

# I WILL BLOOM

## Patient-Centered Support Journal for Oncology Care

I Will Bloom is a structured support journal designed to complement oncology care.

It provides patients with dedicated space for:

- Symptom and side-effect tracking
- Appointment preparation and documentation
- Recording questions for clinical teams
- Emotional reflection and mental grounding

It is not a clinical record and does not replace medical documentation.

### **Intended Clinical Value**

Patients undergoing cancer treatment often experience:

- Cognitive overload
- Difficulty recalling symptoms accurately
- Emotional fatigue
- Disorganized appointment preparation

This journal may support:

- More accurate symptom reporting
- Improved consultation preparedness
- Greater continuity between visits
- Enhanced patient self-management

### **How It Can Be Used in Practice**

Healthcare teams may choose to:

- Recommend at diagnosis or treatment initiation
- Encourage patients to bring it to appointments
- Use entries to prompt discussion of side effects
- Offer as a survivorship support resource

It is suitable for patients who benefit from structured written reflection.

## **Journal Structure Includes**

- Daily pages with structured prompts
- Dedicated symptom tracking sections
- Appointment and treatment logging
- Reflection and grounding space
- Milestone acknowledgment pages

## **For Departments**

Options available:

- Individual patient recommendation
- Bulk ordering for departments
- Sample copies upon request

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