

# ONCOLOGY TREATMENT SIDE EFFECT REFERENCE

Reference Template v1.2

Patient Name [Full Name]  
Protocol / Regimen [Treatment Type]  
Care Team Contact (555) 000-0000

Side Effect	Management Strategies	Severity	When to Call Clinic
<b>Fatigue</b>	Prioritize rest, light walking (20 min), maintain hydration.	<b>Mild/Moderate</b>	Inability to perform basic daily activities or get out of bed.
<b>Nausea / Vomiting</b>	Eat small, frequent bland meals. Take prescribed anti-emetics as scheduled.	<b>Moderate</b>	Unable to keep liquids down for 12+ hours or persistent vomiting.
<b>Neutropenia (Infection)</b>	Frequent handwashing, avoid crowds/ill persons, monitor temperature.	<b>High Risk</b>	<b>Fever over 100.4F (38.0C)</b> , chills, or sore throat.
<b>Mucositis (Mouth Sores)</b>	Baking soda/saltwater rinses. Avoid spicy, acidic, or crunchy foods.	<b>Mild</b>	Pain that prevents eating or drinking; white patches in mouth.
<b>Neuropathy</b>	Avoid extreme temperatures; use non-slip mats; check feet daily for injury.	<b>Chronic</b>	Sudden numbness, loss of balance, or difficulty buttoning clothes.

**Physician Notes & Personalized Instructions:**

This document is for informational purposes only and does not replace professional medical advice. In case of a medical emergency, call 911 immediately.