

CC&S Session #1: Lesson Plan

Core Activities:

- Check Your Understanding: Pretest
- Explain and use parking lot to address questions/topics
- Complete Activity: Abnormal Cell Growth Demonstration
- Complete Activity: Risk Factors Chart
- Complete Activity: What if Cancer Spreads?

Supplies Needed:

- Sign-in Sheet
- Session 1 handouts
- Flip Chart
- Markers
- Nametags
- Session 1 PowerPoint
- 1 set laminated lung and liver
- 12 paper or plastic cups
- Green and red chenille stems (formerly known as pipe cleaners)

Additional Activities:

- Colon Cancer Diagnosis Testimonial Activity Instructions

Knowledge Objective:

- What cancer is
- What the causes of cancer are
- What cancer risk factors are

Behavioral Objectives:

Participant will be able to:

- Understand what cancer is
- Identify cancer risk factors
- Understand the importance of cancer stage

Participant Handouts:

- Participant Consent Form
- Session 1 “Understanding Cancer Basics” handout
- Blank “National Cancer Risk Factors” handout

Advance Preparation:

- Make handouts for registered participants
- Set up computer with PowerPoint
- Set up ‘Abnormal Cell Growth’ and ‘How Cancer Spreads’ activity
- Set up ‘Parking Lot’
- Prepare Sign-in sheet.

Doing the Lesson

Learner Objective	Materials	Recommended Activity
Understand class format and program background	Facilitator Guide Participant Consent Form Ground Rules Parking Lot	<ul style="list-style-type: none"> • Sign-in participants using Sign-in sheet. • Introduce yourself • Give program overview (basics, prevention, early detection and screening) and partnership between UW Carbone Cancer Center and UW-Extension. • Handout and collect signed consent forms
	CC&S Understanding Cancer Basics Activity: 'Check Your Understanding' pre-test	Begin lesson using PPT slides. <ul style="list-style-type: none"> • Describe importance of pre-test and post-test to CC&S program in measuring a change in knowledge and understanding. • Administer 'Check Your Understanding' pre-test • Share 'Class ground rules' and 'parking lot' explanation
Identify the goals and objectives of the CC&S Understanding Cancer Basics session.	<ul style="list-style-type: none"> • CC&S Understanding Cancer Basics handout • Power Point • CC&S Objectives 	Give "Understanding Cancer Basics" handout. <ul style="list-style-type: none"> • Share details of handout format including key points in left column. • Read objectives. Remind participants that you are not a medical expert and information is meant to provide basic information.
Describe what cancer is	CC&S Understanding Cancer Basics: "What is Cancer?"	Show PPT Slide: What is Cancer? <ul style="list-style-type: none"> • Cancer is over 200 diseases • Cancer is an abnormal growth of cells • Every cell has DNA, the instructions for the cells • A damage in the DNA is a mutation • Uncontrolled cell growth of the damaged cells creates the cancer
What cancer cell growth looks like; cancer cells can be benign or malignant	CC&S Understanding Cancer Basics "An easier way to think about cell growth"	
What normal cell growth looks like	CC&S Understanding Cancer Basics: Normal Cell Growth	Show PPT Slide: Normal Cell Growth <ul style="list-style-type: none"> • Normally our body stays on cruise control for cell growth including the cell's birth, growth, and death • Cell growth maintains a steady, orderly speed

		and stays in its own lane
What abnormal cell growth looks like	CC&S Understanding Cancer Basics: Uncontrolled Cell Growth	Show PPT Slide: Uncontrolled Cell Growth <ul style="list-style-type: none"> If the cell is damaged, as the cruise control of the cell gets stuck like the acceleration pedal gets stuck, the cell will reproduce at a much faster rate than the normal healthy cell.
Describe what Abnormal Cell Growth is	CC&S Understanding Cancer Basics: Abnormal Cell Growth	Show PPT Slide: Abnormal Cell Growth <ul style="list-style-type: none"> Read Abnormal Cell Growth demonstration activity (cups take a hit) to participants, per instructions
Know the difference between a benign and malignant tumor	CC&S Understanding Cancer Basics: Tumors can be benign or malignant	Show PPT Slide: Tumors can be benign or malignant <ul style="list-style-type: none"> Benign tumors are not cancerous and usual are not life threatening. They don't spread to other parts of the body. Malignant tumors are cancer cells that reproduce without control or order. They spread to other parts of the body.
What causes cancer	CC&S Understanding Cancer Basics: "What causes cancer?"	Show PPT Slide: What causes cancer? <ul style="list-style-type: none"> Over time a cell takes many 'hits' Hits are caused by what you're exposed to (environmental, occupation, radiation, viruses) and how you live (tobacco use, physical activity, and diet)
Learn what my cancer risk factors are	CC&S Understanding Cancer Basics: What are my cancer risk factors?	Show PPT slide: What are my cancer risk factors? <ul style="list-style-type: none"> Read Slide
What cancer risk factors are	CC&S Understanding Cancer Basics: Activity: National Cancer Risk Factor Chart (blank)	Show PPT Slide: Activity: National Cancer Risk Factor Chart <ul style="list-style-type: none"> Review blank pie graph. Have participants match what they think is the percentage and the matching risk factor.
Learn what the percentages of cancer risk factors include	CC&S Understanding Cancer Basics: Activity: National Cancer Risk Factors	Show PPT Slide: National Cancer Risk Factors Chart <ul style="list-style-type: none"> Review the completed chart Ask participants if there are any surprises to them Emphasize that the majority of cancer risk factors can be controlled through a healthy diet, exercise, and avoiding tobacco
Identify Individual Cancer Risk Factors	CC&S Understanding Cancer Basics: Individual Cancer Risk Factors	Show PPT Slide: Individual Cancer Risk Factors <ul style="list-style-type: none"> Family history, gender or age can influence a person's risk for developing cancer
Describe how a cancer diagnosis is made	CC&S Understanding Cancer Basics: "How is a cancer diagnosis	Show PPT Slide: How is a cancer diagnosis made <ul style="list-style-type: none"> A cancer diagnosis can only be made by looking at cells from a biopsy under a

	made?"	microscope
What is a Primary Cancer Site	CC&S Understanding Cancer Basics: "Primary Cancer Site"	Show PPT Slide: Primary Cancer Site <ul style="list-style-type: none"> • Most cancers are identified by the organ in which they originated.
Learn how cancer spreads	CC&S Understanding Cancer Basics: "What if cancer spreads?"	Show PPT Slide and Activity: Study and practice "How Cancer Spreads" Demonstration with cups and chenille stems (formerly known as pipe cleaners)
What are stages of cancer	CC&S Understanding Cancer Basics: "Stage of Cancer"	Show PPT Slide: Stage of Cancer <ul style="list-style-type: none"> • Describe the four common stages of cancer
Understand the stages of cancer	CC&S Understanding Cancer Basics: Example: the stages of colorectal cancer	Show PPT Slide: Example: the stages of colorectal cancer <ul style="list-style-type: none"> • Use the facilitator's notes • Describe visual of colorectal cancer and the stages illustrated
Identify unanswered questions	CC&S Understanding Cancer Basics: Questions	Show PPT Slide: Questions <ul style="list-style-type: none"> • Ask participants to share any questions they may have • If you are unable to answer the question, encourage participants to refer the question to their health care provider • Refer to resources for possible answers
Appreciate participation	CC&S Understanding Cancer Basics: Thank you!	Show PPT Slide: Thank you <ul style="list-style-type: none"> • Remind participants of next session • Thank participants for attending and participating

✓ Comprehension Check

1. Ask a question that will review the lesson. (i.e. What risk factors may cause cancer?)
2. Review parking lot.

Additional facts related to the lesson

- See "Additional Information" in the Understanding Cancer Basics section of the Facilitator Guide

Additional information to tell participants

- Remind participants that you are not a medical expert and information is meant to provide basic information about cancer.