Survivorship Care Planning: What’s Next in Your Journey?
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Objectives:
- Understand the physical, social, and emotional impact of your journey post diagnosis
- Understand the importance of follow up care and your survivorship treatment plan
- Learn about the legal and financial impact and your rights as a survivor
- Learn how to find survivorship resources

Why Survivorship Care?
- 15.5 million survivors of cancer in the US today
- The number of survivors are predicted to increase significantly over the next 10 years due to:
  - Improved early detection
  - Improved treatments
  - Aging baby boomers—there will just be more of us!
  - Longer life expectancies
- Cancer survivors often experience a higher burden of illness and self reported health outcomes than matched controls who have never been diagnosed with cancer

Cancer Survivors By State

Cancer Survivors By Diagnosis and Gender

American Cancer Society, Surveillance and Health Services Research, 2016
Survivorship Movement

From Cancer Patient to Cancer Survivor

American College of Surgeons Commission on Cancer

- **Standard 3.3** - The development and implementation of a process to disseminate a comprehensive care summary and follow-up plan for patients with cancer who have completed treatment

  - Commission on Cancer (2016). Cancer Program Standards: Ensuring Patient-Centered Care

When Should Survivorship Care Begin?

Definition of a Cancer Survivor:

- An individual is considered a cancer survivor from the time of diagnosis, through the balance of his or her life.
- Family members, friends, and caregivers are also impacted by the survivorship experience and are therefore included in this definition.

  - NCI Office of Cancer Survivorship
    - http://cancer.gov/ survivorship /definitions.html

What Should Survivorship Care Include?

- Survivorship care plan, psychosocial care plan and treatment summary
- Screening for new cancers and surveillance for recurrence
- Care coordination strategy which addresses care coordination with PCPs and primary oncologists
- Health promotion education
- Symptom management and palliative care

  - THE ESSENTIAL ELEMENTS OF SURVIVORSHIP CARE: A LIVESTRONG Brief; Ruth Rechis, Ellen B. Beckjord, Sarah R. Arvey, Kerry A. Reynolds, Dennis M. Galloway December 2011

American Society of Clinical Oncology


American Cancer Society Survivorship Care Guidelines App
**Practical Issues of Survivorship**

- Difficulty working due to physical and/or emotional after effects
- Changes in relationships with loved ones, friends or co-workers
- Problems getting or retaining health or life insurance coverage
- Financial stressors
- Employment discrimination

**Financial Impacts During and After Treatment**

- Treatments not covered by insurance
- Clinical trials
- Unable to work due to illness
- Difficulty finding employment with benefits
- Expenses that occur from traveling to and from treatments

**Financial Distress Options**

- Medical Coverage
  - Medicare
  - Medicaid
  - State Health Coverage Marketplace
- Income Alternatives
  - Supplemental Security Income (SSI)
  - Social Security Disability Insurance (SSDI)

**Financial Distress Options**

- Life Insurance
- Retirement Plans

  - Contact AAMDSIF to connect you with organizations that may be able to financially assist you (financial resource list will be on our education materials table)

**Financial Resource Sites**

- [https://www.canceradvocacy.org/resources/cancer-survival-toolbox/](https://www.canceradvocacy.org/resources/cancer-survival-toolbox/)
- [https://www.canceradvocacy.org/shop/](https://www.canceradvocacy.org/shop/)
- [https://www.medicare.gov/sign-up-change-plans/decide-how-to-get-medicare/what-is-medicare.html](https://www.medicare.gov/sign-up-change-plans/decide-how-to-get-medicare/what-is-medicare.html)

**Financial Resource Sites**

- [https://www.medicaid.gov/medicaid/eligibility/index.html](https://www.medicaid.gov/medicaid/eligibility/index.html)
- [https://www.healthcare.gov](https://www.healthcare.gov)
- [http://patientadvocate.org/](http://patientadvocate.org/)
National Cancer Survivor Tools

https://smhs.gwu.edu/gwci/sites/gwci/files/NCSRC_Toolkit_Patients_FINAL.pdf?src=GWCIwebsite

You may encounter many defeats, but you must not be defeated. Please remember that your difficulties do not define you. They simply strengthen your ability to overcome.

Maya Angelou

Living Well During and After Treatment

- Collaboration with healthcare providers
- Support groups
- Physical activity
- Nutrition
- Managing stress
- Look good-Feel good
- Embrace the new normal

Living Well During and After Treatment

- Treatment summary/survivorship care plan
- Support groups
- Symptom tracker
Living Well After Treatment
- Physical activity
  - Start slow... 5 minutes and work your way up
  - Be consistent... so that it becomes a habit
  - Join group exercise
  - Get your family and friends on board
  - Make it part of your lifestyle
  - One step in front of the other
  - Cancer Harbors’ YouTube page

Nutrition
- Eating well before, during and after treatment
  - Small frequent meals
  - Preplanned meals
  - Add protein to each meal
  - Avoid/limit processed foods
  - Limit intake of “white foods”
  - Limit caffeine intake
  - Limit sugary drinks
  - Drink water

Coping with the Emotional and Social Side Effects
- “Chemo brain”- memory, attention and focus problems
- Depression/Anxiety
- Role changes/body image changes
- Occupational disability

Side Effects That Impact Nutrition
- Loss of appetite
- Sore mouth or throat
- Dry mouth
- Dental and gum problems
- N/V/D
- Fatigue
- Weakened immune system

Caring for Your Appearance
- Keep up with your regular grooming habits
- Pamper yourself
- Manicured nails
  - Keep them short, filed
  - Protect your skin
  - SPF 30 higher
- Get enough rest
- Exercise

Working During & After Treatment
Factors that impact ability to work
- Type of treatment
- Stage of your cancer
- Overall health
- The kind of work you do
Working During & After Treatment
Tips for working
- Timing of treatments
- Talking with friends/co-workers about cancer
- Keep your supervisor up to date regarding treatment
- Legal protections

Coping with Emotional & Social Side Effects
Emotions… So many emotions

Coping
- Healthy coping
  - I look for more information when problems come up or when I get bad news
  - I talk with others and share my concerns when I face a problem
  - I use humor to get through tough situations
  - On some days, I try not to think about my illness
  - I keep busy as a form of distraction
  - Cancer has made me re-examine my life, but there are still people and activities I enjoy

Caregivers Role
- Caregivers role is vital
- Ask for help
- Be prepared for some people not to help
  - Be prepared to receive help from unexpected people
- Self-care
  - Find time to relax
  - Don’t neglect your personal life
Resources

- ACS Cancer Survivors Network
- Patient Distress Checklist
- Look Good Feel Better Program (ACS)
- Road to Recovery (ACS)
- Reach To Recovery (ACS)
- Little Red Door Cancer Agency

Questions?

Thank you!!!!

References


References