

## Gerri's Initial Battle Plan

**E**xhausted as I was that first night after Brian's diagnosis, I couldn't go to sleep. I knew we were going to war against cancer and we had to do everything in our power to win. So I got out a yellow legal pad and wrote out a plan of attack. Your battle plan will depend on the situation your patient is in, but these were my basics. If you find yourself in this situation, take the time to organize yourself. Perhaps you'll want spiritual support, maybe you'll need to reorganize your finances, but whatever it is *you* need to attack, write it down.

### Research

What is this disease or condition your patient is facing? What can you do to learn everything you can about it? Who can help answer these questions?

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### Physicians

Who are the best physicians that specialize in this area? Whom do you know who can help put you in touch with the right physicians?

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**Nutrition and Other Supplemental Care**

What can you do to support your patient's immune system? What does his or her particular condition require? Who can help you answer these questions?

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**Communication Network**

List *all* the people who might want to or be able to help. In what ways might you rely on them? Setting up a telephone tree is vital, or you'll be worn out in no time from talking to everyone. E-mail lists are also a great way to keep people in the loop.

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