

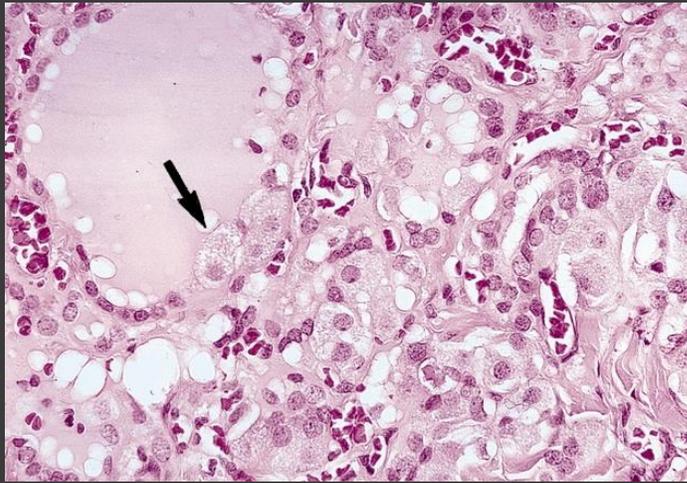
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CANCER SURVIVORSHIP 101

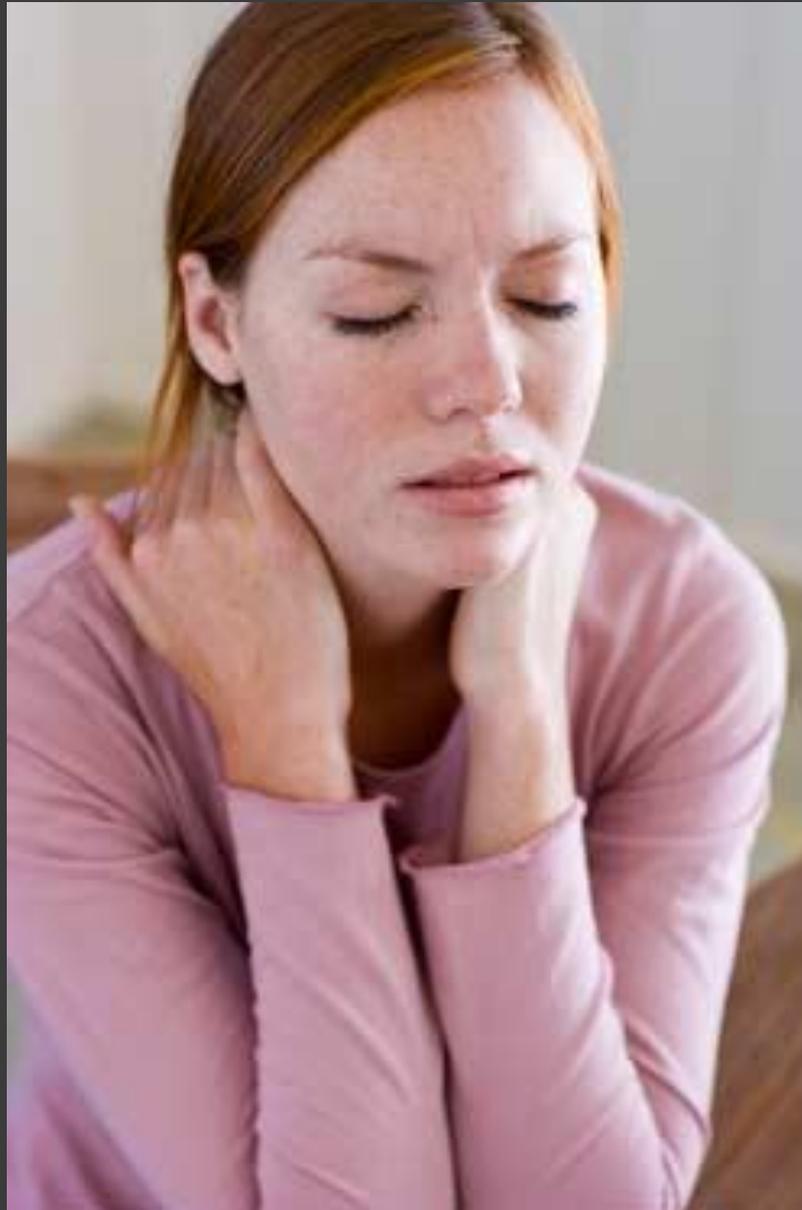
WHAT



HOW



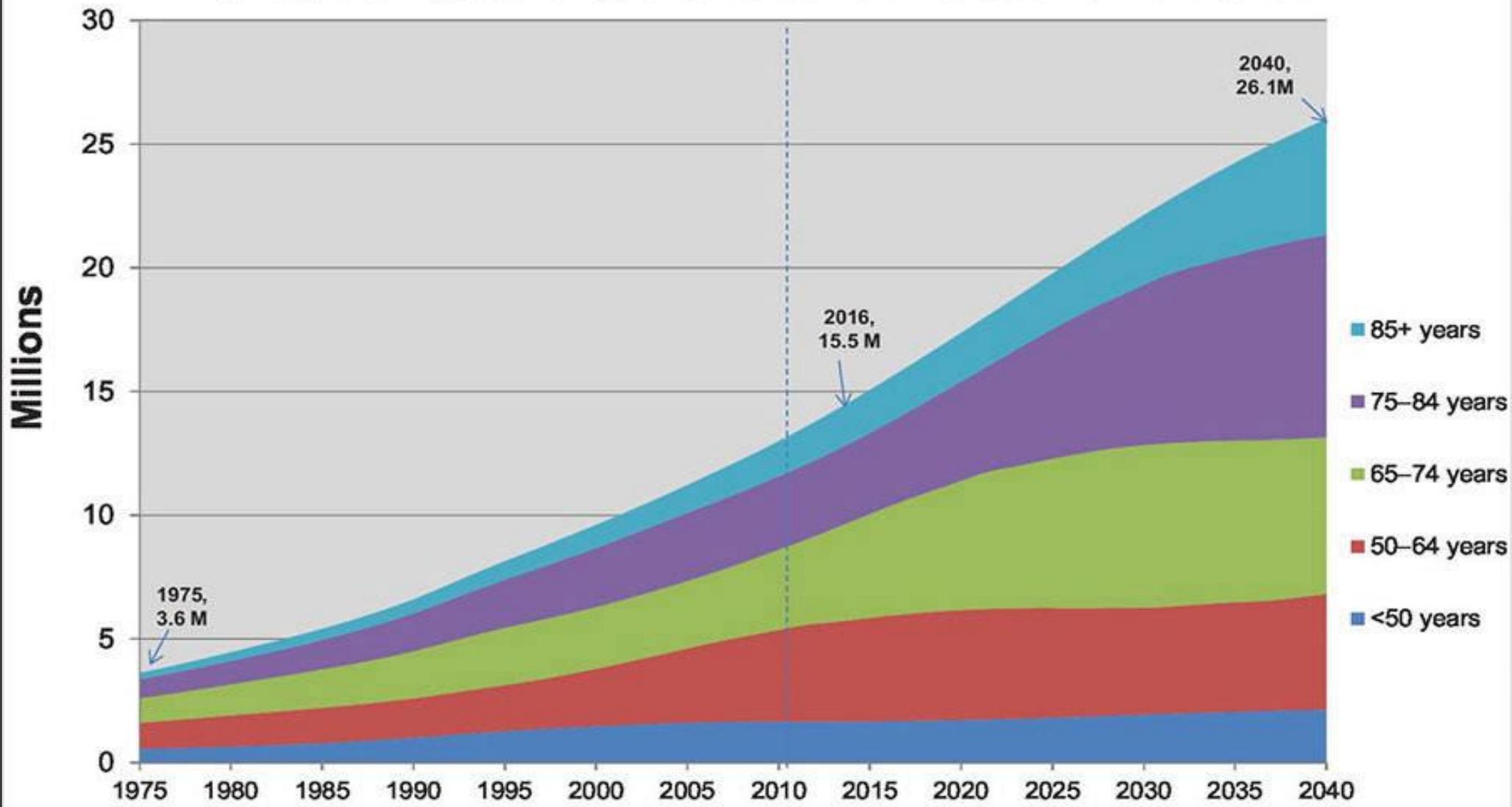
Cancer



Financial challenges
+
Missed work
+
Dating/sexuality
+
Fatigue
+
Dizziness
+
Cognitive symptoms
=



Estimated and Projected Number of Cancer Survivors in the U.S. From 1975 to 2040



----- Signifies the year at which the first baby boomers (those born 1946-1964) turned 65 years old

The Changing Demography of Cancer Survivorship

The **majority** of those diagnosed today can expect to be alive in 5 years (approaching 70%)

Treatments for cancer have become increasingly **complex and multi-modal**

Cancer for many has become a **chronic** illness

Cancer patients receive most of their care in the **outpatient setting**, largely in the community (versus big cancer centers)

Side effects, chronic and late effects

Side effects – a secondary, typically undesirable effect of a drug or medical treatment

Chronic effects – these begin during treatment and continue after treatment

Late Effects – these begin after treatment

Chronic and Late Effects of Cancer Treatment

- ⦿ **Physical/Medical** (e.g., second cancers, CVD, obesity, diabetes, lymphedema, bone loss, functional decline)
- ⦿ **Psychological** (e.g., depression, anxiety, uncertainty, isolation, altered body image)
- ⦿ **Social** (e.g., changes in interpersonal relationships, concerns regarding health or life insurance, job lock/loss, return to school, financial burden)
- ⦿ **Existential and Spiritual Issues** (e.g., sense of purpose or meaning, appreciation of life)

New treatments, new late effects

- ⦿ Immunotherapies are changing cancer care
 - Sustained benefits (remission)
 - Prolonged survival
- ⦿ Work by activating the patient's immune system by activating immune system checkpoint inhibitors
- ⦿ Minimal immediate toxicities/side effects but serious autoimmune late effects
 - Colitis, dermatitis, hypophysitis, and hepatitis



Treatment ends.

Thyroid medication adjustment
Fatigue

Cognitive symptoms:

- Diminished sense of direction
- Difficulty tracking multiple people talking (divided attention)
- Reduced capacity to multi-task

Social challenges:

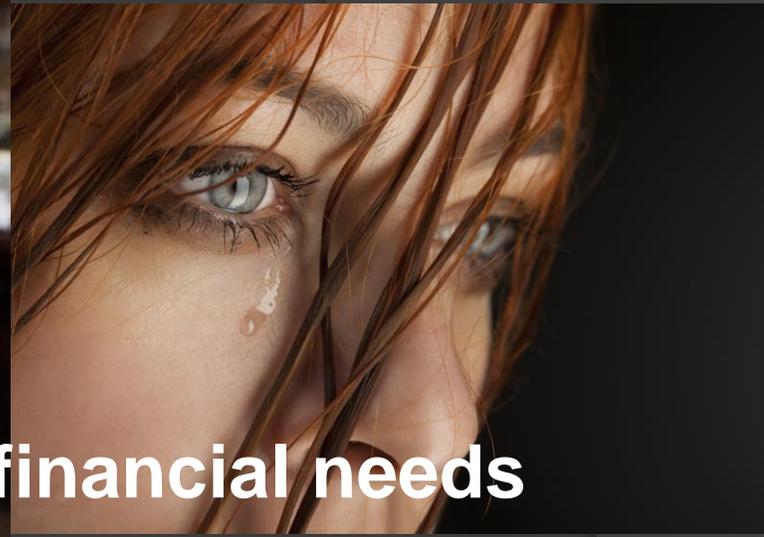
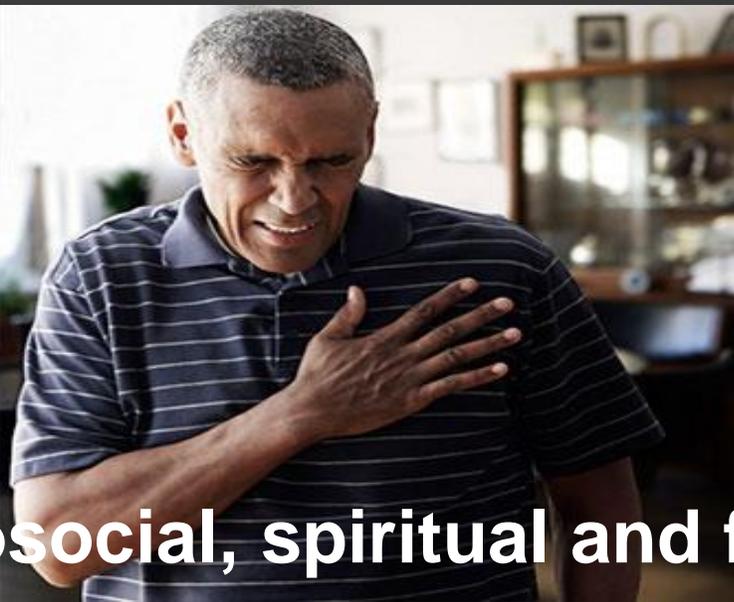
- Out of sync with peers and romantic partners
- Fatigue impacts social participation

Financial challenges

Cancer Survivors at Increased Risk for **Late** Effects

- Disease recurrence/new cancers
 - (>756K multiple CA; 16% of new diagnoses)*
- Cardiovascular disease
- Endocrine dysregulation
- Obesity
- Diabetes
- Osteoporosis
- Upper/lower quadrant mobility & functional limitations
- Functional decline → disability

* Mariotto et al., *CEBP* 2007



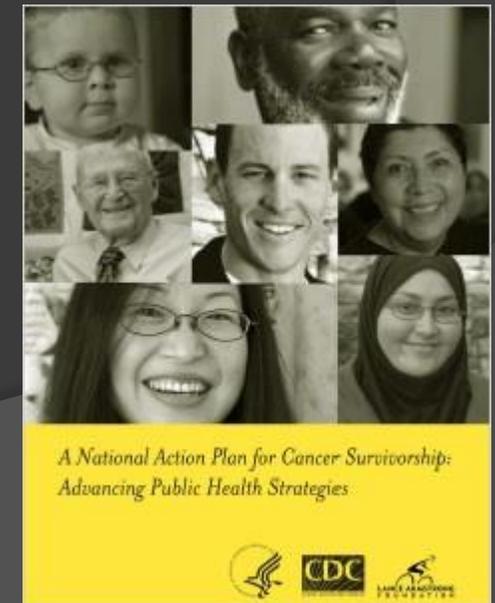
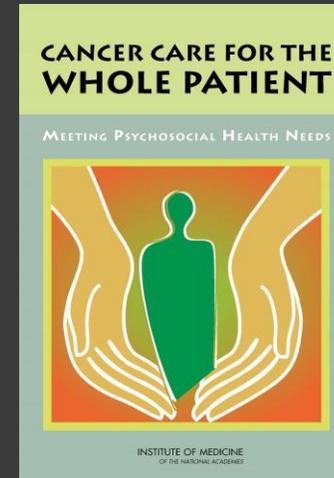
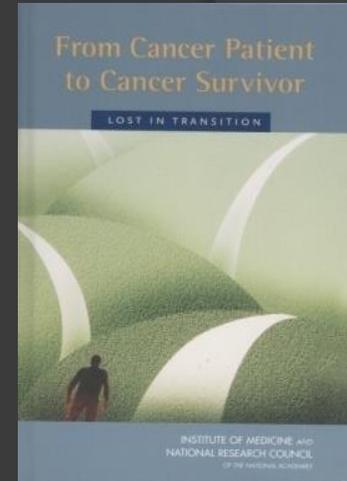
Unmet physical, psychosocial, spiritual and financial needs



Poor care coordination

Survivorship Care

- Dramatic ↑ in # survivors (particularly older adults)
- Multiple comorbidities (often cause of death)
- Chronic effects of treatment
- At risk for late effects
- Unmet physical & emotional challenges
- Need to prevent spiral into disability
- Need to promote healthy behaviors
- Shortage of providers



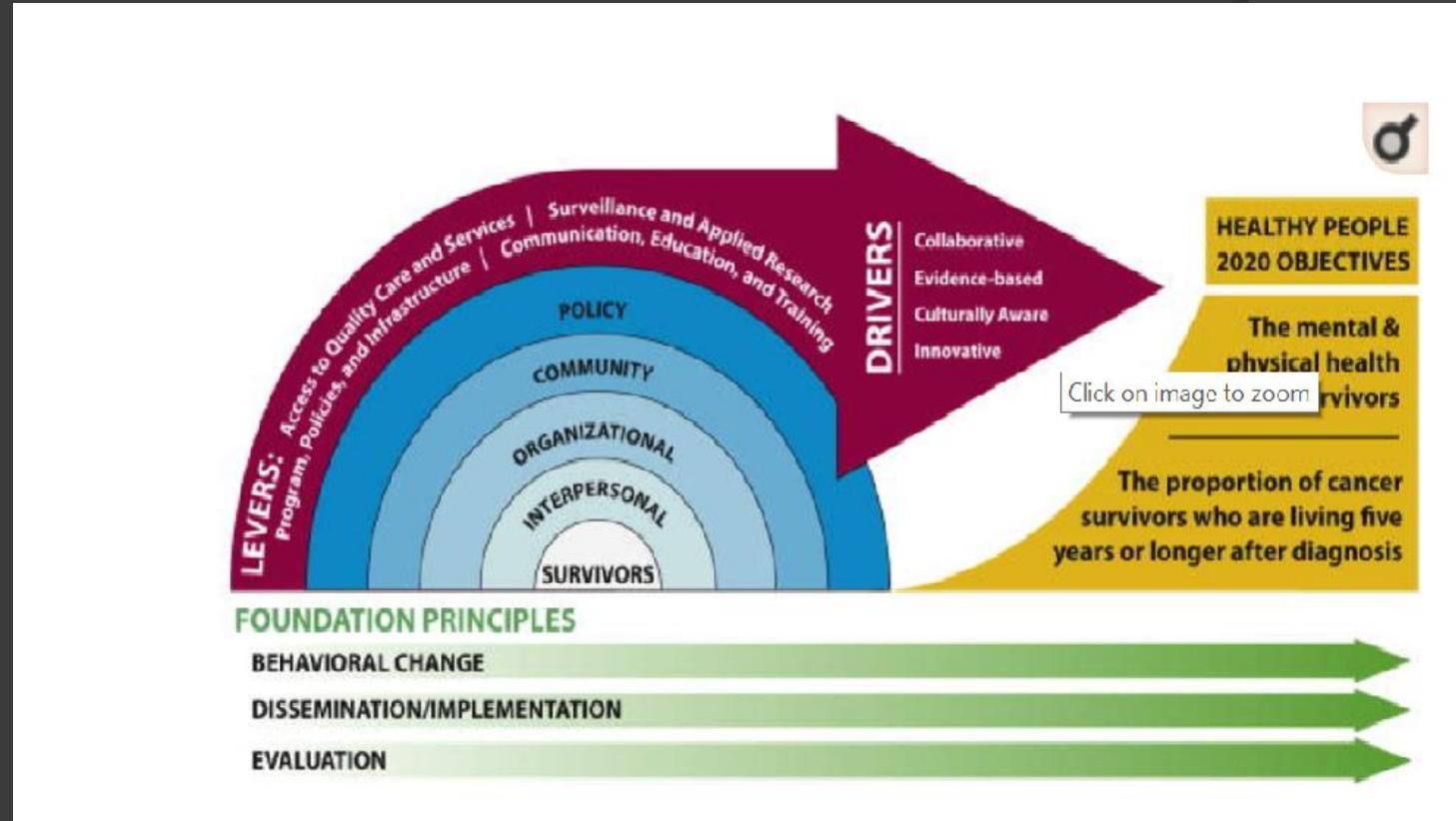


Public health

The National Action Plan for Cancer Survivorship

Public health domains and strategies

Identify, develop, and implement interventions that benefit cancer survivors



Health Systems

- Need for models, guidelines, implementation tools
 - Association of Community Cancer Centers
 - American Society for Clinical Oncology

Providing High Quality Survivorship Care in Practice:
An ASCO Guide



- Description of models
- Needs assessment
- Measuring quality
- Resources for patients
- Reimbursement codes
- Guidelines
- Templates for CTS / SCP

Comprehensive Survivorship Services
A practical guide for community cancer centers

A Publication of the Association of Community Cancer Centers

Aligning Your CHNA with Your CHA | 36 Creating a Place for Late-Stage Breast Cancer Patients | 42 Plotting a Patient Resource Navigator System | 50

ONCOLOGY ISSUES

This publication is a benefit of membership
Association of Community Cancer Centers
January | February 2018

New Horizons in Oncology Rehabilitation



ACCC
Association of Community Cancer Centers

Cancer Survivorship Clinical Practice Guidelines

National Comprehensive Cancer Network

- **By Topic:**
 - Anxiety and depression
 - Cognitive function
 - Exercise
 - Fatigue
 - Immunizations and infections
 - Pain
 - Sexual function (female/male)
 - Sleep disorders

American Society of Clinical Oncology

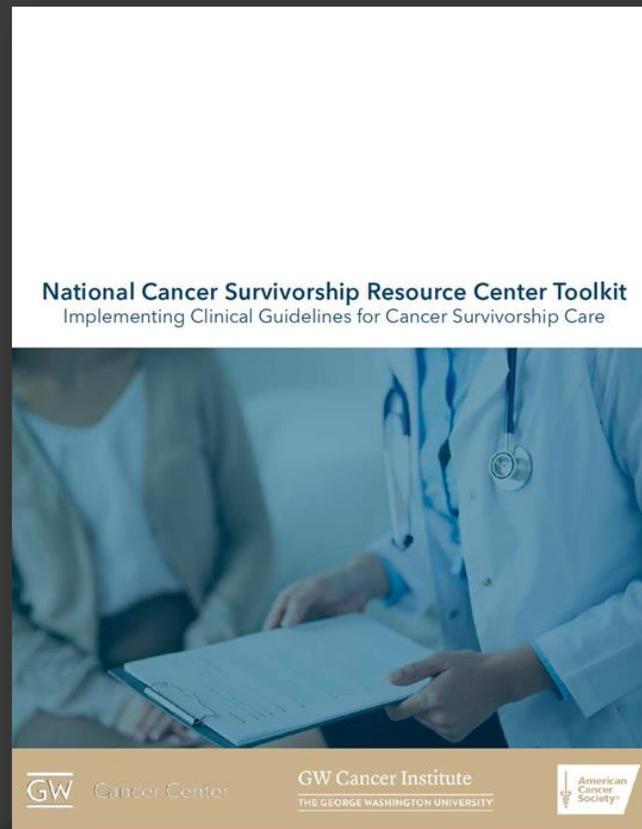
- **By Topic:**
 - Neuropathy
 - Fatigue
 - Anxiety and depression
 - Fertility preservation
 - Breast cancer survivorship care guideline (ACS/ASCO)

American Cancer Society Survivorship Care Guidelines for Oncologists & PCPs

- **By Topic:**
 - Holistic:
 - Surveillance
 - Screening
 - Long-term and late effects
 - Health promotion
 - Care Coordination
 - Breast (ACS/ASCO), colorectal, head and neck and prostate

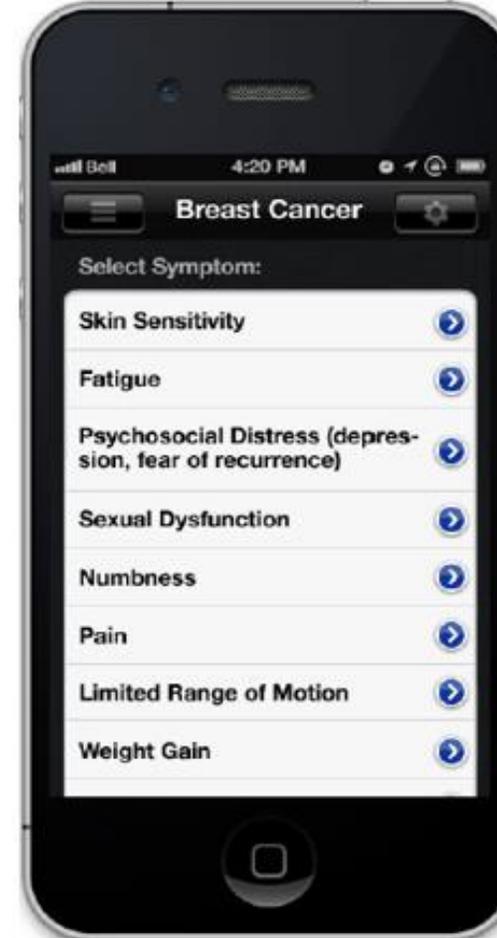
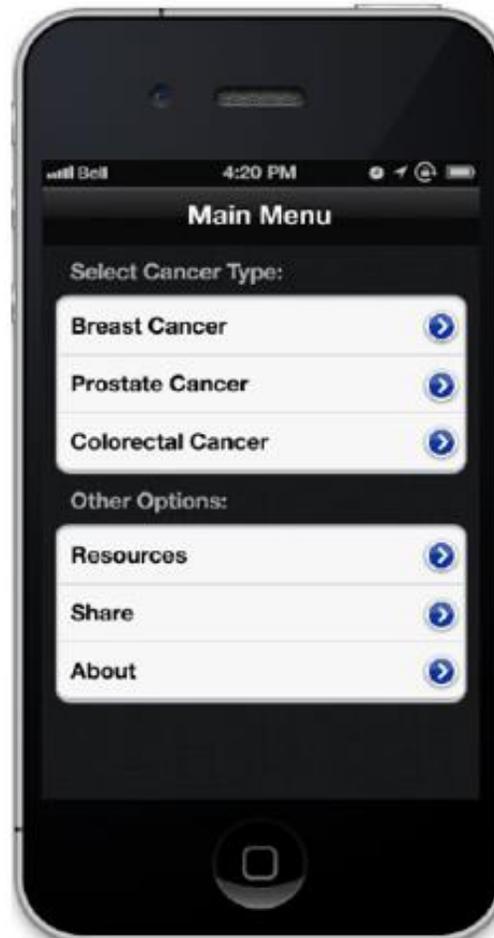
ACS Cancer Survivorship Care Guidelines: Dissemination Toolkit

bit.ly/NCSRCToolkit



Providers

Survivorship Clinical Care Guidelines App



Innovators

MSTI Supportive Oncology



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MSTI Supportive Oncology

Supportive Oncology is an integral part of *MSTI's philosophy* that healing comes from caring for the whole person, not just the disease.

Our team of experts works alongside physicians to help stabilize and strengthen patients and families during cancer diagnosis, treatment and beyond.



Who is Supportive Oncology



Supportive Oncology:

- Available to ALL Patients & Caregivers
- Intentional Collaboration between Disciplines
- Integrated with Treatment
- NOT only Social Work or Supportive Care Visits



Starting a Supportive Cancer Care Service:
Merging Rehabilitation & Palliative Medicine

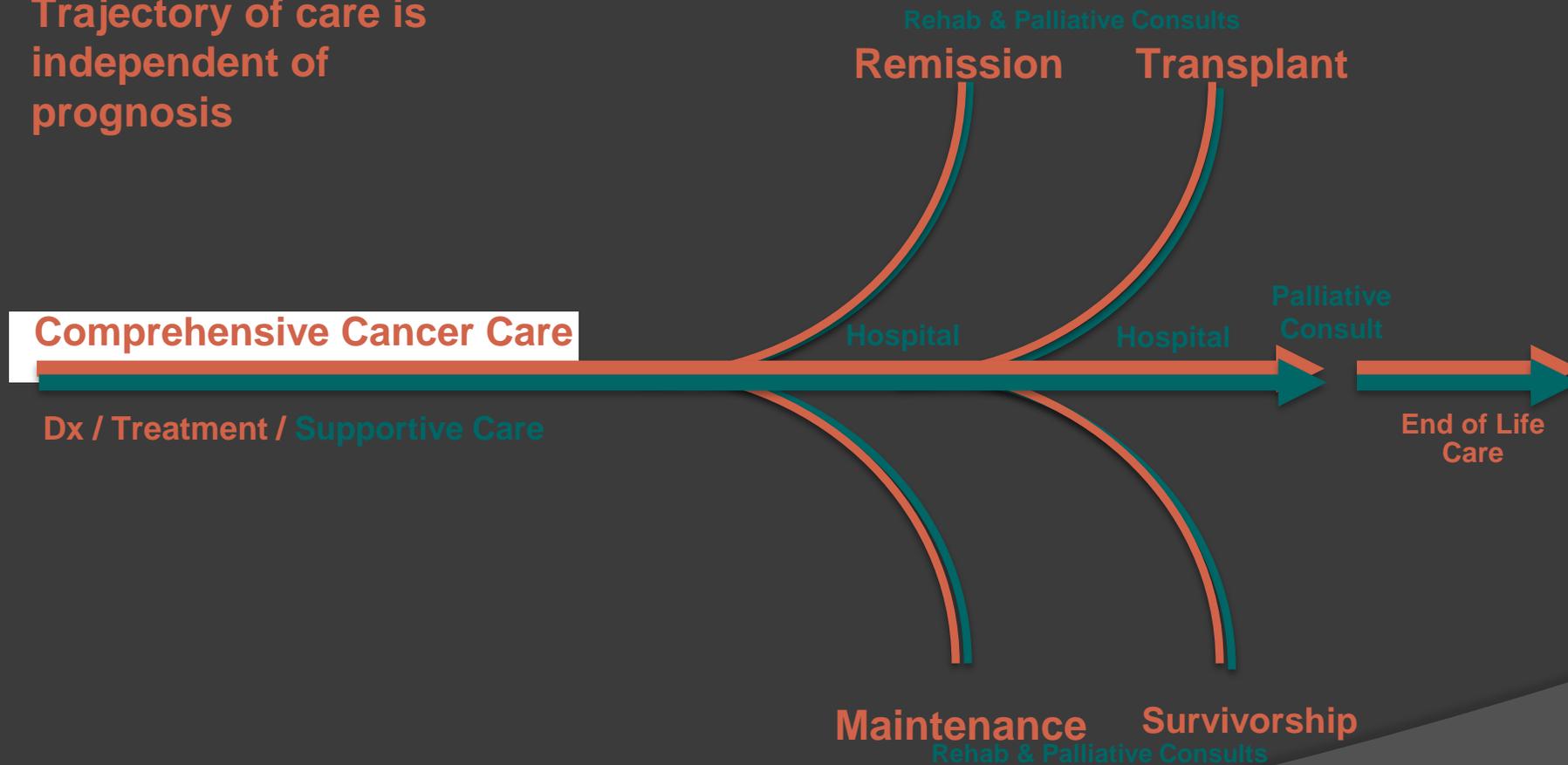


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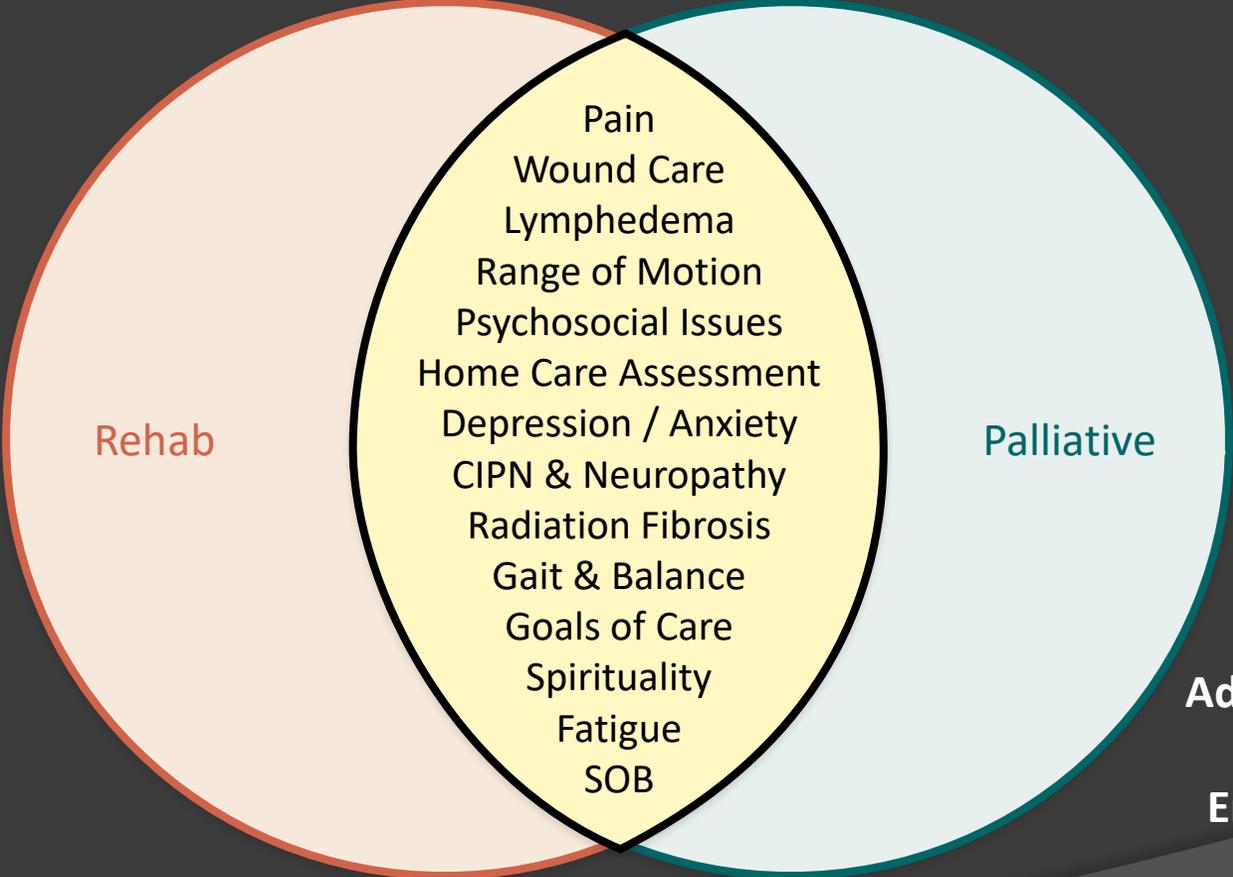
Supportive Cancer Care Model

Trajectory of care is independent of prognosis



Overlap in Service Lines

Transplant Prgrm
Prehabilitation
Equipment / WC
Therapies
Exercise Phys

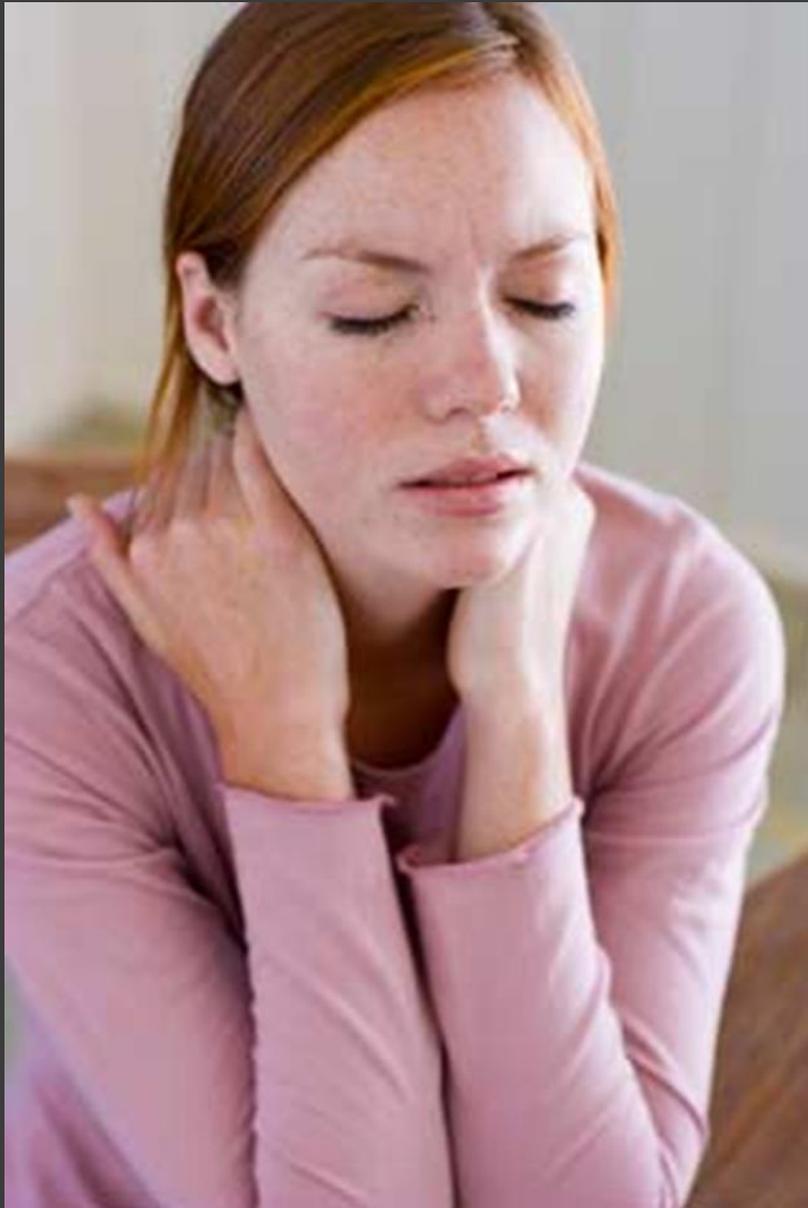


Acute Pain
N & V
Constipation
Sleep
Advcd Directives
End of Life Care

- Pain
- Wound Care
- Lymphedema
- Range of Motion
- Psychosocial Issues
- Home Care Assessment
- Depression / Anxiety
- CIPN & Neuropathy
- Radiation Fibrosis
- Gait & Balance
- Goals of Care
- Spirituality
- Fatigue
- SOB

Domains of Supportive Care

- Supportive Care Service is aligned with Oncology to help with symptoms related to cancer / treatment of cancer within three domains of care
 - 1) Mind: Chemo brain, cognitive assessment, & stress (financial & personal)
 - 2) Body: pain, physical symptoms, constipation, functionality, fatigue, neuropathy & cachexia
 - 3) Soul: depression, anxiety, psychosocial difficulties, complex family dynamics & transitions of care



Thyroid medication stabilized...mostly
Education: tune into signs and symptoms
Reframing: physical attribution

Fatigue – discussed with PCP, sleep and exercise

Cognitive symptoms:

- Diminished sense of direction - GPS
- Difficulty tracking multiple people talking (divided attention) – asking for clarification
- Reduced capacity to multi-task - outing self as a poor multi-tasker

Social challenges: sharing and acknowledging weaknesses, therapy

- Out of sync with peers and romantic partners
- Fatigue impacts social participation

Financial challenges: Flipped a house

Summary

- Cancer survivors are a **growing population** that may suffer from a variety of chronic and late effects of treatment.
- **Guidelines and tools** are available to help implement evidence based care.
- There are places where comprehensive cancer survivorship care is available.

Recommendations

- ① Find partners
- ① Start where they are happy to see you
- ① Pilot, Pilot, Pilot

If it's worth doing, it's worth evaluating

Questions