

# AI-02035 Task List Pancreatic Cancer

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## Chief Complaint, Symptoms and Diagnosis:

Female, Asian 84, distended abdomen and pancreatic cancer

A diagnosis creates a curve ball in life to an individual, in the problem solving world, this event can still be considered as simple (not complicated nor complex) because there is a clear path on what to do. Create a micro level task list (use Phase1,2,3,4 etc) from the discovery of the disease until the very end of treatment or outcome so that an individual can be focused on factual and objective reality instead of imagination of what ifs and rumination.

## And then summarize the task lists without details

Receiving a diagnosis of pancreatic cancer can be overwhelming, but approaching it with a structured plan can help. A clear, factual task list can provide a roadmap, helping a person focus on the next steps rather than on a sea of "what ifs."

## Phase 1: Immediate Actions Following Diagnosis

This phase focuses on confirming the diagnosis, understanding the specific type of cancer, and assembling a care team.

1. Confirm the Diagnosis: Request a copy of all test results, including the biopsy report, and confirm the specific type and stage of pancreatic cancer.
2. Assemble a Care Team: Find and consult with specialists who have significant experience with pancreatic cancer. This includes a surgical oncologist, a medical oncologist, and a radiation oncologist.

3. Initial Consultations: Schedule appointments with each specialist to discuss the diagnosis, staging, and potential treatment options.
4. Obtain a Second Opinion: Consider seeking a second opinion from a major cancer center or a different team of experts. This can provide peace of mind and may offer alternative treatment strategies.

### **Phase 2: Treatment Planning and Preparation**

This phase involves making informed decisions about treatment and preparing both physically and mentally for the process.

1. Understand Treatment Options: Work with the care team to understand the pros and cons of each treatment option, such as surgery, chemotherapy, radiation, or a combination. The choice depends heavily on the cancer's stage and location.
2. Discuss Clinical Trials: Ask the oncologist about any relevant clinical trials that may be an option.
3. Prepare for Treatment: Follow the doctors' instructions for physical preparation, which might include dietary changes, exercise, or other health optimizations.
4. Create a Support System: Identify and lean on family, friends, or a support group. These individuals can help with practical tasks like transportation to appointments, meal preparation, or simply providing emotional support.

### **Phase 3: The Treatment Period**

This phase is the core of the medical intervention. The focus is on adhering to the treatment plan and managing its side effects.

1. Start Treatment: Begin the agreed-upon course of treatment.
2. Manage Side Effects: Work closely with the medical team to manage any side effects from chemotherapy, radiation, or surgery. This can include medications for nausea, pain, or fatigue.
3. Monitor Progress: Attend all follow-up appointments and undergo scheduled scans or blood tests to monitor how the cancer is responding to treatment.

4. **Maintain Well-being:** Continue to prioritize physical and mental health through proper nutrition, light exercise (if approved by the doctor), and activities that reduce stress.

#### **Phase 4: Post-Treatment and Follow-up**

This phase begins after active treatment has ended. The focus shifts to recovery, monitoring for recurrence, and long-term wellness.

1. **Post-Treatment Care:** Follow the recovery plan from the medical team, which might include physical therapy, dietary recommendations, or other rehabilitative measures.
2. **Ongoing Monitoring:** Adhere to a strict schedule of follow-up appointments, including scans and blood work, to monitor for any signs of the cancer returning.
3. **Lifestyle Adjustments:** Make sustainable lifestyle changes to promote long-term health and reduce the risk of other health issues.
4. **Emotional and Mental Health:** Continue to engage with support systems, therapy, or counseling to process the experience and adjust to life after treatment.

#### **Summary of the Task Lists**

- Phase 1: Confirm diagnosis, assemble a care team, get consultations, and seek a second opinion.
- Phase 2: Understand treatment options, discuss clinical trials, prepare for treatment, and create a support system.
- Phase 3: Begin and manage treatment, handle side effects, monitor progress, and maintain well-being.
- Phase 4: Engage in post-treatment care, undergo ongoing monitoring, make lifestyle adjustments, and prioritize emotional health.