

LONDON REGIONAL CANCER PROGRAM (LRCP)



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- Chemotherapy closer to home
- Residence Inn
- Preventing falls in the clinics

Welcome to the London Regional Cancer Program (LRCP)

The London Regional Cancer Program (LRCP) at London Health Sciences Centre (LHSC) provides inpatient and outpatient cancer care to people across the region of Southwestern Ontario. LRCP is part of a large network of cancer care providers called the South West Regional Cancer Program.

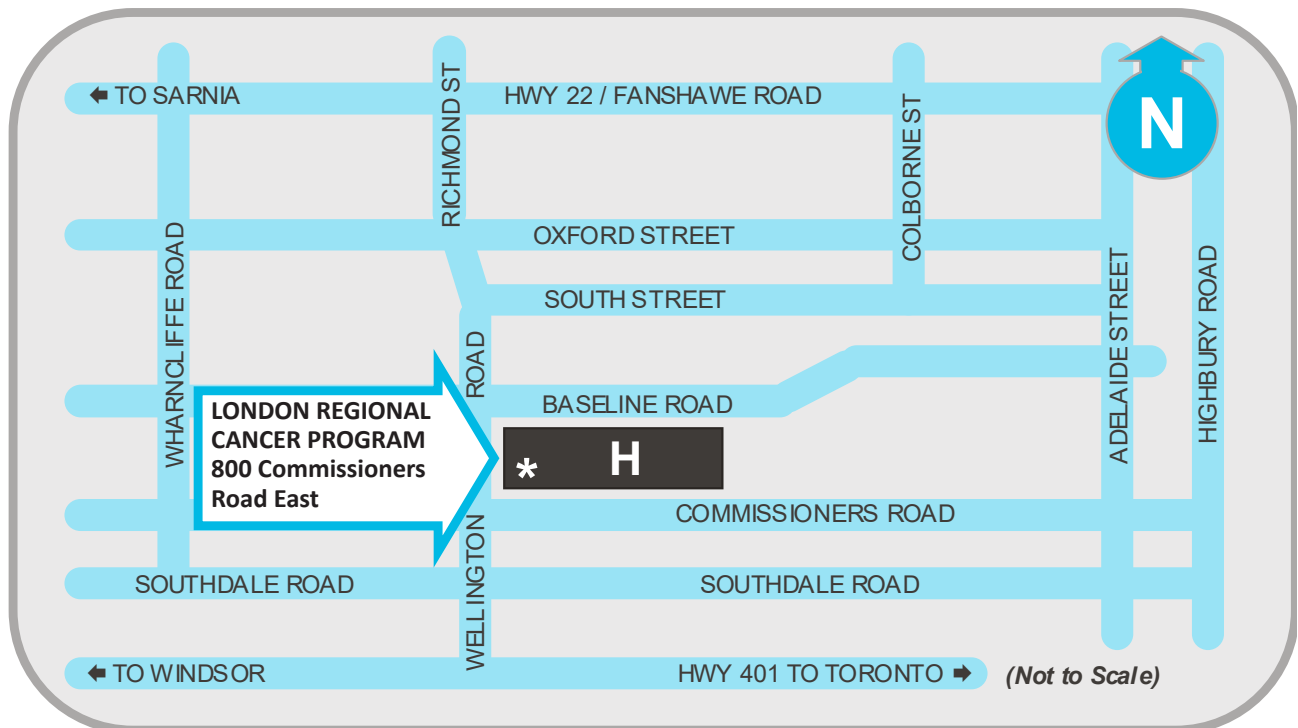


LRCP provides drug therapy and radiation therapy, as well as a full range of supportive care services to help patients and their families throughout the cancer journey.

Getting to LRCP



LRCP is located at 800 Commissioners Road East, London, Ontario. It is at the corner of Wellington Road South and Commissioners Road East. It is the building closest to Wellington Road at Victoria Hospital.

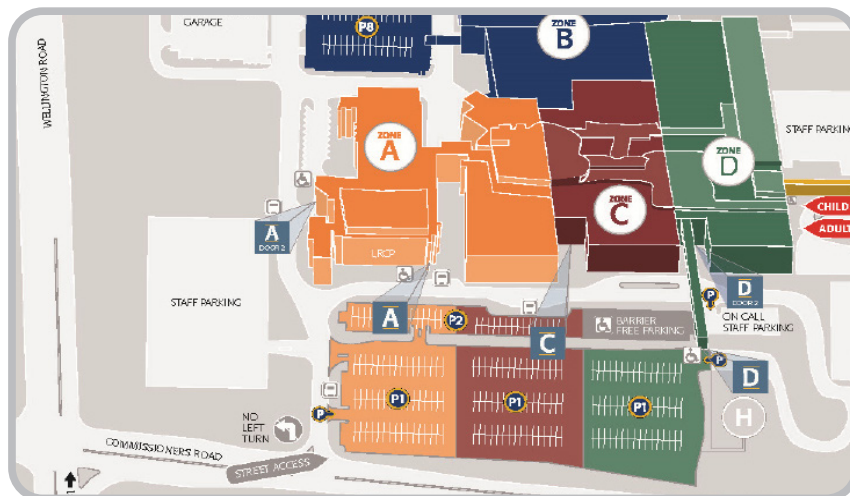


Parking

Visitors should use parking lot P1 or P2. They are located across from LRCP's main entrance on Level 2.

Handicapped parking is located

across from the front entrance of LRCP in parking lot P2. Please note the parking area located by the Level 1 entrance Zone A (A1) is for Canadian Cancer Society drivers only.



Parking Passes



If you will be coming to LRCP on a regular basis, it will cost less money to buy a parking pass. You can buy a pass from the attendant at the parking booth as you leave the parking lot. Parking passes can be purchased for 5, 7, 10, 14 or 30 days, and do not need to be used consecutively. Passes are valid for one year from purchase.

You can pay for daily parking with a credit card as you enter the lot. You will need to swipe your credit card again when you leave so please have it ready. You can also pay for daily parking at the pay station in the main reception area before you leave LRCP or with the parking lot attendant as you exit.

Visiting LRCP

Open: Monday to Friday from 8:00 a.m. to 6:00 p.m.

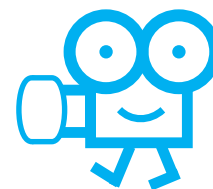
*Radiation Therapy is open from 7:30 a.m. to 6:30 p.m.

Closed: Saturday, Sunday and Holidays



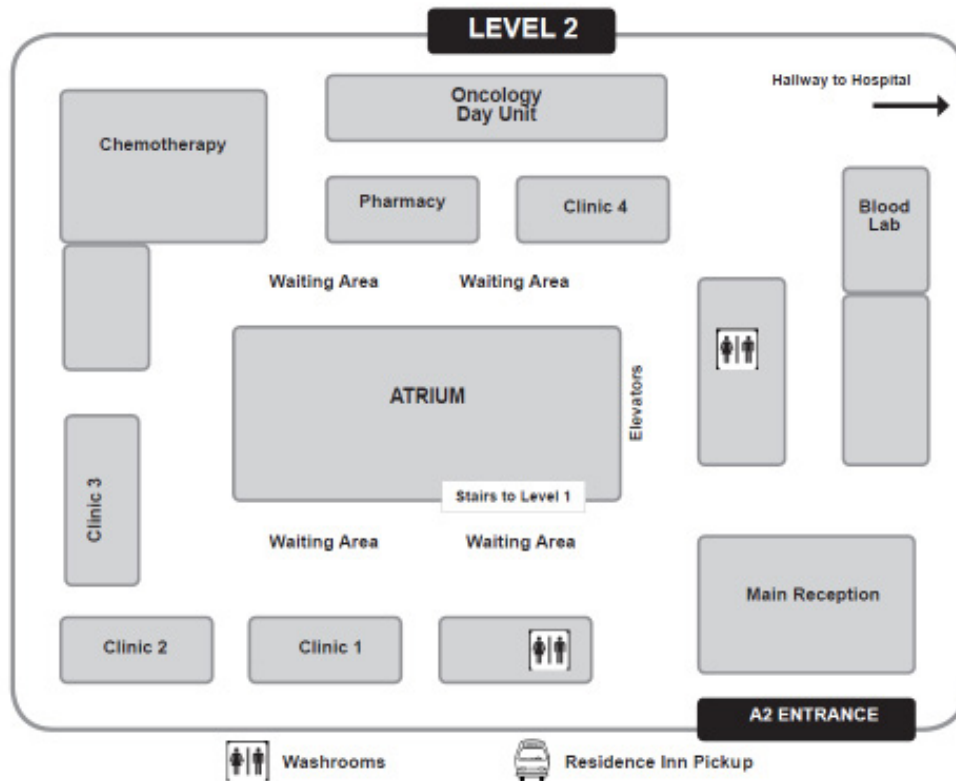
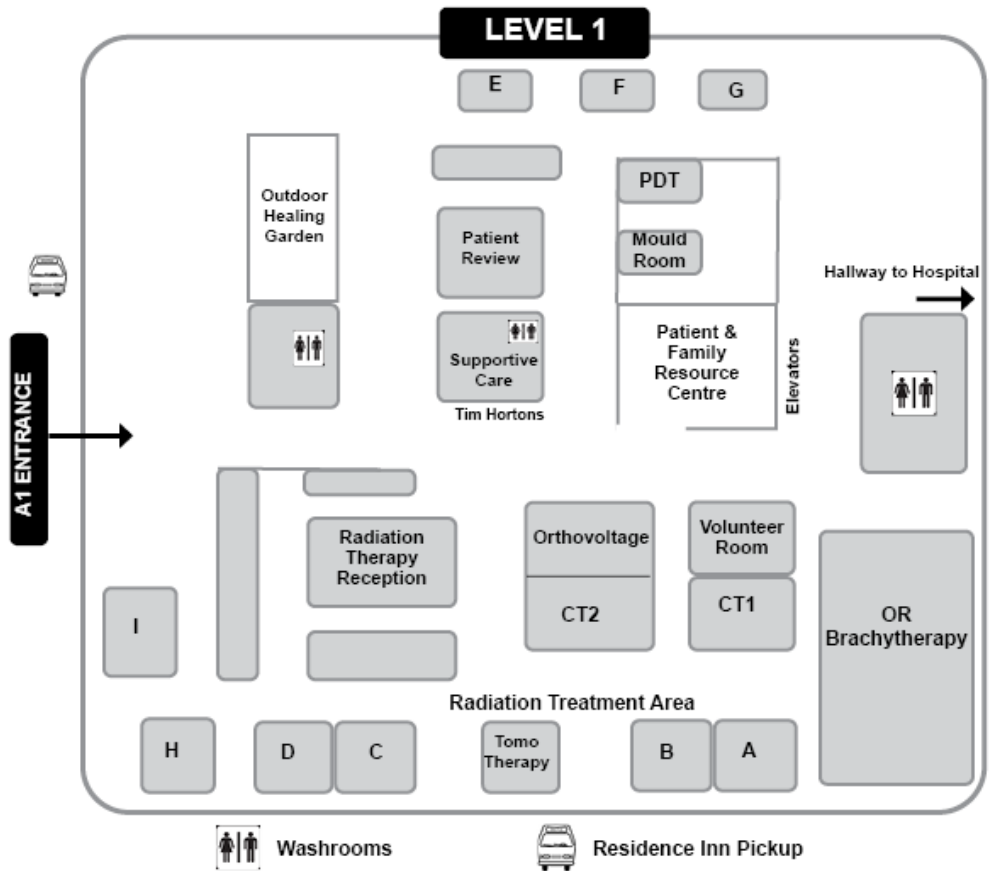
Virtual Tour of LRCP

You can take a virtual tour of LRCP by visiting our website, <https://www.lhsc.on.ca/london-regional-cancer-program/lrcp-orientations>.



The video walks you through how to prepare for your first visit, how to get to LRCP, what services are available to you, and more.

Inside the London Regional Cancer Program



Need a ride? A Canadian Cancer Society volunteer driver may be able to help



If you need help getting to your cancer-related appointment, the Wheels of Hope Transportation Service may be able to help. A volunteer driver can pick you up and bring you to LRCP or your local hospital and offer you a friendly, supportive environment along the way.

To learn more about this service, please ask a member of your care team for a referral. There is a one-time registration fee of \$100.00 for this service. Once you are registered, you will have to schedule your rides **at least 4 full business days** before your appointments.

Chemotherapy Treatment in the Community

At your first appointment at the LRCP, your doctor will discuss your treatment plan with you. If you will be getting chemotherapy treatment, ask if you are able to receive it at one of our partner sites in the South West region. Not all chemotherapy treatments can be given outside of London.

Our partner sites are:

- Chatham
- Owen Sound
- Sarnia
- St. Thomas
- Stratford
- Wingham
- Woodstock

Will my care be the same if I get my chemotherapy at another site?

Yes, absolutely. Your treatment plan is developed and written by an LRCP oncologist. A doctor who is specially trained in cancer and a team of nurses will provide your treatment in your community hospital.

Residence Inn by Marriott

383 Colborne Street, London ON

Telephone: 519-433-7222

1-866-238-4218

Visit www.lhsc.on.ca/lrcp and click 'Accommodations for Out-of-Town Patients'

There is no place like home but the Residence Inn tries to be second best. Arrangements have been made between the Cancer Program and the Residence Inn to help cover the costs of available services. The total cost per night including meals is \$30.

In order to stay at the Residence Inn, you must:

- Live more than 40 km from London
- Be receiving cancer treatment at LRCP
- Be able to take care of yourself

The Residence Inn is located 4 km from LRCP. A ride to and from LRCP is provided free of charge by shuttle bus.



Please be sure to bring all of your own medicines. The Residence Inn does not supply any medicine for you.

If you are planning to stay at the Residence Inn and need transportation to get there, a Canadian Cancer Society (CCS) volunteer driver may be able to give you a ride. Please talk to your care team about getting a referral and be sure to schedule your ride with CCS at least 4 business days before you need to get there.

Are meals served at the Residence Inn?

Meals are served from lunch time on Monday through to lunch time on Friday. Meals are served cafeteria style at the Residence Inn. If you have any special dietary requirements, please let staff at the Residence Inn know.

Are there other places to stay in London?

There are hotels that offer reduced rates to patients and their families. Contact Supportive Care at 519-685-8622 for a list of these hotels.

Other Information

Virtual Care

You may receive your care virtually, by telephone or through a video appointment. This helps reduce the number of people coming into the centre. Your doctor will only choose virtual care if it is safe to deliver your care this way.

You can also ask your doctor about a virtual appointment to see if it is right for you.

I speak another language or use sign language. Can I get help?

During your first visit, you will be asked about the language you prefer to use and LRCP will try to get an interpreter. When booking your visits, please remind staff to book an interpreter.

Perfumes and scented products

LRCP is a scent-free environment. Many patients, visitors and staff are sensitive to fragrances. Please do not wear any perfumes, aftershaves or any other scented products when you are coming to the LRCP.

What if I feel like I am getting sick?



Many of our patients have weakened immune systems. This means that they can get infections easily. If you are not feeling well or have a cough, please let the receptionist know. You may be asked to wear a mask during your visit. Any family members, friends or visitors who feel unwell should not come to the LRCP.



Please wash your hands when you enter and leave the building. Each entrance has a hand washing station. Hand washing is a quick and easy way to fight the germs that cause infections. This is important for both patients and visitors.

Food & Drinks



There is a **Tim Hortons** 'On The Go' on Level 1 of LRCP that is open from 7:30 a.m. to 3:00 p.m.

Faye's Café is the hospital's main cafeteria. It is located on the third floor of the hospital (Zone D, Level 3). It serves salads, made-to-order sandwiches, pizza and other hot and cold foods. **Simply Puur**, also located on the third floor, sells food and **Starbucks** coffee (Zone B, Level 3).

Latex Allergies

If you have a latex allergy or sensitivity, please tell a member of your health care team. As an extra precaution, please consider getting a 'Medic Alert' identification product that lists your allergies.

Preventing Falls

London Health Sciences Centre is committed to improving your health, and providing compassionate, safe and high quality care. This includes promoting patient safety and fall prevention.

People fall for many reasons. They may include:

- Physical health
- Weakness
- Dizziness
- Certain medications
- Health changes that change thinking and decision-making

Slips and trips can happen because of environmental reasons. They may include:

- Poor lighting
- Medical equipment such as IV poles, lines and catheters
- Uneven or slippery floors
- Furniture at the wrong height

Fall Prevention Tips



Do not try to get out of your chair, off the exam table, or stretcher if you are feeling:

- Weak
- Dizzy
- Unsteady on your feet



Wear secure, non-slip footwear. Make sure your laces are tied.



Tell your health care team if you:

- Feel dizzy or faint when you get up or after a procedure (e.g., blood drawn)
- Have fallen in the last 90 days
- Use a cane or walker at home or feel you need one
- Need to use the bathroom often
- Have a fear of falling



With the help of your health care team, it is important that:

- You receive the help that you need when walking to the bathroom, getting on and off the toilet, getting on and off the exam table or moving to a chair or stretcher
- Your stretcher is at a comfortable height
- Brakes are locked on wheelchairs and stretchers
- You receive the help you need when undressing and redressing
- Your family and the entire health care team are aware you are at risk for falling