

# SUPPORTING A LOVED ONE WITH CANCER: UNDERSTANDING THE DISEASE AND TREATMENTS

## Training for families and loved ones of people diagnosed with cancer

Understanding cancer to better support your loved one throughout their care journey

<b>Duration</b> : 2 hours	<b>Modules</b> : 4 modules
<b>Lessons</b> : 16 lessons	<b>Audience</b> : Families and loved ones of cancer patients
<b>Format</b> : 100% online, asynchronous	<b>Provider</b> : N° 11757351875
<b>Certification</b> : Qualiopi	<b>Price</b> : On request

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## Course description

A cancer diagnosis affects the entire family, not just the patient. This training is designed specifically for loved ones who want to understand what their family member or friend is going through medically, emotionally, and physically. You will learn the essential basics about cancer, treatments, and their side effects in clear, accessible language. You will discover concrete ways to provide support while protecting your own well-being. This training equips you to be a present, informed, and resilient caregiver throughout the care pathway.

## Module summary

<b>MODULE 1</b>	Understanding cancer without medical jargon	4 lessons
<b>MODULE 2</b>	Treatments and Their Daily Effects	4 lessons
<b>MODULE 3</b>	Supporting your loved one on a daily basis	4 lessons
<b>MODULE 4</b>	Take care of yourself	4 lessons

## Learning objectives

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- Understand what cancer is and the main stages of the care pathway
- Identify the major treatments (surgery, chemotherapy, radiotherapy) and their concrete effects
- Learn how to provide daily support: practical organization, appropriate communication, emotional presence
- Recognize warning signs requiring urgent medical consultation
- Preserve your own well-being as a caregiver and access support resources

## General information

<b>Duration</b>	2 hours
<b>Target audience</b>	Families, spouses, friends, and all loved ones of people diagnosed with cancer
<b>Prerequisites</b>	None, training accessible to all adults
<b>Price</b>	Sur devis - TVA non applicable (article 261-4-4° du CGI)
<b>Certification</b>	Qualiopi - Attestation de fin de formation
<b>Organization</b>	DYNSEO - N° de déclaration d'activité : 11757351875

**Lesson 1 - What cancer is — the essential basics**

- How a normal cell becomes cancerous: a simple explanation
- The difference between benign and malignant tumors
- The most common cancers: breast, lung, colorectal, prostate
- Localized, advanced, metastatic stage: what these words mean

**Lesson 2 - Understanding the care pathway**

- The diagnosis: biopsy, CT scan, MRI — what these exams are for
- The multidisciplinary consultation meeting: who decides what and why
- The major stages of treatment: surgery, chemotherapy, radiotherapy
- The role of the coordinating nurse: your key contact

**Lesson 3 - Surgery — what your loved one will go through**

- Before the operation: pre-operative exams and how you can help
- During hospitalization: visits, support, practical organization
- After the operation: pain, mobility, healing, fatigue
- Possible aftereffects: stoma, mastectomy, reconstruction

**Lesson 4 - Remission and relapse — living with uncertainty**

- What 'being in remission' means: cured or under surveillance?
- The fear of recurrence: omnipresent and normal
- What happens in the event of a recurrence: new options
- How to support without amplifying the uncertainty

**Lesson 1 - Chemotherapy — understanding to provide better support**

- How it works and why it is so exhausting
- Common side effects: nausea, fatigue, hair loss, mucositis
- Neutropenia: weakened immune system and necessary precautions
- What you can do concretely during chemotherapy cycles

**Lesson 2 - Radiotherapy and modern therapies**

- Radiotherapy: how it works and local effects by treated area
- Radiation fatigue: different from chemotherapy fatigue
- Immunotherapy and targeted therapies: specific effects
- Hormone therapy: long duration, effects on mood and body

**Lesson 3 - Managing Side Effects at Home**

- Nausea: adapted diet, positioning, antiemetic medications
- Oral mucositis: gentle hygiene, cold and soft food
- Extreme fatigue: respect rest without promoting inactivity
- Hair loss: prepare together, scalp care, reimbursed prostheses

**Lesson 4 - When to call the doctor in an emergency**

- Fever during chemotherapy: absolute emergency, never wait
- Unusual bleeding, sudden shortness of breath, sharp pain
- Emergency numbers to always have on hand
- Prepare a medical emergency file

**Lesson 1 - What your loved one is going through emotionally**

- The shock of diagnosis: denial, anger, sadness, fear
- Ambivalence during treatments: wanting to heal yet unable to endure
- Reconstruction after treatments: life after cancer is not a return

- What your loved one needs: presence, listening, normality — no pity

### Lesson 2 - What you can say — and what is better to avoid

- The most common clumsy phrases and why they hurt
- What your loved one really needs to hear: validation, presence
- When they don't want to talk about illness: respect without disappearing
- How to maintain ordinary conversations: talking about something else

### Lesson 3 - Practical organization on a daily basis

- Transport to the hospital: organizing for the duration of treatments
- Shopping, meals, household maintenance: sharing responsibilities
- Coordination with other family members or friends
- Digital tools to coordinate assistance: organizational apps

### Lesson 4 - Maintaining a normal life despite illness

- Why normality is therapeutic: do not reduce them to their illness
- Continue possible activities: adapted outings, leisure, social life
- Children in the house: how to inform and protect them
- Protect spaces of lightness, humor, and joy

## MODULE 4

### Take care of yourself

4 lessons

#### Lesson 1 - What you are experiencing, you too

- Vicarious trauma: being affected by the suffering of others
- The fear of losing your loved one: a real pain to acknowledge
- The exhaustion of the oncology caregiver: intense and sudden
- The guilt of being well when your loved one is suffering

#### Lesson 2 - Finding support

- The League Against Cancer: services for loved ones
- Support groups for families: what you can really find there
- Individual psychological support: accessing it quickly
- Don't stay alone with your fears: talking is the first care

#### Lesson 3 - Organizing your life during treatments

- The caregiver leave: your rights and how to benefit from it
- Managing your work during this period: possible adjustments
- Maintaining your own activities and relationships: essential
- Asking for help from your surroundings: how to phrase it

#### Lesson 4 - Preparing for the future — with hope and clarity

- Life after treatment: both of you need to rebuild
- Anticipating long-term follow-up and monitoring needs
- Cancer survivor associations: resources for loved ones as well
- Reestablishing a relationship beyond illness

## Teaching methods

- Online training accessible 24/7 from any device
- Video lessons, practical exercises, and downloadable resources
- Self-paced learning with progress tracking
- End-of-training certificate issued upon completion