Participants will be able to:

- Name the key components of survivorship care
- Describe survivorship models of care
- Highlight two new developments
- Practice pearls for survivorship programs
Lost in Transition

Recommendations

- Raise awareness
- Survivorship Care Plan
- Use of evidenced-based guidelines and tools
- Quality initiatives and demonstration projects
- Increased research funding
- Inclusion of survivorship in state based comprehensive cancer control
10 years later

- Emergence of text, journals, conferences and community activities
- Survivorship Care Plan (CoC Standard)
- Significant growth in evidenced based guidelines
- Growing body of research
- Quality measures (ASCO QOPI)

Survivorship care is more than a plan

Survivorship Care Plans (SCP) are only one piece of comprehensive survivorship care.
Models of survivorship care

- The optimal nature, timing, intensity, format, and outcome of survivorship care models continue to be uncertain. The paucity of evidence limits our ability to make conclusions about the effectiveness of survivorship care models.
- Further research....

Models of survivorship care

- Consultative – primarily seen by primary care with oncology as consultants
- Multidisciplinary – oncology coordinates with primary care or other medical services
- Integrated care – each member of survivorship team communicates and works in pre-determined roles
- Transition to primary care – move primarily oncology care during treatment to primarily primary care
- Shared care model – primary and oncology care outside of integrated system
- Patient navigator – lay or peer partner who serves resource and liaison
Other models

- Survivorship clinic (physician or nurse practitioner led)
- Survivorship visits
- Survivorship classes/groups

MSTI Model

- Joint appointment (nurse practitioners/social worker)
- Delivery of SCP (mailed to PCP)
- Set wellness goals
- Reimbursed through payors

NCCCP Cancer Psychosocial Care Assessment Tool
Modeled for Whole-Person Care

PSYCHOSOCIAL HEALTH SERVICES are those psychological and social services that enable cancer survivors, their families, and health care providers to optimize biomedical health care and to manage the psychological/behavioral and social aspects of cancer and its consequences so as to promote better health.

Multidimensional culturally informed psychosocial health needs screening to include:

- Emotional/Mental Health Needs (i.e.: anxiety, depression, coping, sexuality)
- Practical Problems (i.e.: concrete needs and illness-related concerns - financial, transportation, housing)
- Social Problems (i.e.: lack of social support/resources, vocational impact, insurance)
- Support Needs (i.e.: personal, social, medical, spiritual)

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3. Identifies psychosocial health needs of cancer survivors

<table>
<thead>
<tr>
<th></th>
<th>Data collection method</th>
<th>Random/ inconsistent screening conducted</th>
<th>Screening consistently conducted using a standardized method with all survivors upon initial encounter/treatment initiation</th>
<th>Level 3 plus when positive screen, a comprehensive assessment is also conducted</th>
<th>Level 4 plus reassessments covering defined timeframes from diagnosis throughout follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not systematically done; reliance upon survivors to volunteer information or provider to observe or inquire during clinical conversations</td>
<td>Random/ inconsistent screening conducted</td>
<td>Screening consistently conducted using a standardized method with all survivors upon initial encounter/treatment initiation</td>
<td>Level 3 plus when positive screen, a comprehensive assessment is also conducted</td>
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POSTCARE: A different kind of study...

Based on integration of two previously successful models:

- Chronic Care Model (Wagner)
  - Set goals and establish a plan to improve health
- Care Transitions Model (Coleman)
  - Provide support for self-management and increase patient activation
  - Use of a transitional care coach
Intervention

- Single coaching encounter using MI (motivation interviewing) techniques
- Session goal: to engage patients in the development of a patient-owned SCP that incorporates health goals and strategies related to cancer follow-up, surveillance, symptom management, and health behavior.
Figure 1. The Patient-owned Survivorship Transition Care for Activated, Empowered survivors (POSTCARE) conceptual model demonstrates relationship between Chronic Care and Pre- and Post-Care interventions.
POSTCARE Results

- Within the intervention group:
  - Significantly higher self-reported health
  - Lower social role limitations
  - Greater self-efficacy (trend)

- Clinically meaningful improvement at 3-months
  - Physical role
  - Bodily pain
  - Emotional role

Survivorship Self-management

Point of Care

Point of Need
mHealth web-based resource for cancer patients and survivors, designed to empower, educate patients and survivors to address comprehensive needs and to provide tools for action.

The following 6 slides, this slide inclusive, are courtesy of Corinne Leach, PhD MS MPH Strategic Director, Cancer and Aging Research American Cancer Society. Originally presented at 2018 Society of Behavioral Medicine.
Comprehensive

- Physical symptoms
- Emotional health
- Support
- Communication
- Wellness

Get support
- Patients and survivors
- Caregivers
Manage Cancer—Your Way

**Springboard Beyond Cancer can help.** Take control of your health and manage the challenges of cancer through self-management. **Self-management** is all of the actions you take to deal with problems and prevent new ones. Watch this video to learn more about the power of self-management.

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**The Power of Self-Management (Springboard Beyond C...**

Corinne Leach, PhD MPH
Strategic Director, Cancer and Aging Research
American Cancer Society

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**Want to take an active role in your health?**
Learn to advocate for yourself and navigate cancer’s challenges with **self-management**.

---

**Want to cope with stress and your emotions?**
Try some **mindfulness and relaxation** exercises.

---

**Do you have trouble thinking and remembering?**
Explore information on **chemo-brain and memory problems**.

---

**Are you a caregiver?**
Understand the importance of taking care of yourself while being there for your loved one.

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**Watch More Video Stories**
What Are Action Decks?

Action Decks are collections of information related to a cancer topic or treatment.

1. CREATE or choose an action deck.
2. DOWNLOAD and print your action deck.
3. USE THE ACTION DECK to help manage your symptoms.
4. COME BACK for more help when you need it.
Create your own action deck or choose an action deck we’ve made for you.

**Self-Management** means taking action, which is why Springboard offers action decks. Watch this video to learn how to create action decks and use them in your self-management journey.

Create an Action Deck
Create an Action Deck with topics that are most important to you.
Action Decks: Create Your Own

Use the action decks to get information, tips, and resources that address what you are going through. These decks will help you build skills, tackle challenges, and move forward along your cancer journey.

Select a Topic Area

Select Symptom Cards to Add to Your Deck

- Anemia & Bleeding
- Appetite Changes
- Bladder Control Problems (Incontinence)
- Chemo-Brain & Memory Problems
- Constipation
- Diarrhea
- Fatigue
- Hair Loss
- Hot Flashes & Night Sweats
- Infections
- Infertility for Men
- Infertility for Women
- Lymphedema
- Mouth, Gum, & Throat Problems
- Nausea & Vomiting
- Pain

Cards in Your Action Deck

CREATE/VIEW YOUR ACTION DECK

Symptoms Cards
- Fatigue
- Sleep Problems

Stress & Mood Cards

Wellness Cards

Get Support Cards

CREATE/VIEW YOUR ACTION DECK
Members of the team

- Cancer Survivor
- Palliative Care
- Integrative and Complementary Health
- Exercise and Wellness
- Nutrition
- Psychosocial Care
- Cancer Rehabilitation
Recommendation

• Survivorship care is more than a survivorship care plan
• Build a program based on your patients needs
• Utilize your networks to learn from others
• Make sure you can measure outcomes (evaluate!)
• Publicize your work within your system
• Ensure you have multiple providers and stakeholders
• Leverage the work across departments to ensure longevity