



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

15 Minutes or Less

When an oncology social worker refers to "short-form counseling" with a cancer patient, it usually means 15 minutes or less and takes place in a Cancer Center just before or after the patient has received treatment.

These counseling sessions are rarely conducted within the privacy of the social worker's own office, as most do not have their own office.

So most short-form counseling is taking place in hallways and cubicles. Or sometimes the social worker sits next to a patient during chemo, so these talks are not always confidential and, often, the patient is distracted.

Short-form counseling within a Cancer Center has other limitations. For example, if medical treatment puts the cancer into remission, then the patient is discharged, ostensibly "cancer-free."

From the Cancer Center's perspective, the patient is now "out of sight, out of mind." But cancer-free patients now face the challenges of "Survivorship." Resuming their place within the family unit. Getting their old job back. Telling friends what they've been through. And, of course, worrying that the cancer will return.

All of these issues, left unattended, can degrade a patient's sense of emotional well-being. But most cancer centers seem detached from their patients' post-treatment challenges.



AOSW Study from 2022

What an oncology social worker actually does each working day has been illuminated by a recent survey of 500 members of the Association of Oncology Social Workers.

They were asked to share the number of hours spent in an average week on several of their most important responsibilities. The results were:

<i>Task</i>	<i>% of Time per Week</i>
Patient Screening & Prelim Assessment	24%
Patient Counseling	13%
Administration, etc.	63%

So 13% of the time spent by an oncology social worker each week is devoted to patient counseling, meaning caring for the cancer patient's emotional well-being.

That level of attention to a patient's mental health is obviously insufficient. There must be a better way.

Paradigm for "Long-Form" Counseling

Welcome to Fighting Chance. We are a pioneer of long-form counseling which means a 45 minute talk between the cancer patient and one of our staff oncology social workers. Our clinic is strictly counseling; no other medical treatments are envisioned.

Local oncologists know they are not set up to treat their patients' emotional well-being, and for 20+ years, they have referred their patients to us for our, always FREE, counseling.

Fighting Chance has offices in
Sag Harbor and at the
Phillips Family Cancer Center
in Southampton.

For more details, or information
please call 631.725.4646

Visit our website at
www.fightingchance.org