Update on the OHSU Radiation Medicine Survivorship Program

Amy E.B. Leatherwood, MSN, FNP-BC
Survivorship Nurse Practitioner

Fall 2013
Survivors across U.S. 2012

Estimated Numbers of Cancer Survivors as of January 1, 2012


Note: State estimates may not sum to US total due to rounding.
Survivorship is a recent development in health care, stemming from the acknowledgement of the needs of a growing cancer survivor population.

There will be an estimated 18 million cancer survivors in the United States by 2022.
18 Million Cancer Survivors Projected in 2022

Estimated Numbers of US Cancer Survivors by Site  ACS-2012

Male Survivors  Jan 1, 2012

- Prostate: 43%
- Colon & Rectum: 7%
- Melanoma: 4%
- Urinary bladder: 4%
- Non-Hodgkin Lymphoma: 7%
- Testis: 9%
- Lung & Bronchus: 3%
- Oral cavity & Pharynx: 3%
- Kidney & Renal: 3%
- Leukemia: 3%
Estimated Numbers of US Cancer Survivors by Site  ACS-2012

Female Survivors-Jan 1, 2012

- Breast: 41%
- Uterine corpus: 8%
- Colon & rectum: 7%
- Melanoma: 6%
- Thyroid: 5%
- Non-Hodgkin lymphoma: 4%
- Uterine cervix: 3%
- Lung & Bronchus: 3%
- Ovary: 3%
- Urinary bladder: 2%
In 2006, the Institute of Medicine (IOM) presented a publication called “From Cancer Patient to Cancer Survivor – Lost in Transition” which outlined the unmet needs of these patients, dubbing them the components of good survivorship care.
IOM Components of Survivorship Care

Coordination
Communication mgmt. between Patients, Oncologists, PCP and Other Health Care Professionals
Survivorship Care Plans
Treatment Summaries

Prevention & Detection
1. Promote Healthy Behaviors
   - Physical Activity
   - Diet
   - Tobacco Cessation
   - Sun Protection
2. Screening Procedures

Surveillance
- Assessment for recurrence
- Late effects

Interventions for Consequences Of Cancer and/or Treatment
- Physical
- Psychological
- Social
- Spiritual

Cancer Care Continuum

Prevention and Risk Reduction
- Tobacco control
- Diet
- Physical activity
- Sun and environmental exposures
- Alcohol use
- Chemoprevention
- Immunization

Screening
- Age and gender specific screening
- Genetic testing

Diagnosis
- Biopsy
- Pathology reporting
- Histological assessment
- Staging
- Biomarker assessment
- Molecular profiling

Treatment
- Systemic therapy
- Surgery
- Radiation

Survivorship
- Surveillance for recurrences
- Screening for related cancers
- Hereditary cancer predisposition/genetics

End-of-life Care
- Implementation of advance care planning
- Hospice care
- Bereavement care

Acute Care

Chronic Care

End-of-Life Care

Care planning
- Palliative care
- Psychosocial support
- Prevention and management of long term and late effects
- Family caregiver support
Survivorship Goals

- Increasing expectations for good quality of life after cancer
- Increasing identification of life challenges
  - Long term effects
  - Effects that persist after completion of treatment
  - Late effects
  - Occur after treatment has been completed
Potential wide range of long-term and late effects

- Risk depends on the tissue and age of patient at time of treatment
- Dose and modality specific (e.g., surgery, radiation, chemotherapy)
- Combined modality therapy can have additive risks
Requirement by ACS/Commission on Cancer (CoC) accredited cancer centers to have a survivorship program started and intent to expand on the program by 2015.
Approximately 71% of cancer patients in the U.S. are seen in CoC accredited cancer centers.

Source: http://www.cancer.org/treatment/supportprogramsservices/app/resource-detail
Challenges to Implementing Survivorship in Our Practice

- Limited standards/guidelines for care
- Limited funds, personnel, space
- Survivorship is not considered to be revenue-generating
  (but represents quality patient care)
OHSU Department of Radiation Medicine Survivorship Program

The beginning...
We started the journey with prostate cancer survivors in January 2013.
Currently Available Visit Types:

1) Prostate
2) Breast
3) Lung (NSCLC)
4) Anal
5) Colorectal

- Prostate program is up and running with excellent reviews from patients
- Breast program is available and two patients have been seen in our clinic
- Lung and Anal programs started in October 2013
- Colorectal and GI coming soon!
Number of Survivorship Visits
By Cancer Type:

Prostate – 60
Breast – 2
Lung – 1
Anal – 1
Guided by the available resources existing in the department of radiation medicine and OHSU/Knight Cancer Institute

Best fit: A Hybrid

Consultative: (one-time visit), but also...

Integrated: the visit is embedded in the oncology clinic as part of the treatment team (auto-referral for patients in the Rad Med clinic).
Typical Flow of Survivorship Visit

- Referral of patient: Survivorship clinic pamphlet given and visit scheduled at check out - referral specified to scheduling staff by MD or NP.
Timing of Visit:

Usually 6 months to one year following treatment depending on cancer type.

We feel this is a good time for the patient to have processed cancer diagnosis and treatment and now he/she is looking ahead to the future.
NP notes the survivorship on Epic schedule 2-3 week prior to the appointment date and completes the Patient Treatment Summary and Follow up Plan prior to the visit.

Each plan takes between 25 minutes and 1.5 hours to complete, depending on complexity, variety of treatments, and amount of research needed.
Patient Arrives for Visit

Patient is given a 2 page Psychosocial Screening form when they arrive for their appt. This is used by NP to discuss any needs for social services or other referrals.
The Patient Psychosocial Screening Form

Was created to quickly screen survivorship patients of all types for psychosocial needs and other specialty referral needs. Thank you to Susan Hedlund for helping with the creation/editing of this form!
Patient is roomed by the RN and completed forms collected. Patient completes a quick iPad based “pretest” to determine general comfort level with cancer care, knowledge of treatment, ease of obtaining information about side effects, and sense of connectivity between PCP and oncology providers. Patient is seen by NP and psychosocial screening is reviewed with patient, issues addressed, brief recent history obtained, focused physical exam, and survivorship packet with summary and plan are discussed with patient. Post-test on iPad given to patient to complete at end of visit.
iPad Subjective Data Collection:
Includes a Pre-test with 5 questions and Post-test with 6 questions

<table>
<thead>
<tr>
<th>Pre Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I feel that my provider offered support in dealing with health problems secondary to cancer.</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
<tr>
<td>2. I feel that the knowledge I have will help me to better handle any future health problems related to my cancer and its treatment.</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
<tr>
<td>3. I feel confident that I have a provider to turn to with future health care needs or questions.</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
<tr>
<td>4. I feel that there is good coordination of care between my oncology specialists and my primary care provider.</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
<tr>
<td>5. I feel confident that I can find the cancer-related resources and information that I will need, specifically related to my condition.</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
</tbody>
</table>
A Prostate Cancer Survivor after completing his visit.
Our First Lung Cancer Survivorship Patient

Fresh out of his survivorship appointment and brimming with information about his health and future plans for follow up!
The patient can continue follow up with his/her regular provider as scheduled. Prostate patients have the option of seeing the NP or MD in this clinic.

To ensure COORDINATION between providers, a copy of the survivorship summary and plan is sent to the patient’s PCP and other care providers, along with a follow up note (including H&P) at the conclusion of the visit.
Looking Forward...

- Expansion of our current program to more cancer types
- Optimizing our services to our patients by creating productive relationships among specialties within OHSU - we have a lot of resources here
- Exploring creation of a Cancer Survivorship (oncology-based) Primary Care Clinic for patients who have a need for a PCP


Thank You!

Amy Leatherwood, MSN, FNP-BC
leatherw@ohsu.edu