

# Survivorship Care – Meeting COC Requirements And Integrative Modalities

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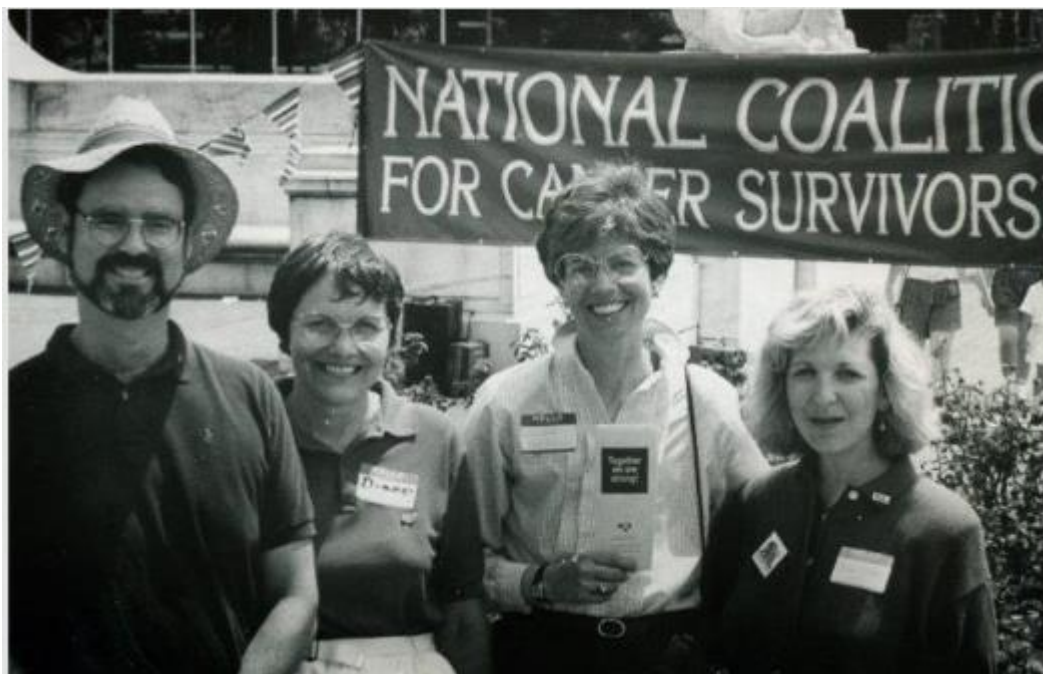
# | Agenda

1. History of Cancer Survivorship
2. Definition of Cancer Survivorship
3. CoC Standard
4. Cancer Support Services

# I Learning objectives

1. Understand what is cancer survivorship care and its importance
2. Recognize the values of support services in cancer care
3. Discuss psychosocial impact of survivorship

# History of Cancer Survivorship



# I Seasons of Survival

It did not occur to me while I was acutely ill or for some time afterward that the simple concepts of sickness and cure were insufficient to describe what was happening to me. As with most cancer patients, the quality of my life during this period was severely compromised, and the possibility of death was always present. I was, in fact, struggling physically and mentally with the cancer, the therapy and the large-scale disruption of my life. Survival, however, was not one condition, but many. It was desperate days of nausea and depression. It was elation at the birth of a daughter in the midst of the treatment. It was the anxiety of waiting for my monthly chest film to be taken and lying awake nights feeling for lymph nodes. It was the joy of eating Chinese food for the first time after battling radiation burns of the esophagus for four months. These reflections and many others are a jumble of memories of a purgatory that was touched by sickness in all its aspects but was neither death nor cure. It was survival...

—Fitzhugh Mullan, from his essay *Seasons of Survival: Reflections of a Physician with Cancer*, *New England Journal of Medicine*, July 1985.



# | Who is a Cancer Survivor?

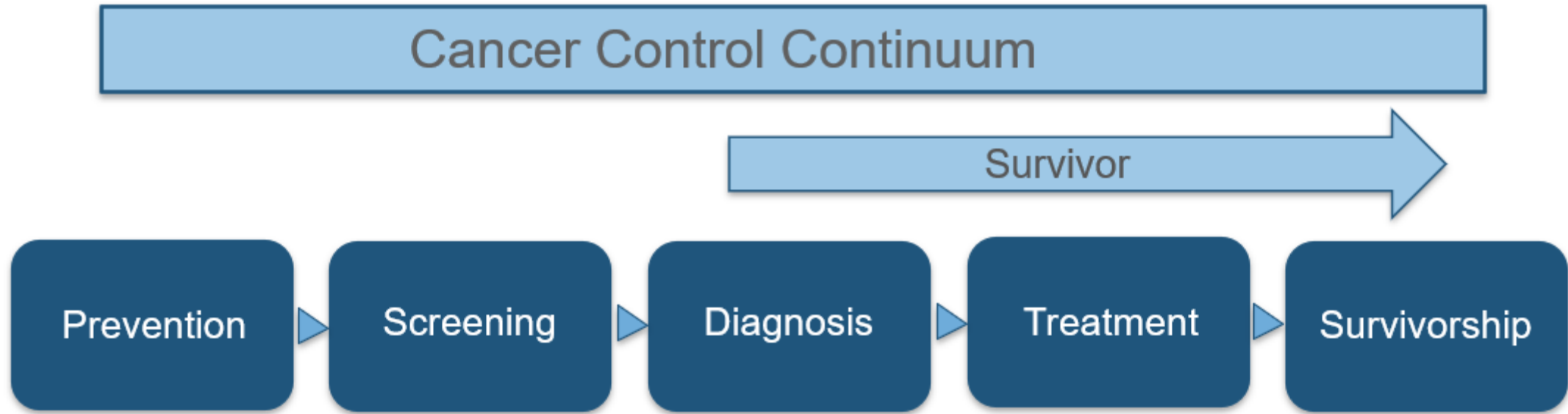


# I Defined

- An individual is considered a cancer survivor from the time of diagnosis, through the balance of life. The U.S. National Cancer Institute extends this definition by also including family members, friends and caregivers.



# | Cancer Control Continuum





# CoC Standard 4.8

- 1. Coordinator
- 2. Team
- 3. List of services or programs
- 4. Yearly report

## 4.8 Survivorship Program

### Definition and Requirements

The cancer committee oversees the development and implementation of a survivorship program directed at meeting the needs of cancer patients treated with curative intent.

#### *Survivorship Program Team*

The cancer committee appoints a coordinator of the survivorship program per the requirements in Standard 2.1: Cancer Committee.

The Survivorship Program Coordinator develops a survivorship program team. Suggested specialties include physicians, advanced practice providers, nurses, social workers, nutritionists, physical therapists, and other allied health professionals.

The survivorship program team determines a list of services and programs, offered on-site or by referral, that address the needs of cancer survivors. The team formally documents a minimum of three services offered each year. Services may be continued year to year, but it is expected that cancer programs will strive to enhance existing services over time and develop new services.

Each year, the survivorship program coordinator gives a report, and the cancer committee reviews the activities of the survivorship program. The report includes:

- An estimate of the number of cancer patients who participated in the three identified services
- Identification of the resources needed to improve the services if barriers were encountered

#### *Survivorship Program Services*

Services utilized by the survivorship program may include, but are not limited to:

- Treatment summaries
- Survivorship care plans
- Screening programs for cancer recurrence
- Screening for new cancers
- Seminars for survivors
- Rehabilitation services
- Nutritional services
- Psychological support & psychiatric services
- Support groups and services
- Formalized referrals to experts in cardiology, pulmonary services, sexual dysfunction, fertility counseling
- Financial support services
- Physical activity programs

#### *Survivorship Care Plans (SCP)*

The CoC recommends and encourages that patients receive a survivorship care plan (SCP), but delivery of such plans is not a required component of this standard. Delivery of SCPs may be utilized as one of the services offered to survivors to meet the requirements of this standard. If so, then the program defines the population to receive care plans.

### Documentation

#### Submitted with Pre-Review Questionnaire

- Policy and procedure defining the survivorship program requirements
- Cancer committee minutes that document the required yearly evaluations of the survivorship program

### Measure of Compliance

Each calendar year, the program fulfills all of the following compliance criteria:

1. The cancer committee identifies a survivorship program team, including its designated coordinator and members.
2. The survivorship program is monitored and evaluated. A report is given to the cancer committee, contains all required elements, and is documented in the cancer committee minutes.

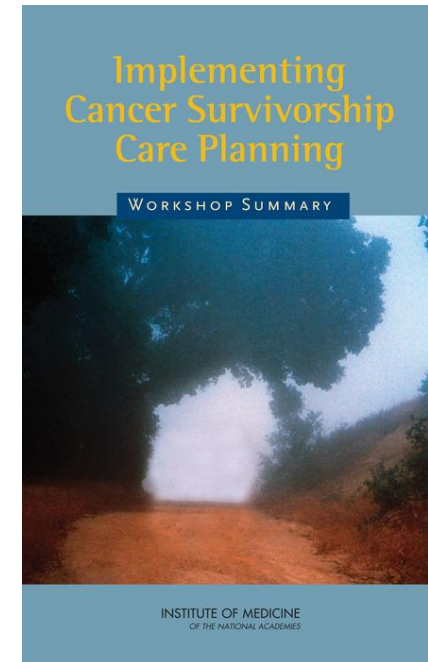
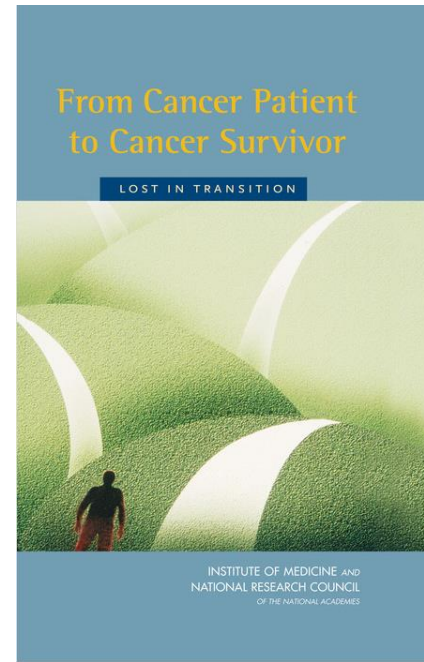
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Mayer DK, Nekhyudov L, Snyder CF, Merrill JK, Wollins DS, Shulman LN. American Society of Clinical Oncology clinical expert statement on cancer survivorship care planning. *J Oncol Practice.* 2014;10:345-351.

Nekhlyudov L, Mollica MA, Jacobsen P, Mayer DK, Shulman LN, Geiger AM. Developing a quality of cancer survivorship care framework: Implications for clinical care, research, and policy. *J Natl Cancer Inst.* 2019.

# | A Call to Action...



**Address unmet needs:  
Physical, Emotional,  
Social, Financial &  
Care Delivery needs**

**Implement patient-  
centered assessment  
of psychosocial and  
physical symptoms**

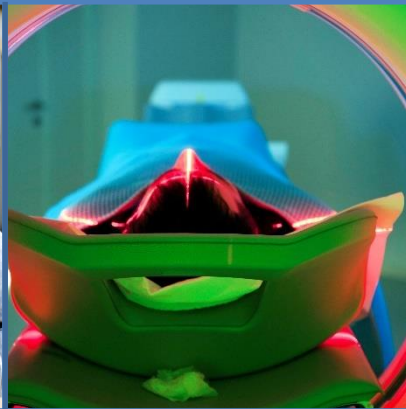
**Avoid care  
fragmentation via  
coordinated  
survivorship and other  
care services**

# | Services Provided



## Lifestyle Modifications:

Smoking Cessation,  
Alcohol consumption,  
Physical Activity,  
Exercise, Diet



## Cancer Screenings:

Breast, Lung, Skin,  
Cervical, Prostate,  
Endometrial, &  
Colorectal



## Health Assessments and Coordination of Care

- Transition to PCP
- Adherence to surveillance recommendations
- Referral to Specialists
- Research Enrollment
- Continuity of Care



## Anthropometrics:

Height, Weight, BMI,  
Body circumference



## Survivorship Care Plans

- Treatment Summary
- Identification of late effects



# | Cancer Support Services





# Cancer Support Services

Arts in Medicine	Music Therapy	Oncology massage	Acupuncture	Pet Therapy
Physical Therapy	Pastoral Care	Social Work (support groups/counseling referrals)	Physical Medicine and Rehabilitation	Palliative Care
Integrative Medicine	Cancer Resource Center	Adolescent & Young Adult Program	Exercise Physiology	Nutrition

# | In Summary

- Start the conversation early, from the time of diagnosis, through the balance of life.
- The CoC standard requirements have changed – focus is overall support of the survivor.
- It takes a team – make your own team!

<http://www.ascopost.com/News/59357>

**Thank you!**  
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