

Lynne S. Padgett PhD
Rehabilitation Psychologist, Consultant
lynnepadgett@gmail.com

CANCER SURVIVORSHIP BUILDING YOUR SURVIVORSHIP CARE TEAM

WHAT



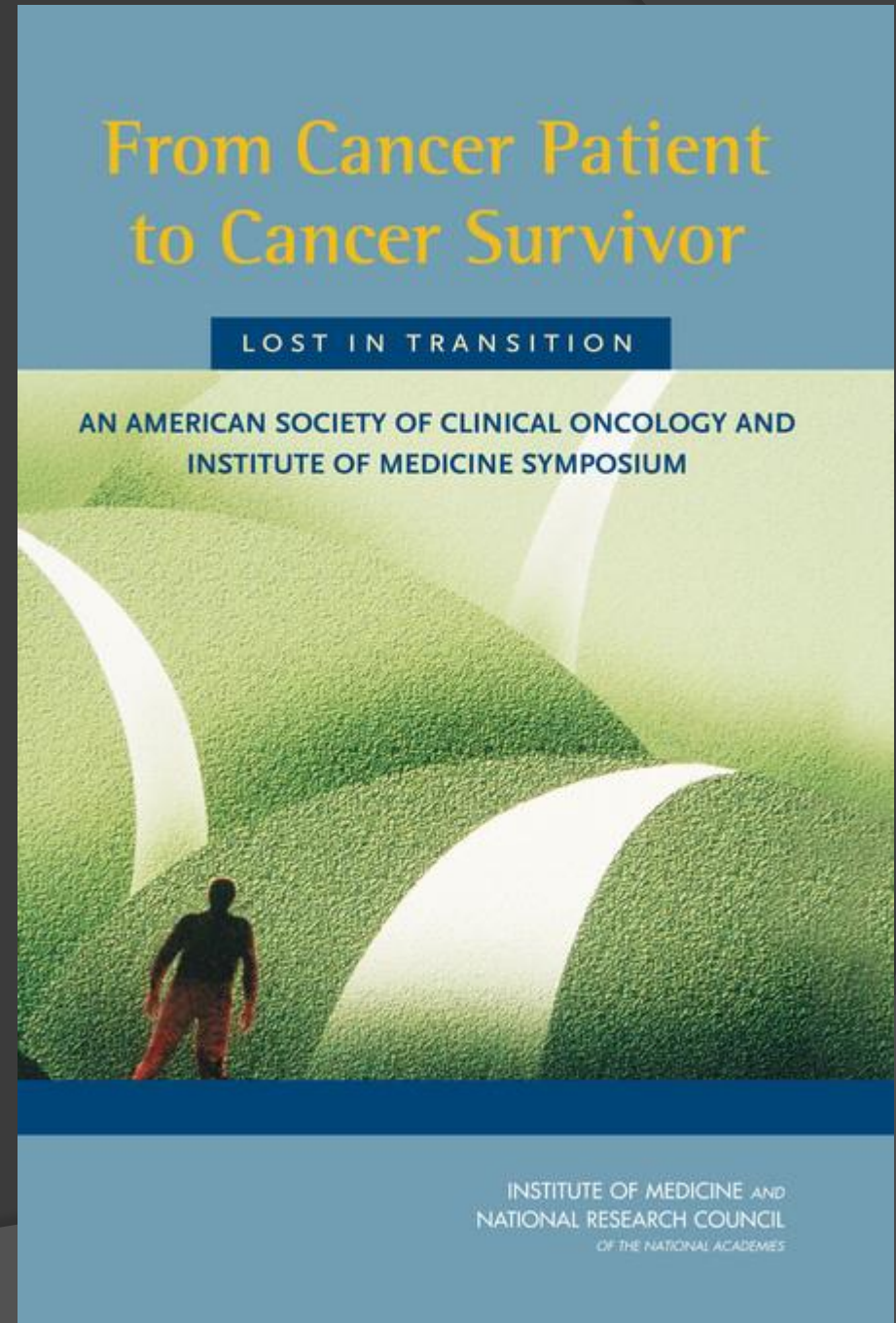
HOW

Participants will be able to:

- ① Name the key components of survivorship care
- ① Describe survivorship models of care
- ① Highlight two new developments
- ① Practice pearls for survivorship programs

Lost in Transition Recommendations

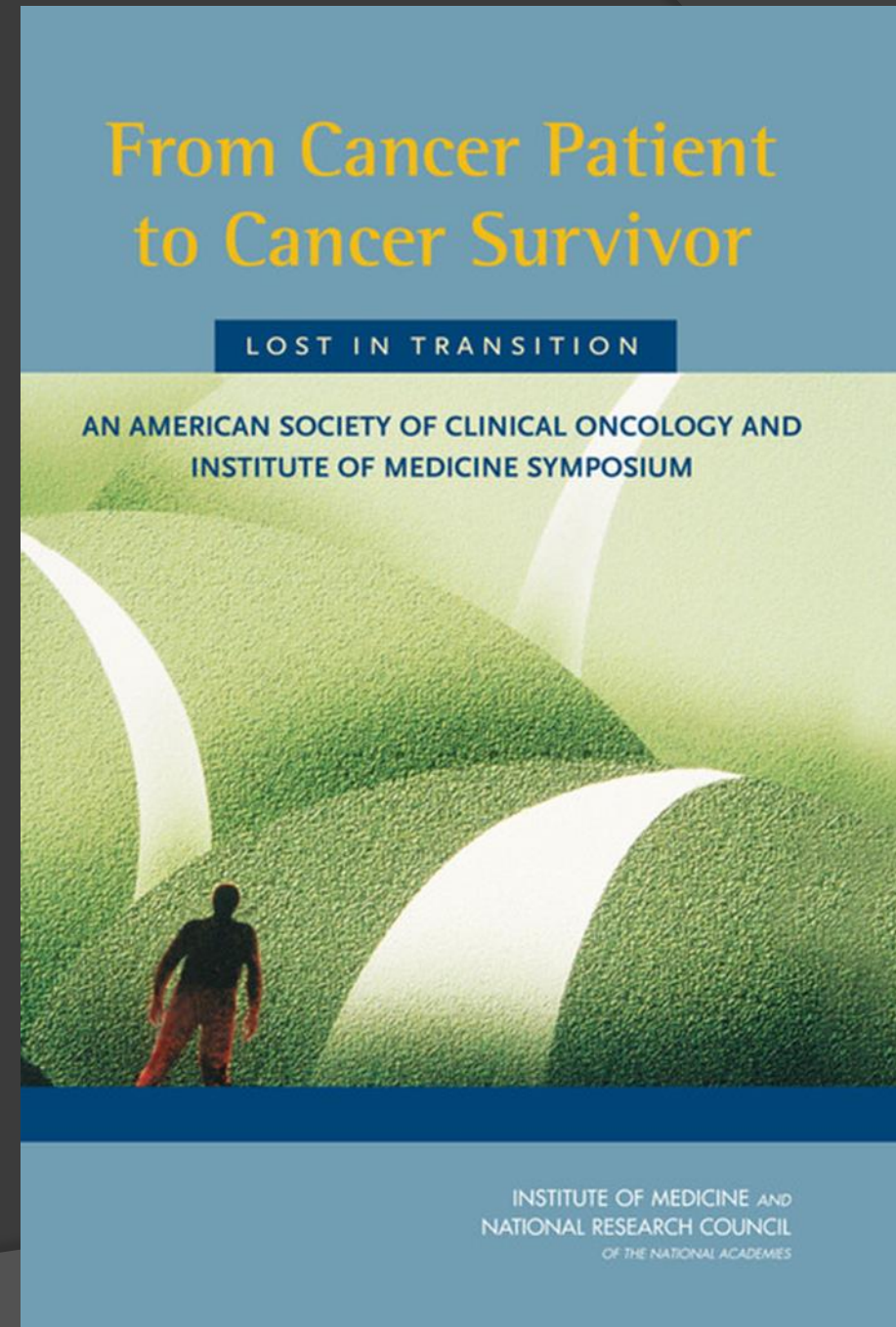
- ⦿ Raise awareness
- ⦿ Survivorship Care Plan
- ⦿ Use of evidenced-based guidelines and tools
- ⦿ Quality initiatives and demonstration projects
- ⦿ Increased research funding
- ⦿ Inclusion of survivorship in state based comprehensive cancer control



10 years later

- ◉ Emergence of text, journals, conferences and community activities
- ◉ Survivorship Care Plan (CoC Standard)
- ◉ Significant growth in evidenced based guidelines
- ◉ Growing body of research
- ◉ Quality measures (ASCO QOPI)

Nekhlyudov, et al J Clin Oncol 2017.





Commission
on Cancer®



NCI COMMUNITY
CANCER CENTERS
PROGRAM

ASCO QOPI®

Quality Oncology Practice Initiative

Can't See the Forest for the Care Plan: A Call to Revisit the Context of Care Planning

Carla Parry and Erin E. Kent, *National Cancer Institute, Bethesda, MD*
Laura P. Forsythe, *National Cancer Institute and Center for Cancer Training, Bethesda, MD*
Catherine M. Alfano and Julia H. Rowland, *National Cancer Institute, Bethesda, MD*

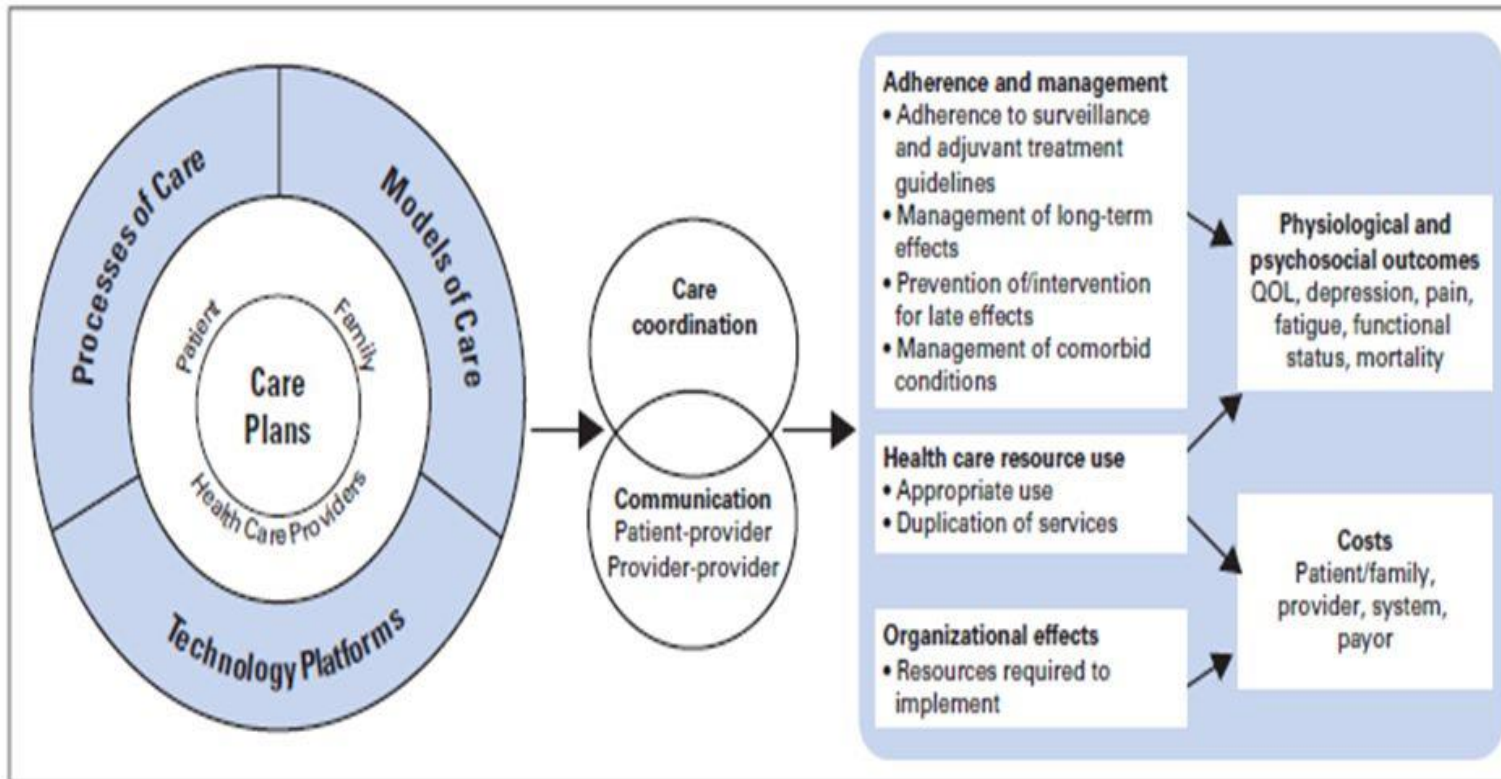


Fig 1. Conceptual framework for survivorship care planning research. QOL, quality of life.

Survivorship
care
is more
than a plan



Survivorship
Care Plans
(SCP) are only
one piece of
comprehensive
survivorship
care

Models of survivorship care

- The **optimal nature, timing, intensity, format, and outcome** of survivorship care models continue to be uncertain. The **paucity of evidence** limits our ability to make conclusions about the effectiveness of survivorship care models.
- Further research....

Halpern, et al. Jrnl Onc Prac, 2015.

Models of survivorship care

- Consultative – primarily seen by primary care with oncology as consultants
- Multidisciplinary – oncology coordinates with primary care or other medical services
- Integrated care – each member of survivorship team communicates and works in pre-determined roles
- Transition to primary care – move primarily oncology care during treatment to primarily primary care
- Shared care model – primary and oncology care outside of integrated system
- Patient navigator – lay or peer partner who serves resource and liaison

Other models

- ⦿ Survivorship clinic (physician or nurse practitioner led)
- ⦿ Survivorship visits
- ⦿ Survivorship classes/groups

MSTI Model

- ⦿ Joint appointment (nurse practitioners/social worker)
- ⦿ Delivery of SCP (mailed to PCP)
- ⦿ Set wellness goals
- ⦿ Reimbursed through payors

Rosales, et al. Jnl Onc Pract, 2015.

NCCCP Cancer Psychosocial Care Assessment Tool Modeled for Whole-Person Care

PSYCHOSOCIAL HEALTH SERVICES are those psychological and social services that enable cancer survivors, their families, and health care providers to optimize biomedical health care and to manage the psychological/behavioral and social aspects of cancer and its consequences so as to promote better health.

Multidimensional culturally informed psychosocial health needs screening to include:

- **Emotional/Mental Health Needs** (ie: anxiety, depression, coping, sexuality)
- **Practical Problems** (ie: concrete needs and illness-related concerns - financial, transportation, housing)
- **Social Problems** (ie: lack of social support/resources, vocational impact, insurance)
- **Support Needs** (ie: personal, social, medical, spiritual)

3. Identifies psychosocial health needs of cancer survivors	<ul style="list-style-type: none"> Data collection method Timing/periodicity 	Not systematically done; reliance upon survivors to volunteer information or provider to observe or inquire during clinical conversations	Random/inconsistent screening conducted	Screening consistently conducted using a standardized method with all survivors upon initial encounter/treatment initiation	Level 3 plus when positive screen, a comprehensive assessment is also conducted	Level 4 plus reassessments covering defined timeframes from diagnosis throughout follow-up
--	--	---	---	---	--	---

POSTCARE: A different kind of study...

- ⦿ Based on integration of two previously successful models:
 - Chronic Care Model (Wagner)
 - Set goals and establish a plan to improve health
 - Care Transitions Model (Coleman)
 - Provide support for self-management and increase patient activation
 - Use of a transitional care coach

Intervention

- Single coaching encounter using MI (motivation interviewing) techniques
- Session goal: to **engage** patients in the development of a **patient-owned** SCP that incorporates **health goals and strategies** related to cancer follow-up, surveillance, symptom management, and health behavior.

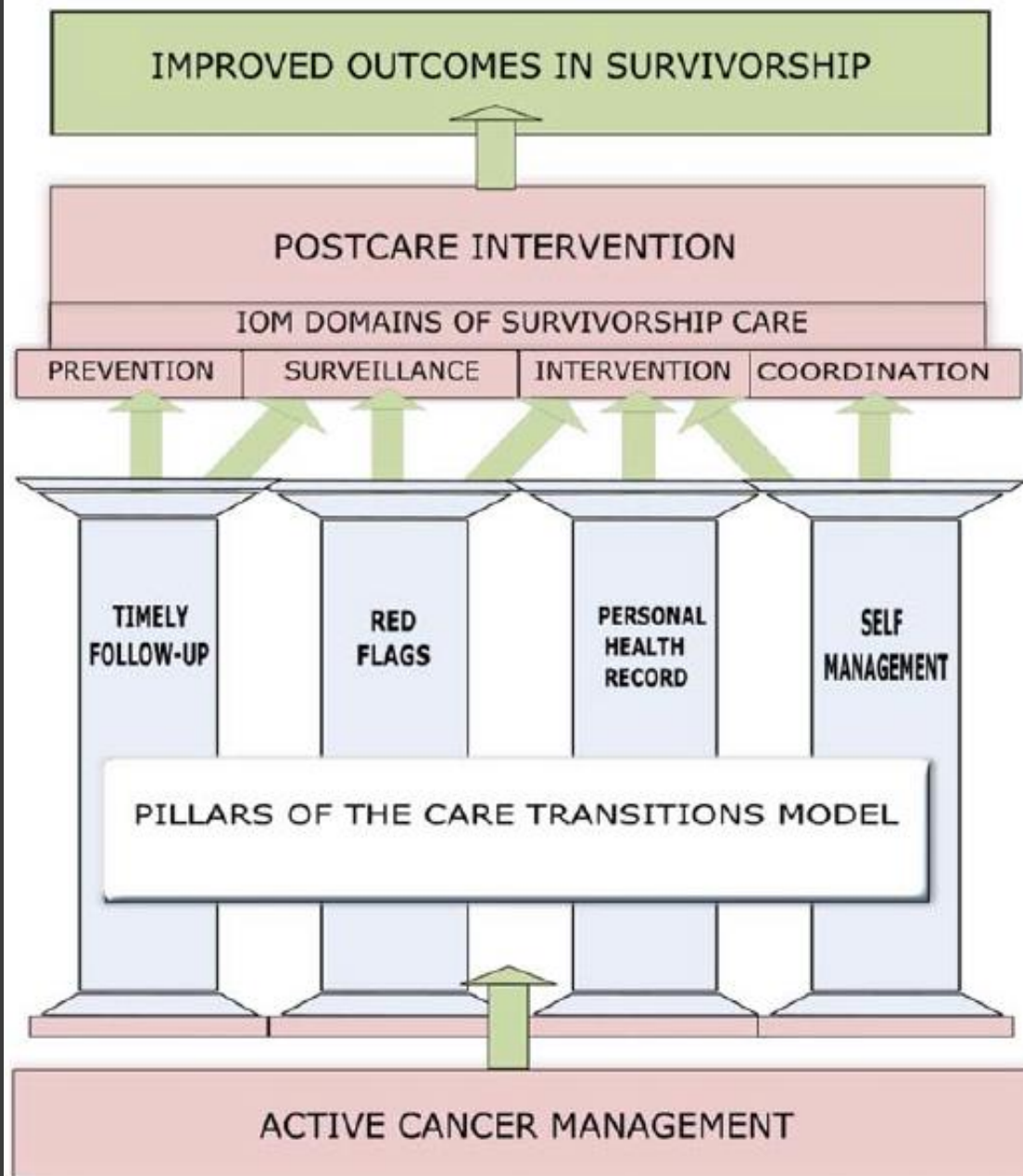


Figure 1. The Patient-owned Survivorship Transition Care for Activated, Empowered survivors (POSTCARE) conceptual model demonstrates relationship between Chronic Care

POSTCARE Results

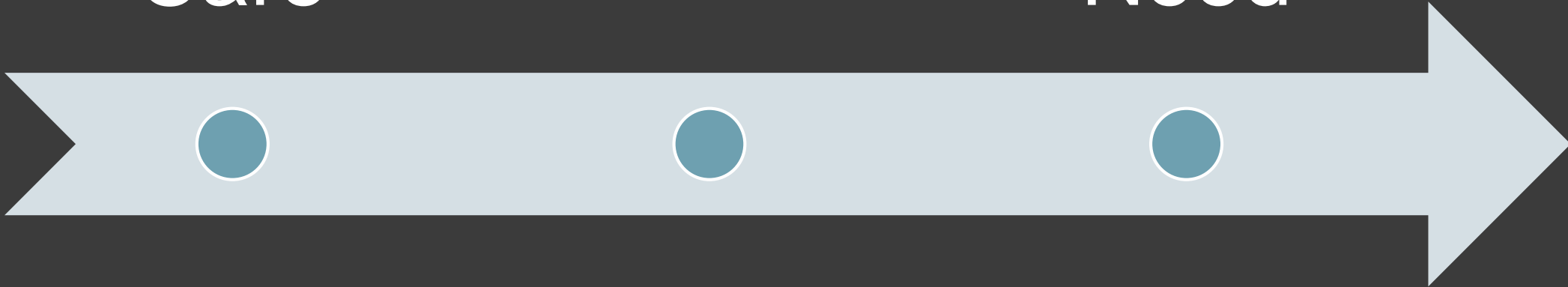
- ⦿ Within the intervention group:
 - Significantly higher self-reported health
 - Lower social role limitations
 - Greater self-efficacy (trend)
- ⦿ Clinically meaningful improvement at 3-months
 - Physical role
 - Bodily pain
 - Emotional role

Kvale, et al. Cancer, 2016.

Survivorship Self-management

Point of
Care

Point of
Need



Springboard Beyond Cancer

- mHealth web-based resource for cancer patients and survivors, designed to **empower, educate** patients and survivors to address **comprehensive needs** and to **provide tools for action**

The following 6 slides, this slide inclusive, are courtesy of Corinne Leach, PhD MS MPH Strategic Director, Cancer and Aging Research American Cancer Society. Originally presented at 2018 Society of Behavioral Medicine

Comprehensive

- Physical symptoms
- Emotional health
- Support
- Communication
- Wellness

Get support

- ⦿ Patients and survivors
- ⦿ Caregivers

Manage Cancer—Your Way

Springboard Beyond Cancer can help. Take control of your health and manage the challenges of cancer through self-management. [Self-management](#) is all of the actions you take to deal with problems and prevent new ones. Watch this video to learn more about the power of self-management.



Watch More Video Stories

Want to take an active role in your health?

Learn to advocate for yourself and navigate cancer's challenges with [self-management](#).

Do you have trouble thinking and remembering?

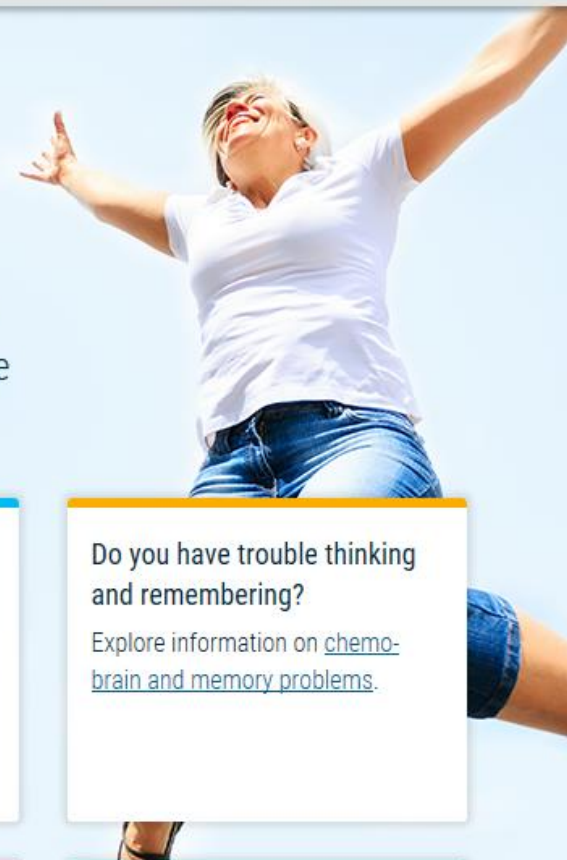
Explore information on [chemo-brain and memory problems](#).

Want to cope with stress and your emotions?

Try some [mindfulness and relaxation](#) exercises.

Are you a caregiver?

Understand the importance of taking care of yourself while being there for your loved one.



What Are Action Decks?

Action Decks are collections of information related to a cancer topic or treatment.



1

CREATE

or choose a
action deck



2

DOWNLOAD

and print you
action deck.



3

USE THE ACTION DECK

to help manage
your symptoms.



4

COME BACK

for more help when
you need it.

Create your own action deck or choose an action deck we've made for you.

New Diagnosis

Surgery

Chemotherapy

Radiation

Coping with Cancer

Social Support

Living Well

Post-Treatment

Support for Caregivers

Self-Management means taking action, which is why Springboard offers action decks. Watch this video to learn how to create action decks and use them in your self-management journey.



Create an Action Deck

Create an Action Deck with topics that are most important to you.





Action Decks: Create Your Own

Use the action decks to get information, tips, and resources that address what you are going through. These decks will help you build skills, tackle challenges, and move forward along your cancer journey.

Select a Topic Area

Symptoms

Stress & Mood

Wellness

Get Support

Select Symptom Cards to Add to Your Deck

+ Anemia & Bleeding

+ Bladder Control Problems (Incontinence)

+ Constipation

✓ Fatigue

+ Hot Flashes & Night Sweats

+ Infertility for Men

+ Lymphedema

+ Nausea & Vomiting

+ Appetite Changes

+ Chemo-Brain & Memory Problems

+ Diarrhea

+ Hair Loss

+ Infections

+ Infertility for Women

+ Mouth, Gum, & Throat Problems

+ Pain

2

Cards in Your
Action Deck

CREATE/VIEW YOUR ACTION DECK

Symptoms Cards

✓ Fatigue

✓ Sleep Problems

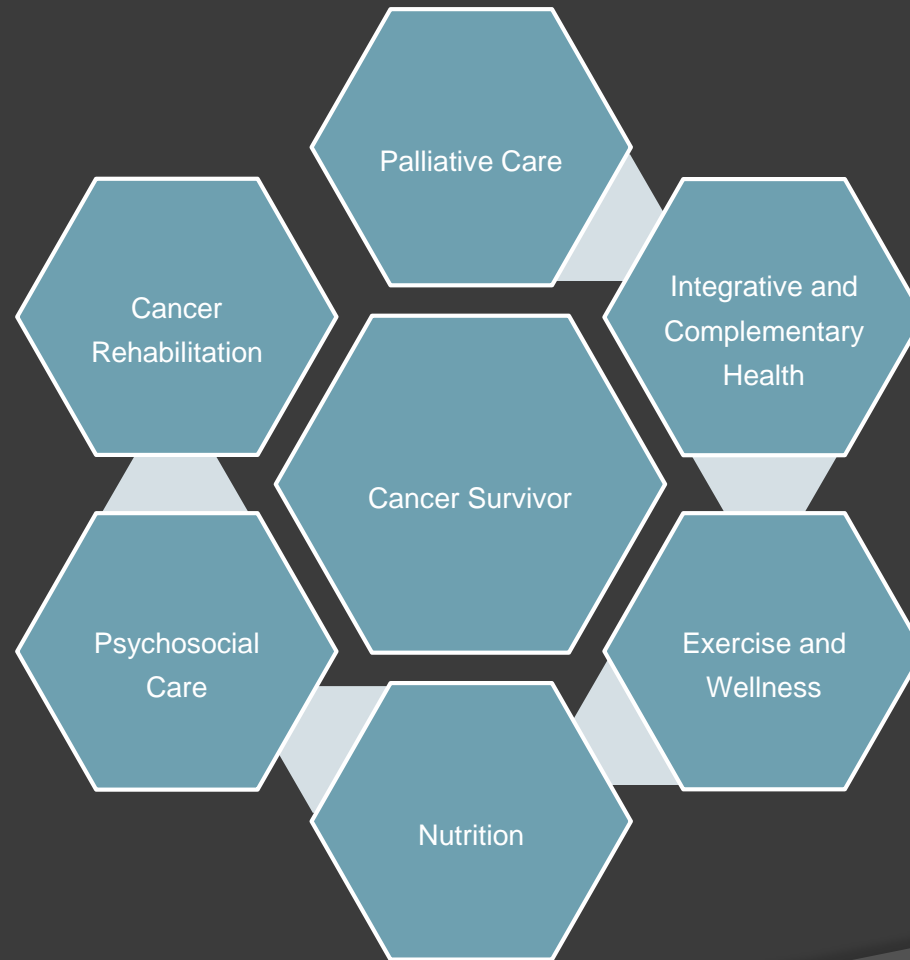
Stress & Mood Cards

Wellness Cards

Get Support Cards

CREATE/VIEW YOUR ACTION DECK

Members of the team



Recommendation

- Survivorship care is more than a survivorship care plan
- Build a program based on your patients needs
- Utilize your networks to learn from others
- Make sure you can measure outcomes (evaluate!)
- Publicize your work within your system
- Ensure you have multiple providers and stakeholders
- Leverage the work across departments to ensure longevity



[This Photo](#) by Unknown Author is licensed under [CC BY](#)