

CC&S Session #4: Lesson Plan

Core Activities:

- Use parking lot to address questions/topics
- Complete Activity: Skin Cancer Flashcard Activity

Supplies Needed:

- Session 4 handouts
- Flip Chart
- Markers
- Nametags
- Session 4 PowerPoint
- Skin Cancer Flashcards Activity Instructions
- Skin Cancer Flashcards

Additional Activities:

- Dear Sixteen Year Old Me Activity
- Colorectal Health Care Radio Show Activity
- Prostate Cancer Role Play Activity
- Breast Health Penny Story
- Breast Health Role Play Activity
- Cervical Health Barrier Busting Activity
- Hats Off For Screening Activity

Knowledge Objective:

- What is cancer screening and early detection
- What are the five steps of informed decision making
- How to use the ABCDE method to look for skin cancer

Behavioral Objectives:

Participant will be able to:

- Explain the importance of early detection for cancer treatment
- Discuss the benefits of cancer screening
- Identify screening methods available for specific cancers
- Know recommended screening guidelines

Participant Handouts:

- Participant Consent Form
- Session 4 "Cancer Screening & Detection" handout

Advance Preparation:

- Make handouts for registered participants
- Set up computer with PowerPoint
- Set up 'Parking Lot'
- Sign-in sheet. To track attendance across CC&S sessions, please use the same Sign-In Sheet from Session 1.
- Skin Cancer Flashcards from kit

Doing the Lesson

Learner Objective	Materials	Recommended Activity
Understand class format and program background	Facilitator Guide Ground Rules Parking Lot	<ul style="list-style-type: none"> • Sign-in participants • Introduce yourself • Handout and collect signed consent forms to anyone new joining the class • Review 'Class ground rules' and 'parking lot' from Session 1
Identify the goals and objectives of the CC&S Cancer Screening & Detection session.	<ul style="list-style-type: none"> • CC&S "Cancer Screening & Detection" handout • Power Point • CC&S Objectives 	<ul style="list-style-type: none"> • Share details of handout including key points in left column. • Begin lesson using PPT slides. • Read objectives. Remind participants that you are not a medical expert and information is meant to provide basic information. • Give "Cancer Screening & Detection" handout
Define Early Detection Explain the importance of early detection for cancer treatment	CC&S "Cancer Screening & Detection" handout Early detection means finding cancer in its early stage, before it has time to spread beyond the organ where it first started to grow.	Show PPT Slide: Early Detection <ul style="list-style-type: none"> • Early detection means finding cancer in its early stage, before it has time to spread beyond the organ where it first started to grow.
Explain Informed Decision Making	CC&S "Cancer Screening & Detection" handout: Informed Decision Making	Show PPT Slide: Informed Decision Making <ul style="list-style-type: none"> • Informed decision making is the process of gathering information about your health and a specific health issue (like cancer).
Understand the five steps involved with informed decision making	CC&S "Cancer Screening & Detection" handout: Five Steps of Informed Decision Making	Show PPT Slide: Five Steps of Informed Decision Making <ul style="list-style-type: none"> • Define the health concern and the questions you have. • Gather information. • Talk to your doctor. • Make a decision when you're ready. • Schedule your screening
Learn the screenings included for both men and	CC&S "Cancer Screening & Detection" handout:	Show PPT Slide: Men's and Women's Health <ul style="list-style-type: none"> • Skin Cancer Screening: Skin cancer is cancer that forms in the tissues of the skin.

women	Men's and Women's Health	<ul style="list-style-type: none"> Colorectal Cancer Screening: The words 'colorectal cancer' mean cancer of the colon or cancer of the rectum.
Learn how skin cancer forms, the various types of skin cancer, and the main cause	CC&S "Cancer Screening & Detection" handout: Skin Cancer	<p>Show PPT Slide: Skin Cancer</p> <ul style="list-style-type: none"> Skin cancer is cancer that forms in the tissues of the skin. Skin cancers vary in severity from the relatively minor basal cell to the potentially fatal melanoma. Skin cancer is the most common cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer.
Identify ways to determine if a mole should be checked by a health care provider	CC&S "Cancer Screening & Detection" handout: ABCDE Method	<p>Show PPT Slide: ABCDE Method</p> <ul style="list-style-type: none"> A=Asymmetry: Does the mole look different on either side? B=Border: Is the border jagged or uneven? C=Color: Are there varied colors in the same mole? D=Diameter: Is the mole growing? Is the mole larger than a pencil's eraser? E=Evolution: Has the mole been changing in any way?
Use ABCDE method to determine if moles need to be seen by health care provider	CC&S "Cancer Screening & Detection" Activity: Skin Cancer Flashcards	<p>Show PPT Slide: Activity: Skin Cancer Flashcards</p> <ul style="list-style-type: none"> Complete Skin Cancer Flashcards Activity with participants using the Flashcards provided in your Facilitator's Kit
Learn Colorectal Screening Guidelines	CC&S "Cancer Screening & Detection" handout: Colorectal Cancer Screening	<p>Show PPT Slide: Colorectal Cancer Screening</p> <ul style="list-style-type: none"> Read PPT slide note detailing when screening should occur Remind participants to talk to their health care provider regarding cancer screenings Refer to the handout for Cancer Screenings Grid
Identify screening methods for colorectal cancer	CC&S "Cancer Screening & Detection" handout: "Screening exams for colorectal cancer include"	<p>Show PPT Slide: "Screening exams for colorectal cancer include." Give details on the following tests:</p> <ul style="list-style-type: none"> Fecal Occult Blood Test Sigmoidoscopy Colonoscopy
Know the screening methods for Men's Health	CC&S "Cancer Screening & Detection" handout: Men's Health	<p>Show PPT Slide: Men's Health</p> <ul style="list-style-type: none"> In this section prostate cancer and testicular cancer screening will be discussed Read details on prostate cancer screening and testicular self-exam

Identify concepts of prostate screening tests	CC&S “Cancer Screening & Detection” handout: Prostate Screening Tests	Show PPT Slide: Prostate Screening Tests <ul style="list-style-type: none"> • Share details regarding ‘Prostate-specific antigen (PSA) blood test’ • Digital rectal exam (DRE) is done to feel for abnormal lumps in the prostate, which may be cancer. • Encourage men to discuss with their healthcare provider what tests they should have done.
Learn the benefits of a monthly Testicular Self-Exam	CC&S “Cancer Screening & Detection” handout: Testicular Exam	Show PPT Slide: Testicular Exam <ul style="list-style-type: none"> • A regular monthly self-exam after a warm bath or shower will help a man learn what is normal and when there are changes • A monthly exam can increase the chances of detecting abnormal changes early
Know the screening methods for Women’s Health	CC&S “Cancer Screening & Detection” handout Women’s Health	Show PPT Slide: Women’s Health <ul style="list-style-type: none"> • In this section Breast Cancer Screening and Cervical Cancer Screening is discussed
Learn the guidelines for Mammograms	CC&S “Cancer Screening & Detection” handout: Mammograms	Show PPT Slide: Mammograms <ul style="list-style-type: none"> • Read age guidelines for mammograms as breast cancer screening
Know the guidelines for Cervical Cancer Screening	CC&S “Cancer Screening & Detection” handout: Cervical Cancer Screening	Show PPT Slide: Cervical Cancer Screening <ul style="list-style-type: none"> • Refer to PPT slide and handout regarding the recommendations for cervical cancer screenings. • Remind participants to refer to their handout for Questions to Ask Your Doctor
Clarify any questions related to the lesson	CC&S “Cancer Screening & Detection” handout	Show PPT Slide: Questions? <ul style="list-style-type: none"> • Answer questions or refer participants to resources listed in the handout to have questions answered • If necessary, remind participants that you are not a medical expert in cancer and oncology. Encourage participants to ask questions of their healthcare provider.
Appreciate class participation	CC&S “Cancer Screening & Detection” handout	Show PPT Slide: Thank you!! Thank participants for their participation in the class. <ul style="list-style-type: none"> • Remind participants about next class and confirm attendance

✓ **Comprehension Check**

1. Ask a question that will review the lesson. (i.e. What can you do to increase your chances of detecting cancer early?)
2. Review parking lot.

Additional facts related to the lesson

- See “Additional Information” in the Early Detection and Screening 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.
- Encourage participants to complete their recommended cancer screenings.
- Encourage participants to share what they have learned with a family member or friend.