

# Improving Continuity of Care After Cancer Treatment through the Use of Survivor Care Plans

Elizabeth Moe

Minnesota Department of Health

Minnesota Cancer Alliance

&

Anna Ourada

American Cancer Society

Minnesota Cancer Alliance

# Today we will talk about

- The Minnesota Cancer Alliance
- Definition of a Cancer Survivor
- Definition of a Cancer Survivor Care Plan
- Benefits & limitation of Cancer Survivor Care Plans
- Available Cancer Survivor Care Plan resources
- Discussion of Cancer Survivor resources in your area

# Minnesota Cancer Alliance

- Coalition of over 85 health care organizations, community-based groups & volunteers
- Founded in 2005, the Alliance was formed to support and implement *Cancer Plan Minnesota*
- Dedicated to reducing the burden of cancer among all Minnesotans

# Bridging the 'gap' ...

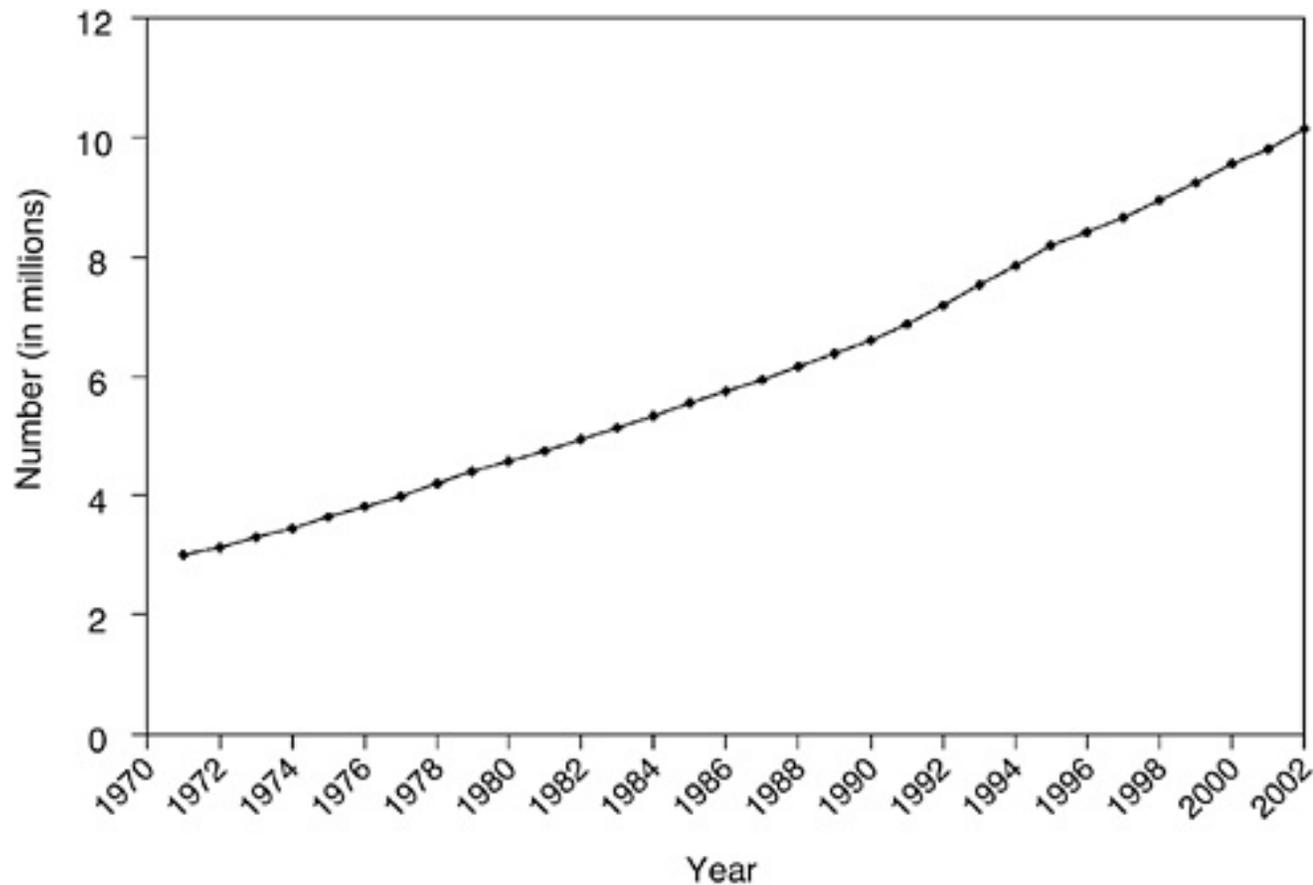
Active Treatment ( ) Post Treatment Survival

*Cancer Survivor Care Plan*

## ***From Cancer Patient to Cancer Survivor: Lost in Transition*** - National Cancer Policy Board 2005

- January, 1971 - 3 million cancer survivors
- January 2008 - 11 million + survivors
- Number of survivors continues to grow
  - Widespread adoption of cancer screening
  - Greater success in treating cancers
  - Aging population

# From 3 to 11 million survivors since 1970



# What is the burden of cancer in Minnesota?

- 24,000 new cases in 2004
- Half of all Minnesotans will be diagnosed with a potentially serious cancer during their lives
- 9,065 cancer deaths in 2006
- 3.5% of Minnesotans (178,000) are living with a history of cancer

# Why is this important?

1. Cancer and its treatment takes a huge toll
  - Physical
  - Emotional
  - Practical
2. Transition from active treatment is critical
  - Survivors quality of life is at risk
  - Later after-affects/side-effects are not recognized
  - Primary care providers need clinical information

# Definition of *Survivorship*

“An individual is considered a cancer survivor from the time of cancer diagnosis through the balance of his or her life.”

National Coalition for Cancer Survivorship  
NCI Office of Cancer Survivorship

# Who are cancer survivors?

Any person who . . .

- has had a diagnosis of cancer
- has completed treatment for cancer
- has lived cancer-free 5 years beyond a cancer diagnosis
- has a history of cancer . . . who eventually dies from something else

# The “Seasons of Survival”

1. **Acute Survival** – diagnosis and initial treatment
2. **Extended Survival** - in remission
3. **Permanent Survival** – equated with “cure”

## How survival 'looks' . . .

- Live cancer-free for many years
- Live long cancer free, but die quickly of a late recurrence
- Live cancer free (first cancer), but develop a second primary cancer
- Live with intermittent periods of active disease
- Live with persistent disease
- Live beyond the date of expected death

# What is a *Survivor Care Plan*?

- Communication tool between the Survivor, Oncologist & Primary Care Physician
- Addresses 3 sets of Issues:
  - **Medical**
  - **Emotional**
  - **Practical**

# Benefits of a Survivor Care Plan

- Cancer recurrences can be caught early
- Preventable conditions may be avoided
- Potentially lethal late effects may be averted
- Psychosocial distress can be addressed
- Quality of life may be improved

# Personal benefits to the survivor

- Empowers the survivor to take charge of their well being and participate fully in the care team
- Lists all important information in one document
- Lets survivors know what after effects/side effects to watch for and guard against
- Lists what follow up is needed and when it is needed

# Barriers to good Survivorship Care

- Lack of awareness among healthcare professionals
- Survivorship falls outside “scope of treatment”
- Limited availability of clinical practice guidelines
- Lack of time/resources to develop individual plans
- Limited public/private financial support

# Essential Components of Survivorship Care

- **Prevention** measures to observe
- **Surveillance** for late effects
- **Intervention** for consequences of cancer
- **Coordination** among care providers

# Resources

- **American Society of Clinical Oncology (ASCO)** – Treatment Plan & Summary and Survivorship Care Plan - [www.ascofoundation.org](http://www.ascofoundation.org)
- **Oncology Nurses Society** – Prescription for Living Plan - [www.nursingcenter.com](http://www.nursingcenter.com)
- **American Cancer Society** – Personal Health Manager – [www.cancer.org](http://www.cancer.org) or 1-800-227-2345
- **Lance Armstrong Foundation** – Livestrong Survivorship Notebook - [www.livestrong.org](http://www.livestrong.org) or 1-866-467-7205
- **OncoLink** – OncoLife Survivorship Care Plan - [www.oncolink.com](http://www.oncolink.com)
- **Minnesota Cancer Resources** Web site – [www.MNCancerResources.org](http://www.MNCancerResources.org)
- **Minnesota Cancer Alliance** – Cancer Plan Minnesota – Survivor Care Plan Project Team - [www.MNCancerAlliance.org](http://www.MNCancerAlliance.org)
- **Institute of Medicine Report** and National Research Council 2006 Report - *From Cancer Patient to Cancer Survivor: Lost in Transition* - [www.iom.edu](http://www.iom.edu)

# Discussion Questions

- What resources to serve survivors are available in your community?
- What approaches or resources might we use?

# Thank you

Elizabeth Moe

MDH / Minnesota Cancer Alliance

[elizabeth.moe@health.state.mn.us](mailto:elizabeth.moe@health.state.mn.us)

651-201-3608

Anna Ourada

American Cancer Society / Minnesota Cancer Alliance

[anna.ourada@cancer.org](mailto:anna.ourada@cancer.org)

651-255-8177