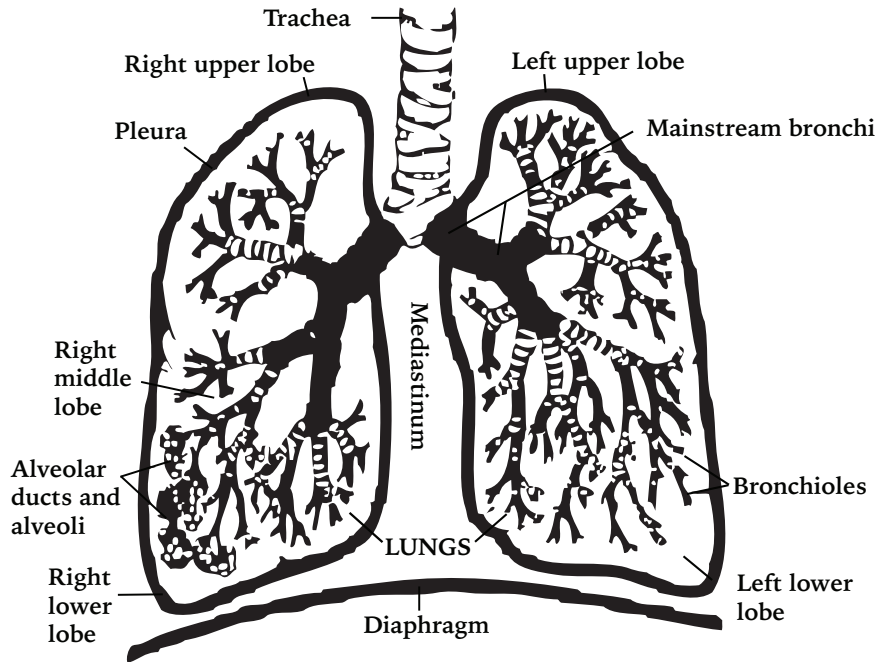
The Lung DAP helps patients with many different lung problems. Not everyone referred to the program will be diagnosed with lung cancer.

The Nurse Navigator is available to answer questions and provide information and support to patients and families throughout the assessment process.

## Tobacco Cessation and Support

The topic of tobacco use may be a sensitive one to you and/or your family. Your health and welfare is of paramount importance to us and we very much understand this sensitivity. Although we will discuss cessation and/or reduction of tobacco products with you, your thoughts, feelings and desires will always be respected and honored. The Nurse Navigator is a trained Counsellor with a lot of experience in this area and would be happy to discuss this topic with you further.

## BASIC ANATOMY OF THE LUNGS



The lungs are organs where oxygen in the air is transferred into the bloodstream. The lungs consist of the air passages that carry the air that is breathed to the parts of the lung called the lung parenchyma. The lung parenchyma refers to the tissue where breathed air is allowed to exchange its oxygen with blood that is flowing through blood vessels in the lung tissue.

## *Common Tests* to Diagnose Lung or Breathing Problems

Depending on the symptoms or problems you are experiencing and/or the results of the tests, any grouping of the following tests may be arranged for you. The more common tests are described but there may also be other tests your doctor orders for you.

Your family doctor or primary health care provider, the Nurse Navigator, and the specialist caring for you will receive the results of all your tests. All tests will be done as quickly as possible. Wait times are monitored to ensure quality care.

Any data that is collected by the program does not identify specific patients and is used solely for the purposes of evaluating how well the program is working. Your confidentiality is maintained at all times.





# Common Tests to Diagnose Lung or Breathing Problems



## Preliminary Tests

### Laboratory (Blood) Tests

Various blood tests are needed to provide information about you.

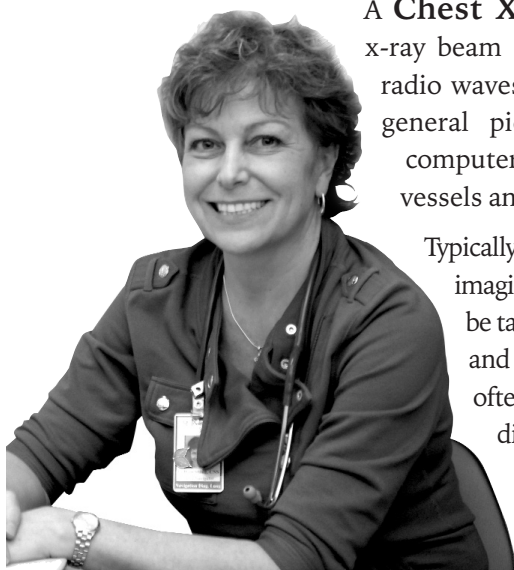
### Imaging Tests

Imaging tests tell if there are masses, infections, or air where there shouldn't be. They can tell the location and size of a mass, but not whether the mass is of concern. You will need to **bring your CT Scan** of your chest with you on a disc, if not done at the same place as your appointment.

A **Chest X-Ray** involves the passing of an x-ray beam (a form of radiation like light or radio waves) through the chest to produce a general picture or image, on a film or computer, of the heart, lungs, airway, blood vessels and the bones of the spine and chest.

Typically you will be asked to stand against an imaging plate and two pictures or views will be taken – one from the back of your body and one from the side. A chest x-ray is often the first test performed to help diagnose a lung symptom or problem.

A chest x-ray takes approximately 15 minutes to complete.



A **CAT or CT Scan** (Computerized axial tomography) is a specialized x-ray that shows more detail and is helpful to see if there is growth and/or suspicious areas that require more attention.

An **MRI** uses radio waves, a powerful electromagnet and a computer to create images of tissue and structures inside the body. An MRI determines the extent of the disease and is generally done to see if there is spread to the brain.

A **Bone Scan** is completed in two stages. A small amount of radioactive tracer is injected into a vein, where it is 'tagged' to calcium-like material, and is taken up by your bones. After the injection, you may leave the Nuclear Medicine department and return in approximately three hours for the scan to be completed. As you lie on a bed, a camera will move over your body and create images of the distribution of radioactivity in your bones.

The radioactive material decays quickly over time, and will be passed out of your body through the urine and bowel.

You will be asked to bring a list of your medications with you.

The appointment time you are given is the time you are scheduled to receive the injection. You will be asked to arrive 15-20 minutes ahead of time. The actual scan will take approximately 1 hour to complete. Further x-rays may be required following the scan.

# Common Tests to Diagnose Lung or Breathing Problems



## Preliminary Tests (Continued)

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### **Pulmonary Function Tests**

Pulmonary function testing determines lung capacity and function (strength). Knowing the lung's strength allows your doctor to determine how well you will be able to tolerate surgery or other treatments.

There are a variety of breathing tests. You will be asked to blow in and out of a device which tells how much air and how fast you can blow that air out of your lungs. Follow the instructions that have been written specifically for you on page 1 of this booklet. You can continue to take all your other medications.

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

### **Bronchoscopy**

A bronchoscope, a thin, lighted tube, is put into your mouth or nose and down your windpipe to look into the breathing passages. Through this tube, your doctor can also collect cells or small samples of tissue so they can be examined more closely under a microscope.

A bronchoscopy examination may take 45-60 minutes to complete.

### **Endobronchial Ultrasound (EBUS)**

Similar to the bronchoscopy test, however a tiny needle is inserted through the scope into the mass or lymph node. It is close to but outside of the breathing tube.

## Biopsy Procedures

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During a biopsy procedure, samples of fluid, cells or tissue are collected so that they can be examined more closely under a microscope.

### **Fine Needle Aspiration (FNA) or Needle Biopsy**

A needle is inserted through the chest into a suspicious area to remove a sample of tissue. If this test does not provide enough information, one or more of the following tests may be done:

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#### **Thoracentesis**

Using a needle, the doctor removes a sample of the fluid that surrounds the lungs. This will be done with the guidance of Ultrasound or CT.

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#### **Mediastinoscopy**

During this surgical procedure, lymph nodes along the windpipe are examined and a sample may be removed.

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#### **Bronchoscopy**

Through the tube used during a bronchoscopy examination, the doctor can collect cells or small samples of tissue (see bronchoscopy description).



# Common Tests to Diagnose Lung or Breathing Problems

## Other Tests

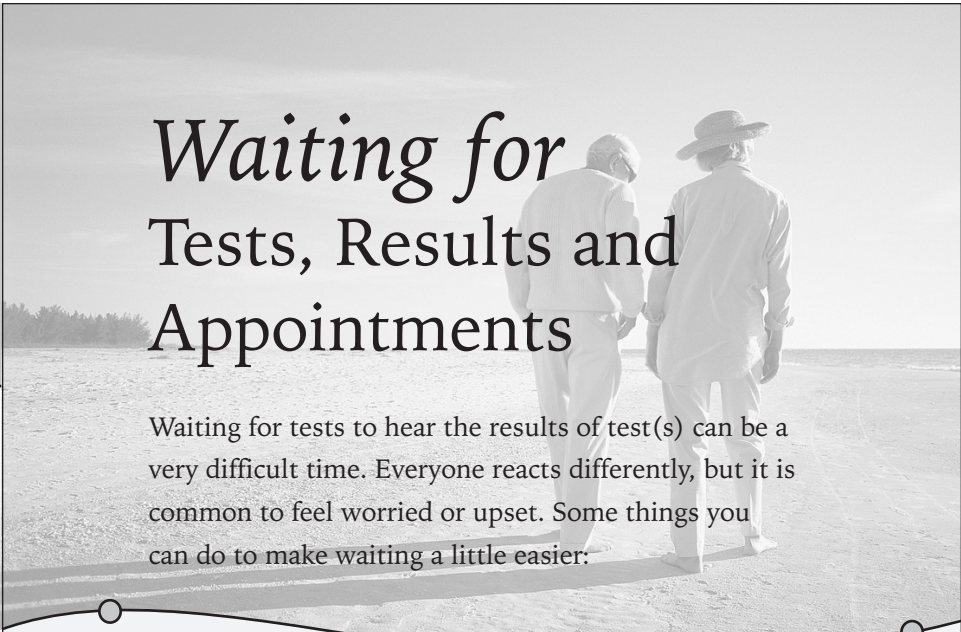
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### PET

A PET measures tumor glucose metabolism and determines the extent and stage of disease.

See brochure.

## Waiting for Tests, Results and Appointments



Waiting for tests to hear the results of test(s) can be a very difficult time. Everyone reacts differently, but it is common to feel worried or upset. Some things you can do to make waiting a little easier:

- At the time of your test, ask when and how you will be told about your test results. This will prepare you for how long you will have to wait to get your test results.
- Keep doing all the everyday things you are able to do. Keeping your normal routine and being busy helps.
- Take care of yourself. Often, good health habits are neglected during stressful times. This will lower your energy level as well as your sense of well being. Your body needs energy to cope with stress.
- Eat well balanced meals.
- Get a good night's sleep.
- Avoid excessive amounts of caffeine and alcohol. These make it harder to sleep.
- Write down questions when you think of them.





- Take notes at your appointments.
- Be as physically active as you are able to. Going for a walk may help you relax.
- Practice your favourite relaxation strategy.
- Talk about what is happening and how you are feeling. Who you talk to and what you say is a personal thing. If you wish, the Nurse Navigator could also connect you with a professional you may find it helpful to talk with.
- Your family doctor may be able to help you. Give the office a call and let them know how you are feeling and what is happening.
- Some people find comfort in their faith and prayer. Talk to your spiritual leader.
- Consider having someone go with you to appointments. It's hard to remember all the details of new experiences and new information.
- Before your specialist appointment, write down the questions you want to ask so you won't forget to ask them. There is space following this section in the booklet to write your questions down.
- Keep a list of your team members and record events of your case.

**Talk to your doctor and other health care providers.  
They are there to help!**

**List the questions you want to ask the specialist and  
then bring this brochure with you to your appointment.**

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

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The Nurse Navigator with the Lung DAP will assist you with  
your concerns and questions.

***Nurse Navigators:***

**Colleen Stang** RN, BN, MN

Clinical Nurse Specialist | Tobacco Treatment Specialist

**Anna Tran** RN, BScN, MScN

905.522.1155 extension 35351

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**For clerical support contact:**

Dayna Robins or Andrea McGuire at extension 35941

Dayna will book and notify you of appointments. Andrea records statistics to better serve you and improve the Lung DAP program.