



AMERICAN CANCER SOCIETY CIRCLE OF LIFESM

SURVIVORSHIP presented by:
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Artwork courtesy of Jason Edwards, J. Morgan
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Wellness in Our Community



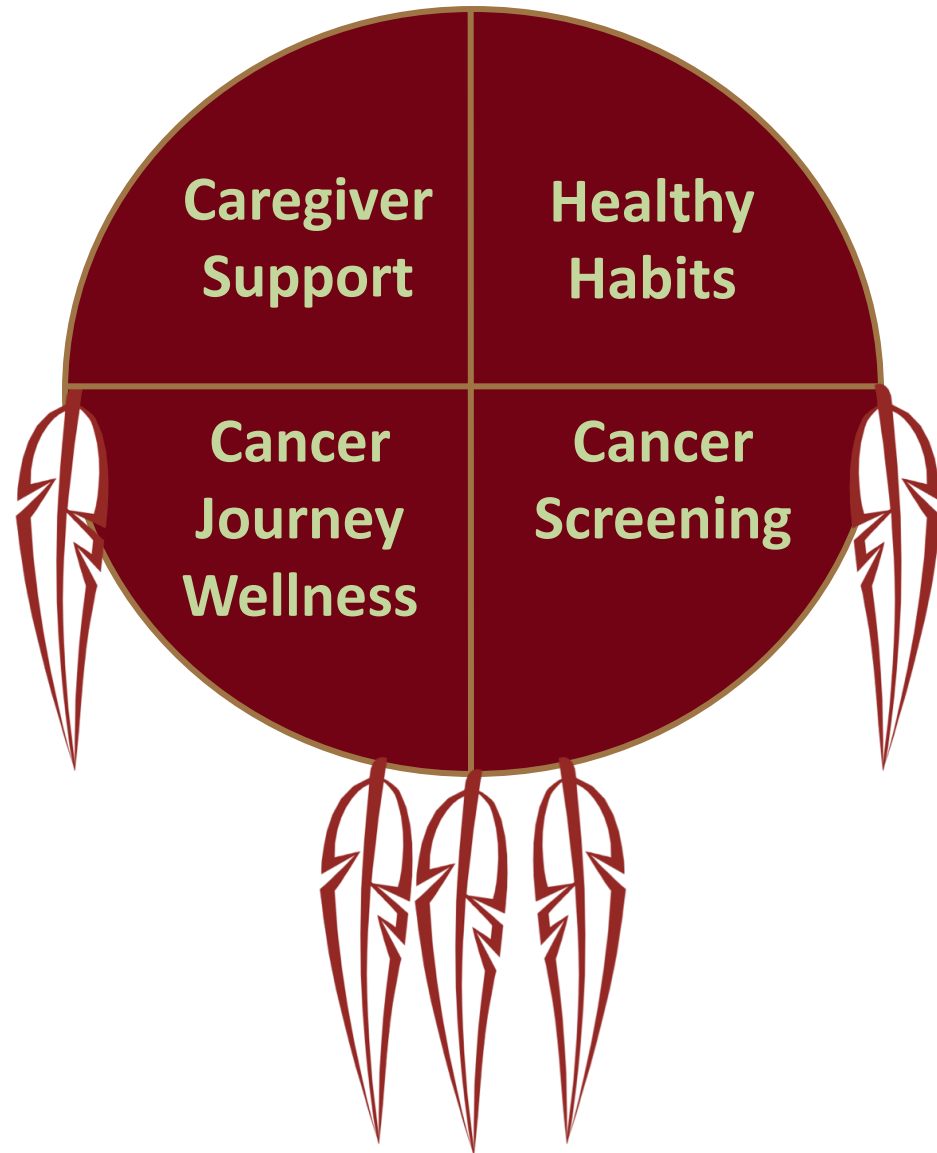
courtesy of Leonard Eschiti, Comanche Nation



Courtesy of Leonard Eschiti, Comanche Nation



What is the Circle Of Life Initiative?



Session Objectives



To Discuss . . .

- How do we define cancer survivorship?
- What do cancer survivors and caregivers need to know about survivorship “care planning”?
- What resources are available to help survivors during and after treatment?

SURVIVORSHIP: After Treatment



- The phase of the cancer journey that begins after initial treatment ends is often referred to as “**survivorship**,” but many people consider it to start when they’re diagnosed
- Many cancer survivors may continue to experience a variety of long-term effects resulting from treatment.
- Late effects may also occur many years after treatment ends.

Reference: www.cancer.org

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What is Survivorship?

- Survivorship focuses on the health and life of a person with cancer post treatment until the end of life.
- It covers the physical, psychosocial, and economic issues of cancer, beyond the diagnosis and treatment phases.
- Survivorship includes issues related to the ability to get health care and follow-up treatment, late effects of treatment, second cancers, and quality of life.
- Family members, friends, and caregivers are also considered part of the survivorship experience. (NCI)



Quality of Life After Treatment



Source: City of Hope, Beckman Research Institute, 2004, reproduced with permission in the American Cancer Society's Cancer Treatment & Survivorship Facts & Figures, 2012

Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions

Survivorship in AIANs



- Natives scored lower for physical and social QOL
- Natives also scored lower for psychological QOL
- Higher for spiritual QOL in comparison to non-natives

Source: Burhansstipanov L, Dignan M, Jones KL, Krebs LU, Marchionda P, Kaur JS. Comparison of quality of life between Native and non-Native cancer survivors: Native and non-Native cancer survivors' QOL. *Journal of cancer education : the official journal of the American Association for Cancer Education*. Apr 2012;27 Suppl 1:S106-113.

Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions

Guided Discussion



Lets take a moment to talk about what we know about how our cancer survivors are doing after treatment:

- In your community do cancer survivors feel comfortable with seeking out resources for the effects of cancer treatment?
- What issues do you see in your work with cancer survivors?
- Are there any resources that you use to support them?
- If not, what are the needs you see the most that need to be addressed?

Survivorship Care



- Request a treatment summary and survivorship care plan from the cancer care team.
- Maintain a healthy weight, and get regular physical activity.
- Maintain regular cancer screenings and follow-up care to maintain optimal health.
- Seek assistance to manage physical, psychological, or social long-term/late effects.

Long-term / Late Effects



Surgery

**Sexual dysfunction
Incontinence
Pain**

**Body image disturbance
Infertility
Functional disability (more trouble doing or unable to do common daily activities)**

Radiation

**Fatigue
Skin sensitivity
Lymphedema**

**Cataracts
Cavities and tooth decay
Cardiovascular disease
Hypothyroidism
Infertility
Lung disease
Intestinal problems
Second primary cancers**

Chemotherapy

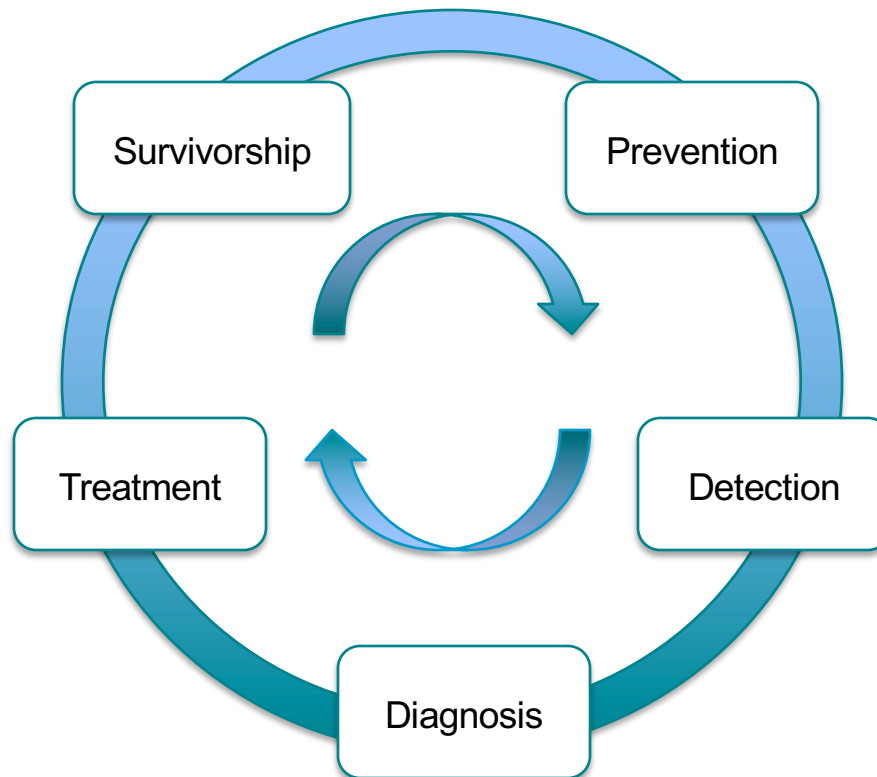
**Fatigue
Premature menopause
Sexual dysfunction
Neuropathy
“Chemo brain”**

**Kidney failure
Vision/cataracts
Infertility
Liver problems
Lung disease
Osteoporosis
Reduced lung capacity
Second primary cancers**

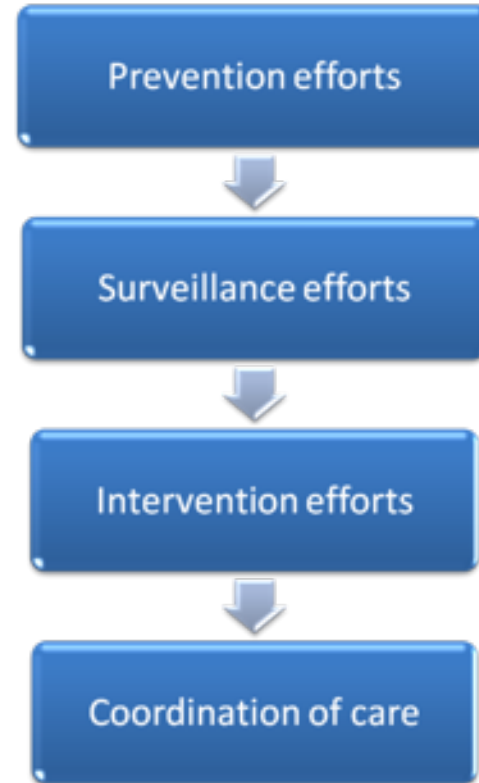
Reference: Mayo.com

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Survivorship Care



Stages of Survivorship Care Planning



Hewitt M, Greenfield S, Stoval E, et al. From Cancer Patient to Cancer Survivor: Lost in Transition. *Washington, DC: National Academies Press; 2006.*



Survivorship Care Plans



Cancer Treatment Plan and Summary v1.0/09

The Treatment Plan and Summary is a brief record of major aspects of cancer treatment. This is not a complete patient history or comprehensive record of all tested therapies.

(Insert Practice Name/Logo Here)

Patient name: _____ Patient ID: _____
 Medical oncology provider name: _____ PCP: _____
 Patient DOB: _____ Age: _____ Patient phone: _____
 Support contact name: _____ Support contact phone: _____
 Support contact relationship: _____

BACKGROUND INFORMATION

Symptoms/signs: _____
 Family history/predisposing conditions: _____
 Major co-morbid conditions: _____
 Tobacco use: No Yes, past Yes, current Current, cessation counseling provided? Yes No
 Cancer type/location: _____ Diagnosis date: _____
 Is this a new cancer diagnosis or recurrence? New Recurrence (date: _____)
 Surgery: None Diagnostic only Palliative resection Curative resection
 Surgical procedure/location/biopsy: _____
 Tumor type/histology/grade: _____

Study	Date	Stages	Findings

T stage: T1 T2 T3 T4 Not applicable
 N stage: N0 N1 N2 N3 Not applicable
 M stage: M0 M1 M2 M3 M4 Not applicable
 Locations of the tumors or recurrence (if applicable): _____

Treatment Plan

What type of cancer is being treated (e.g., breast, lung, colon, prostate, etc.)?
 Height: _____ Weight: _____
 The treatment is: Local Systemic Combination
 Name of chemotherapy regimens: _____
 Chemotherapy start date: _____
 Chemotherapy intent: Curative Palliative Supportive
 ECOG performance status at start of treatment: _____
 Chemotherapy Drug Name: _____ Route: _____ Dose: _____

Major side effects of this regimen: Hair loss Nausea
 Manicoste symptoms Cardiac Other _____

Colon Cancer Survivorship Care Plan v1.0/09

Patient Name: _____ Completion date: _____

Name and role of person completing this form: _____

Follow-Up Care Recommendation	Year 1	Year 2	Year 3	Years 4-10*
Doctor's Visit	Every 3 to 6 months	Every 3 to 6 months	Every 3 to 6 months	Every 6 months
CEA Test	Every 3 months	Every 3 months	Every 3 months	As determined by your doctor
CT Scanning	Every year, if recommended by your doctor	Every year, if recommended by your doctor	Every year, if recommended by your doctor	As determined by your doctor
Colonoscopy	Colon		At 3 years	

* After 5 years, the need for future tests and visits are decided by the patient and doctor.
 * A colonoscopy should be done around a year of surgery if the examination shows no signs of a recurrent tumor or polyp; a colonoscopy should be done at 3 years, and if normal, every 5 years thereafter.

Scientific evidence for the routine use of the following tests is lacking and they are not recommended for follow-up care:
 • A complete blood count (CBC) test or liver function tests
 • A fecal occult blood test to look for blood in the stool

COLON CANCER FOLLOW-UP SHEET

Date	DATE(S) COMPLETED				
	Counseling	Visit	CT Scanning	Colonoscopy	

Journey Forward

Home | Planning/Behavioral Care Plan Builder

Survivorship Care Plan Builder 5.0

Download now

The Survivorship Care Plan Builder is a free, award-winning tool for oncology professionals.

The Survivorship Care Plan Builder will support you in quickly creating individualized Care Plans that reflect ASCO guidelines and the recommendations in the NCI Institute of Medicine report, From Cancer Patient to Cancer Survivor: End of Treatment.

The Survivorship Care Plan Builder includes:

- Convenient forms for quickly preparing treatment summaries based on ASCO templates
- Ability to pre-populate forms with data from your cancer registry
- Standardized guidelines
- Recommended schedule for follow-up care
- Information on managing ongoing effects of cancer treatment
- Multiracial patient assessment
- Ability to create custom templates
- Ability to include your practice logo
- Free technical support

What's new in 5.0: Create care and use your own Care Plan templates. Version 5.0 also includes an expanded library with facilities on managing ongoing symptoms like fatigue, memory and concentration issues, and anxiety. There is also removed the registration requirement though you may still choose to register for news and updates.

Version: 5.0.0.1000

Focus on



- Cancer survivors are living longer....and there are more of them!
- Cancer survivors are at increased risk for many health conditions, including second cancers
- We have limited understanding the factors that contribute to the development of late effects



Focus on Survivorship



- And, we need more information on how to appropriately follow cancer survivors after they complete their cancer treatment
- Ultimately, the goal is to improve the quality of life of long-term cancer survivors





Nutrition and Physical Activity for Survivors

Achieve and maintain a healthy weight

- If overweight or obese, limit consumption of high-calorie foods and beverages
- Increase physical activity to promote weight loss

Engage in regular physical activity

- Avoid inactivity and return to normal daily activities as soon as possible following diagnosis.
- Aim to exercise at least 150 minutes per week.
- Include strength training exercises at least 2 days per week.

Achieve a dietary pattern that is high in vegetables, fruits, and whole grains.

- Follow the American Cancer Society Guidelines on Nutrition and Physical Activity

Source: <http://onlinelibrary.wiley.com/doi/10.3322/caac.21142/full>

Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions



American Cancer Society Resources



Resources for Survivors in Treatment



Chat with an Information Specialist

Monday - Friday
8am - 6:30pm CST

CHAT LIVE » or call
1-800-227-2345



The Survivorship Center



The screenshot shows the homepage of the National Cancer Survivorship Resource Center. At the top, there is a navigation bar with a 'Cancer Helpline 800.227.2345' button, a 'Live Chat' icon, the 'American Cancer Society' logo, and a 'DONATE' button. Below this is a secondary navigation menu with links for 'CANCER A-Z', 'STAY HEALTHY', 'TREATMENT & SUPPORT', 'OUR RESEARCH', 'GET INVOLVED', 'OUR PARTNERS', and 'ABOUT US'. The main heading reads 'National Cancer Survivorship Resource Center'. A paragraph below the heading states: 'The National Cancer Survivorship Resource Center (The Survivorship Center) is a collaboration between the American Cancer Society and the George Washington University Cancer Institute funded by a 5-year cooperative agreement from the Centers for Disease Control and Prevention. Check back often, because the information and resource sections will continue to grow.' Below this are two columns: 'Our Goals' and 'Our Progress: Year One'. The 'Our Goals' section states: 'Our goals are to shape the future of cancer survivorship care and improve the quality of life of cancer survivors as they transition from treatment to recovery. Here you will find information about the progress The Survivorship Center has made and resources that have been developed for cancer survivors, health care professionals, and the policy and advocacy community.' The 'Our Progress: Year One' section states: 'Staff of the National Cancer Survivorship Resource Center (The Survivorship Center) and over 100 volunteer survivorship experts from around the country have come together to find ways to improve the care cancer survivors receive and improve the overall health and well-being of survivors. The materials below explain in greater detail the activities of The Survivorship Center. In Year One, the experts focused on creating action plans in four areas specific to cancer survivorship: Quality of Life; Information Delivery; Quality of Life: Programs and Navigation; Systems, Policy and Practice: Clinical Survivorship Care; and Policy and Advocacy.'

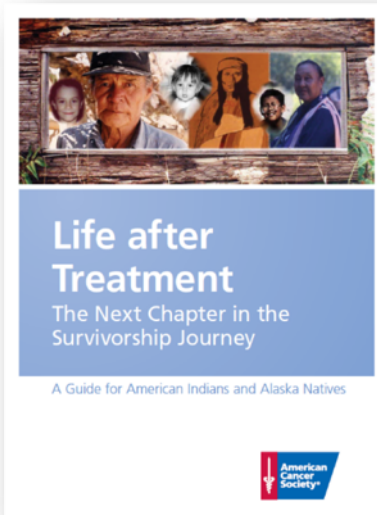
www.cancer.org/survivorshipcenter



Post-Treatment Resources



Life After Treatment Guide



Cancer Survivor's Prescription for Finding Information

Rx A Cancer Survivor's Prescription for Finding Information

As your cancer treatment ends, it is normal to feel many emotions, ranging from hope and happiness to uncertainty and fear. Together, we can focus on your health and well-being as you move into the next phase of your cancer journey. You may have questions as you move forward. So, I am prescribing the resources listed below to help you with common issues and concerns shared by other cancer survivors just like you.

Online and over the phone:

- American Cancer Society:** Visit www.cancer.org or call 1-800-227-2345 24 hours a day, 7 days a week to talk with a trained cancer information specialist.
- The Survivorship Center:** Visit www.cancer.org/survivorshipcenter for information about post-treatment survivorship resources.
- National Cancer Institute:** Visit www.cancer.gov or call 1-800-422-6237 to receive up-to-date information from a trained cancer information specialist.
- LIVESTRONG:** Visit www.livestrong.org to fill out a Survivorship Care Plan or find information about cancer survivorship.

Survivorship resources at this office and in your community:

- Survivorship Care Plan and/or Treatment Summary
-

These resources will help you deal with common issues and concerns, such as:

- Managing any delayed effects from your treatment
- Coping with fear of cancer returning, anxiety, or depression
- Establishing a new "normal" and returning to day-to-day life
- Maintaining sexual health
- Returning to work
- Managing financial challenges
- Making lifestyle changes by eating healthy foods, exercising, and maintaining regular medical follow ups

Contact us: If you have questions or concerns, call _____

Your next appointment: Date _____ Time _____

This resource is provided by the National Cancer Survivorship Resource Center (the Survivorship Center), a collaborative effort managed by the American Cancer Society and the George Washington Cancer Institute - with funding through cooperative agreement #U54CA000018 - from the Centers for Disease Control and Prevention.

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Surveillance Guidelines for Primary Care



- Important for primary care providers to know treatment summary and surveillance needs
- Each type of cancer and its treatments are associated with certain long-term risks
- Surveillance recommendations, potential second primary cancers, and possible complications are available for several types of cancer

Surveillance Guidelines for Primary Care



- Best practice is to include survivorship care plan when initial treatment is done;
- Health care professional completes the care plan in conjunction with the patient. Offers comprehensive, patient-centered care
 - Management of late/ long-term effects
 - Psychosocial recommendations
 - Screening, surveillance for new/recurrent cancers
 - Prevention and routine health recommendations
 - Coordination among specialists and PCPs
- Serves as a guide for health care teams when delivering survivorship care

Survivorship Care Plan Content



- Cancer treatment history
- Potential long-term and late effects of treatment
- Recommended surveillance for long-term and late effects
- Recommended surveillance for recurrence and new cancers
- Specific information about the timing and content of recommended follow-up
- Recommendations on preventive practices, and how to maintain health and well-being
- Information on legal protections regarding employment and access to health insurance
- Availability of psychosocial services in the community

Guided Thinking



- Lets think about what we can do to better support cancer survivors:
 - Based on your experience, who may need to be educated about survivorship?
 - What are the education needs?
 - How can the American Cancer Society support you in providing education?
 - Are there any cultural beliefs that would be helpful to draw on when having this conversation?

American Indian and Alaska Native Specific Resources:



American Indian Cancer Foundation

www.aicaf.org



National Native Network

www.keepitsacred.org



Key Messages



- Cancer survivorship begins from diagnosis.
- It's important for cancer survivors to understand the long-term or late effects that may occur after treatment and to talk with their health care provider about these issues.



Reference: www.cancer.org

Photo at top right courtesy of Gary Robinson, Tribal Eye Productions



Take Action: Get Support



- You can call 1-800-227-2345 to speak with a trained American Cancer Society Cancer Information Specialist for assistance you may need.
- Join the Cancer Survivors Network, an online community of cancer survivors sharing their experience, wisdom, and hope. www.csn.org

Reference: www.cancer.org

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Remember ...



- Healthy lifestyle changes can help reduce cancer risks. It is never too late to make those changes.
- Talk to your health care provider about regular screening tests for cancer. Early detection can help save lives.
- Together, we can do everything in our power to help prevent cancer, and continue on our journey.

Reference: www.cancer.org

Photo at top right courtesy of Gary Robinson, Tribal Eye Productions



Closing



- Questions?
- Thank you for participating!





To view all of the archived presentations, visit:
<http://keepitsacred.itcmi.org/circle-of-life-curriculum/>

And for more information on the Circle of Life, please visit:
<https://www.cancer.org/content/circle-of-life/home.html>



cancer.org | 1.800.227.2345