

Why Survivorship?

Heather Dommer MSN, ARNP, FNP-C
Nassif Community Cancer Center
Survivorship Clinic



Objectives

- Define Survivorship and give some statistics.
- Review the history of our Survivorship clinic.
- Discuss the NCCN Standards for Survivorship Care.
- Further discuss how we implement these in our clinic.
- How is our Survivorship clinic doing and what are patients saying about the clinic.



General Information

- Definition: A survivor is a person with a cancer diagnosis, from the time of diagnosis throughout the balance of their life. They have expanded this definition to include family, friends, and caregivers (National Coalition of Cancer Survivorship, 1995-2023).
- Statistics: 2019- 16.9 million cancer survivors.
Projections: 22.2 million by 2030 (National Cancer Institute, 2020).



Survivorship at the Nassif Community Cancer Center

- **Nassif Community Cancer Center was officially formed in 2011.**

It is a collaboration between Physician's Clinic of Iowa, UnityPoint Clinics, and St. Luke's Hospital.

- **Survivorship Program started in 2014.**
- **I was hired in October 2018.**

Two roles:

1. Survivorship Care Plans- 60 minutes
2. Long term follow-up- 1st visit: 60 minutes, subsequent visits: 30 minutes

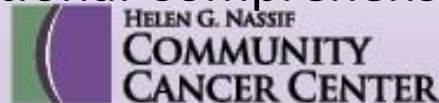


Standards for Survivorship Care

“Care of the cancer survivor should include:

1. Surveillance of cancer spread or recurrence, and screening for subsequent primary cancers.
2. Monitoring long-term effects of cancer, including psychosocial, physical, and immunologic effects.
3. Prevention and detection of late effects of cancer and therapy.
4. Evaluation and management of cancer-related syndromes, with appropriate referrals for targeted intervention.
5. Coordination of care between primary care providers and specialists to ensure that all of survivor’s health needs are met.
6. Planning for ongoing survivorship care.”

(National Comprehensive Cancer Network, 2022)



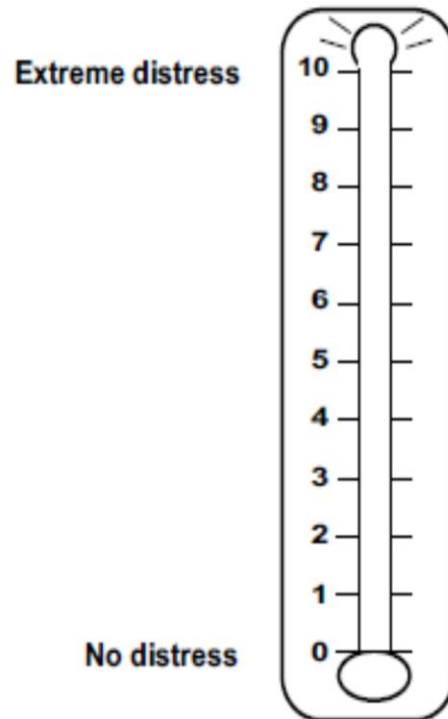
Survivorship Care Plans

- At the Nassif Community Cancer Center, we provide Survivorship Care Plans to all patients with a cancer diagnosis treated with curative intent.
- The most common disease sites we serve include breast, prostate, lung, colon, head & neck, lymphoma, and melanoma.
- For the purpose of this presentation, I am going to focus on breast cancer survivorship.



Distress tool

1. In the past week, including today, circle the number (0-10) that best describes how much distress you have been experiencing.



(National Comprehensive Cancer Network, 2022)



Distress tool

2. Please mark any concerns.

PRACTICAL

- Financial
- Transportation
- Work/School
- Taking care of myself

SOCIAL

- Concern for family members/loved ones
- Family health issues
- Communication with healthcare team

EMOTIONAL

- Feeling nervous, anxious, or on edge
- Feeling down, depressed, or hopeless
- Changes in appearance
- Fear
- Anger

NUTRITION

- Poor appetite
- Unplanned weight loss

SPIRITUAL

- Sense of purpose
- Loss of meaning of life
- Death, dying, or afterlife

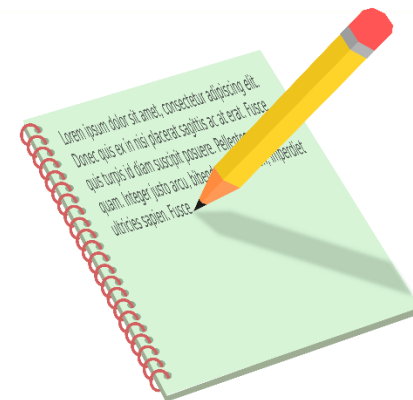
PHYSICAL

- Fatigue
- Balance/Mobility
- Pain
- Memory/Concentration
- Sleep
- Changes in sexual functioning
- Tobacco/Substance use

3. What is your biggest concern?



Survivorship Care Plan



Individualized plan for each patient that includes:

1. A list of the providers involved in their cancer care.
2. Diagnosis information
3. Treatment information
4. Follow-up information- including cancer providers and primary care provider.
5. Recommendations for healthy living- including immunizations, diet, exercise, abstaining from tobacco and alcohol, sun safety, and other cancer screenings.
6. Self-surveillance for signs of recurrence.
7. Side effects from the cancer treatments that they have had.
8. Services that we provide in the Nassif Community Cancer Center.



Follow-up

1. **Medical Oncologist:** Primary follow-up with the medical oncologist. They monitor for recurrence of the primary site of cancer (5-10 years).
2. **Radiation Oncologist:** Follow-up for radiation for 1-year post-treatment.
3. **Other Specialists:** Pulmonology, ENT, Gastroenterology, Gynecology, Urology, Cardiology, Dermatology, etc.
4. **Survivorship:** Usually a one-time visit, but follow-up is offered as needed. Long-term follow-up after primary follow-up with oncologist is completed.
5. **PCP:** We recommend at least an annual wellness visit. PCP is responsible for coordinating non-primary site cancer screenings, immunizations, and general health guidelines.



Self-Surveillance

- ❖ We recommend monthly breast self-exams.
- ❖ Signs and Symptoms to watch for:
 - New lumps or bumps, nipple discharge, or skin changes
 - Persistent headaches, dizziness, weakness, or vision changes
 - Chest pain, cough, or shortness of breath
 - Abdominal pain, bloating, or blood in stool
 - Post-menopausal vaginal bleeding
 - Unintentional weight loss
 - Drenching night sweats
 - Deep bone pain
- ❖ Please report any of these signs and symptoms to your medical oncologist.



Late and Long-term effects

Surgery:

- Lymphedema
- Neuropathy
- Body image issues
- Pain
- Limited range of motion
- Sexual dysfunction

Chemotherapy:

- Fatigue
- Cognitive impairment
- Cardiac dysfunction
- Bone weakness
- Secondary cancers
- Neuropathy

General:

- Fear of recurrence
- Psychosocial issues

Radiation:

- Skin changes (color, texture, sensitivity/pain)
- Fatigue
- Lymphedema
- Neuropathy
- Cough/Shortness of breath

Hormonal Therapy:

- **Tamoxifen**- hot flashes, mood changes, changes in menstruation, increased risk of blood clots, stroke, and endometrial cancer
- **Aromatase Inhibitors**- hot flashes, mood changes, osteopenia/osteoporosis, and musculoskeletal pain

(American Society of Clinical Oncology, 2023)





Healthy Living Recommendations

- **Diet:** Follow a diet rich in plant sources including fruits, vegetables, and whole grains. Limit red-meat, sugar, and processed foods.
- **Exercise:** Move more and sit less. At least 150 minutes of moderate intensity exercise per week and 2-3 strength training episodes per week.
- **Weight:** Get and keep weight in the healthy range (BMI: 20-25)
- **Sleep:** At least 7 hours of sleep each night. Treat sleep apnea.



(American Cancer Society, 2022)





Healthy Living Recommendations

- **Mental health:** Monitor for signs of distress and get help if needed. Consider relaxation techniques such as Meditation and Healing Energy.
- **Tobacco use:** Do not smoke or chew tobacco.
- **Alcohol use:** It is best to not drink alcohol, but if you do have no more than 1 drink per day for women and 2 drinks per day for men.
- **Sun safety:** Avoid sun exposure. Use hats, long sleeve shirts, and pants to cover skin. Use sunscreen prior to going outside and reapply every 2 hours.

(American Cancer Society, 2022)



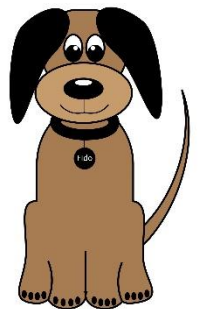
Services and Referrals

Services at the Community Cancer Center:

- Exercise Specialist (Individual and Open Gym)
- Exercise classes (Yoga and Tai Chi)
- Dietitians (Cooking demos)
- Social work
- Genetics
- Meditation
- Aromatherapy
- Acupuncture
- Massage therapy
- Healing Energy
- Spirit Fund
- Monthly E-Newsletter and website

Referrals outside the Community Cancer Center

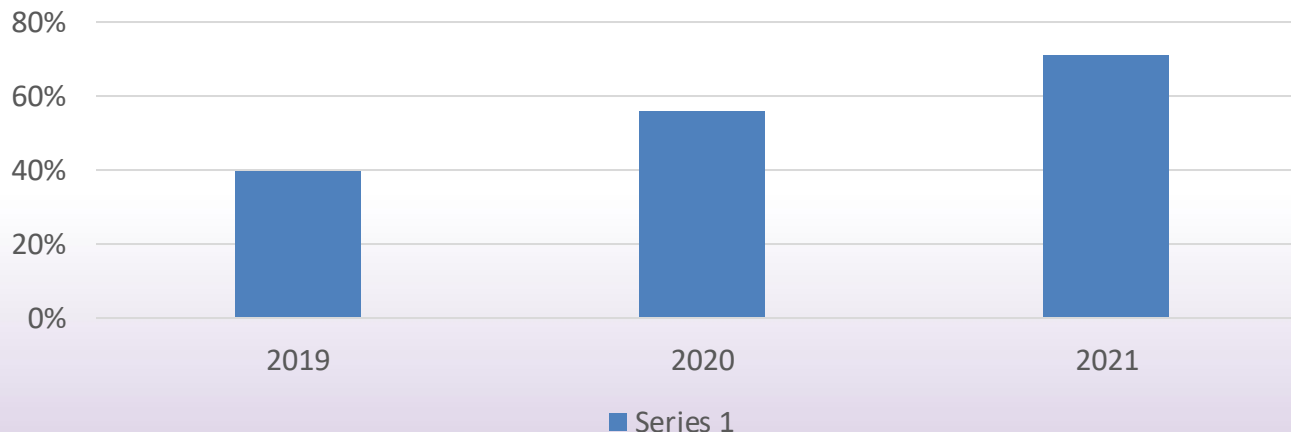
- Family/Individual Therapist
- Spiritual Support
- Body image and Sexuality Specialist
- Tobacco Cessation Clinic
- Skin care
- Physical therapy
- Lymphedema therapy
- Occupational therapy
- Psychiatrist/Psychologist
- Strands of Strength
- The Family Care Program
- Patient Assistance Fund
- Pet Therapy
- Music Therapy



Our Statistics

1. Patients with an oncologic diagnosis treated with curative intent will be presented with a Survivorship Care Plan.
2. The timing of delivery of this document is within one year of diagnosis of cancer and no later than six months after completion of adjuvant therapy (other than hormonal therapy).

Breast Survivorship Care Plans



Survey says...

2022 Survivorship Clinic Patient Experience- Breast
31 responses- (Percentage of responses 5/5)

Registration	Ease of check in	94%
Nurse Practitioner Visit	NP knowledge, skill, friendly & sensitive	97%
Education During Your Visit	Did you feel informed about resources	94%
Summary and Treatment	The written plan was easy to understand	94%
Overall Experience	I was satisfied with my experience	94%
Overall Experience	Would you recommend the survivorship clinic to other cancer survivors	100%



Patients say...

- "Went wondering if this was necessary but came away appreciating how much it helped."
- "Surpassed my expectations for this visit."
- "Great resource for those of us who have taken the cancer journey."
- "She explained everything. My husband & I were impressed."
- "Good to send written materials home with me so I can read and refer to the information as needs arise."
- "Wasn't sure what appt. was about prior, but meeting brought all info together in one easy to follow package."
- "Thank you for the Treatment & follow-up surveillance plan"
- "Left feeling "warm and fuzzy"."
- "Very helpful."
- "Very adapted to needs and concerns."
- "I'm glad this was part of the treatment plan." "I learned a lot that will be helpful going forward."



References

- American Cancer Society (2022). Living Well After Cancer Treatment. Available at: [Living Well After Cancer Treatment](#)
- American Society of Clinical Oncology (2005-2023). Long-Term Side Effects of Cancer Treatment. Available at: [Long-Term Side Effects of Cancer Treatment | Cancer.Net](#)
- National Cancer Institute (2020). Cancer Statistics. Available at: [Cancer Statistics – NCI](#)



References

- National Coalition of Cancer Survivorship (1995-2023). Our History. Available at: [Our History - NCCS - National Coalition for Cancer Survivorship \(canceradvocacy.org\)](https://www.canceradvocacy.org/our-history)
- National Comprehensive Cancer Network (2022). NCCN Guidelines: Survivorship. Available at: [Guidelines Detail \(nccn.org\)](https://www.nccn.org/guidelines/guidelines_detail)

