

Maryland Cancer Collaborative –

Survivorship Committee

PROGRESS HIGHLIGHTS

Nicole L. Stout MPT

Kaiser Permanente, Mid Atlantic

Committee Priorities

- **Committee Priority:**
 - *Develop and disseminate materials relevant to survivorship care planning*
 - **and explore the need for formal training and/or certification to educate policy and decision makers, community leaders, educators, and health care providers about cancer survivorship** including psychosocial issues and the role and value of providing long term care and support services to cancer survivors.

Priority Background

- *Survivorship planning starts at the point of diagnosis*
- *Inherent in cancer treatment are negative effects and side effects that impact every facet of a persons life*
- *A **prospective** approach to comprehensive, multi-disciplinary management is required*
 - *Early identification*
 - *Early management*

Progress

- Review existing materials and care plan templates to identify the necessary minimum elements of a survivorship care plan.
- Create a document that identifies
 - *Critical elements* to be included in a survivorship care plan
 - *A timeline* for interval assessment throughout the trajectory of treatment
 - *Resources* available for support

A DRAFT Model for Survivorship Care

<p style="text-align: center;">Phase 1</p> <p style="text-align: center;">Diagnosis and Planning</p> <p style="text-align: center;"><i>Assessment of relevant baseline measures</i></p>	<p style="text-align: center;">Phase 2</p> <p style="text-align: center;">Active Treatment Plan</p> <p style="text-align: center;"><i>Repeat measures and assess for change</i></p> <p style="text-align: center;"><i>A multidisciplinary approach is optimal</i></p>	<p style="text-align: center;">Phase 3</p> <p style="text-align: center;">Post Treatment (Surveillance) Plan</p> <p style="text-align: center;"><i>Provision of Treatment Summary and Surveillance Plan with Emphasis on Follow Up and Wellbeing</i></p>
<ul style="list-style-type: none"> ● Physical: <ul style="list-style-type: none"> ■ Diagnostic testing ■ Additional health factors ■ Genetic testing (as indicated) ● Functional (level of independence) ● Psychosocial <ul style="list-style-type: none"> ■ Distress level ■ Psychological ■ Financial ■ Spiritual ■ Family support ● Nutritional <ul style="list-style-type: none"> ■ Food ■ Supplements ■ Life style behaviors ● Dental ● Rehabilitation assessment ● Complimentary and alternative medicine 	<ul style="list-style-type: none"> ● Physical: <ul style="list-style-type: none"> ■ Treatment side effects ■ Pain level ■ Fatigue ■ Body image ● Functional <ul style="list-style-type: none"> ■ Changes in activity level ■ Functional limitations ■ Exercise advice and prescription ● Psychosocial <ul style="list-style-type: none"> ■ New stressors (i.e., job status, insurance changes, finances, family dynamics) ■ Healthy lifestyle behaviors ● Rehabilitation assessment <ul style="list-style-type: none"> ● Assess for presence of physical impairments ● When impairments are identified initiate rehabilitation intervention 	<ul style="list-style-type: none"> ● Treatment plan summary <ul style="list-style-type: none"> ■ History of illness ■ Summary of treatment given to patient with future action plan for medical surveillance and follow-up ■ Summary of side effects incurred and plan for ongoing monitoring and follow up ● Psychological and Psychosocial follow-up <ul style="list-style-type: none"> ● Body image ● Intimacy issues ● Emotional preparedness for "new normal," ● Rebuilding of financial life ● Interpersonal relationships ● Suggested Wellness Plan of Care <ul style="list-style-type: none"> ● Exercise advice ● Healthy lifestyle behaviors ● Rehabilitation <ul style="list-style-type: none"> ● Continue to monitor for late effects ● Identify changes in physical function ● Initiate rehabilitation intervention if impairments are identified

Next Steps

- Complete the prospective model
- Post the document on DHMH and other websites.
- Promote dissemination of the model *construct* and *elements*
- Collaborate with the **Evaluation Committee** to survey provider education needs around critical elements of survivorship care

Questions?

<http://fha.dhmh.maryland.gov/cancer/cancerplan>

Committee Chair:

Dr. Suman B. Rao MD

Franklin Square Medical Center

(443)777-7147

suman.rao@medstar.net

Join Us!

- Anyone interested can join.
- Members can join a Committee or join as a Corresponding Member
- Visit <http://fha.dhmf.maryland.gov/cancer/cancerplan> to join