Survivorship in Cancer
Oncology Survivorship Care

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Objectives

• Define population of survivors of cancer
• Define the need for survivorship care
• Explain the purpose of survivorship care plans
• Discuss symptom issues in survivorship
• Explore modifiable issues to prevent cancer recurrence
• Identify the impact of obesity on cancer care
• Discuss interventions to optimize survivorship care

Survivors

• Over 15 million survivors in the U.S.
  • Over 32 million worldwide
Who are the survivors?

- **Female Survivors**
  - Breast cancer (44 percent)
  - Cancer of the uterine corpus (9 percent)
  - Cancer of the colon or rectum (9 percent)
  - Thyroid cancer (8 percent)
  - Melanoma (8 percent)

- **Male Survivors**
  - Prostate cancer (45 percent)
  - Cancer of the colon or rectum (10 percent)
  - Melanoma (8 percent)
  - Bladder cancer (8 percent)
  - Non-Hodgkin lymphoma (5 percent)

  -- American Cancer Society, 2016

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Lost In Translation


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“Released” may not be “Relieved”
Survivorship Care

- Prevention of recurrent or new cancers
- Surveillance of existing cancer
- Assess for physical and psychosocial late effects of treatment
- Coordinate symptom management with specialists
- Coordinate health maintenance with PCP

Survivorship Care Plan

- Treatments received
- Surveillance labs, scans, etc
- Symptom management plan
- Wellness plan

Cotterhill Cancer Center
Cancer Treatment Summary and Survivorship Care Plan

- Date of Treatment
- Treatment Facility
- Cancer Type
- Treatment Summary
- Treatment Date
- Treatment Time
- Agent/Drug
- Dose
- Route
- Frequency
- Total Dose
- Treatment Site
- Treatment Summary
- Treatment Date
- Treatment Time
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Challenges

• 1/3 of survivors have persistent symptoms:
  – Fatigue
  – Pain
  – Depression
  – Sleep Disruption
  – Nutrition
  – Weight Management
  – Sexual Dysfunction
And More Challenges

- Anxiety
- Return to work
- Financial concerns (insurance issues)
- Family/friend relationships

Survivorship Assessment Tool

NCCN Provider Key
Management of Symptoms

- Supportive Care Team
- Psychotherapy
- Physical therapy
- Referral to specialists as needed

Health Promotion

- Prevent Recurrence
  - Healthy lifestyle, avoiding known carcinogens
  - Genetic testing where appropriate
- Health Maintenance
  - Colonoscopy, skin checks, smoking cessation, PAP/pelvic
- Bone Health
  - Bone density, exercise, nutrition

Obesity is a Cancer Problem

- Manage/Prevent Co-Morbid Conditions
- Obesity is key
  - Contributes to co-morbid conditions
  - Worsened prognosis at diagnosis
  - Raise risk of second malignancies and recurrence
National Health Crisis
• 1/3 of US Adults (>72 million people) & 17% of US children and adolescents are obese
  • CDC 2015 Cancer Survivor Data
    – 31% survivors over 20 y/o are obese (BMI >30 kg/m²)
    – 54% have a co-morbid condition
      • Heart disease
      • Cerebrovascular disease
      • Diabetes
      • Primary & secondary malignancies

Obesity & Cancer
• 84,000 cancer diagnoses annually attributed to obesity
  • Implicated in 15-20% of cancer-related mortality
    * Breast cancer patients
      • 75% increase in mortality pre-menopausal
      • 34% increase in mortality post-menopausal
    * Prostate Cancer
      • Increased risk of biologically aggressive cancer, advanced disease at diagnosis
    * Colon Cancer
      • BMI >35 kg/m² associated with increased risk of recurrence

Recommendations
• Increase Education and Awareness of Obesity link to Cancer
• Increase Oncology Provider Resources to Address Obesity
• Build and Foster Robust Research
Impact on Cancer Care

- Obese patients more likely to delay screening and preventative care
- Influences accuracy of cancer diagnostics such as hemodilution of tumor biomarkers and reduced imaging quality
- Technical challenge for XRT and Surgery with higher rates of complications
- Increased risk of thromboembolism while receiving chemotherapy

Lifestyle Changes

- Modified Endurance and Strength training are safe and effective
  - Cancer Rehabilitation
- Weight loss involving calorie restriction with and without exercise have been shown to be effective
  - Referrals to weight management
- Plant based diet 5-9 servings of fruits and vegetables daily, as well as beans, legumes, whole grain pastas, etc

Nutrition

- Plant based diet
  - Study of over 9,000 cancer survivors found <20% had 5 or more servings per day of fruits/vegetables
  - Meta-analysis showed 17% increase in development of CRC with 100g/day of any red meat
  - 18% increase with 50g/day processed meat
Physical Fitness

- Cancer rehabilitation during and after treatment
- Local resources
- Community groups

Weight Loss

- Weight Loss Clinic
- Primary Care counseling
- Dietician referral
- Psychotherapy
- Hypnosis, Mind-fullness, Guided Imagery

Survivorship Referral Process

- Active Treatment Patients
  - SCP initiated & Planned
  - Survivorship visit 6-8 weeks post treatment with curative intent
  - Scheduled by oncology patient navigator
- May be referred through onco-drug
- Includes long term anti-hormonals
- Long term cancer related side effects

- Long Term Survivorship

Stornont Vail
Oncology Survivorship Care

- Interdisciplinary Care Team
- Education for Prevention and Early Detection
- Health Maintenance
- Comprehensive symptom assessment and management
- First in the region innovative care with small town heart

References