

Abramson Cancer Center



Penn Medicine

From Cancer Patient to Survivor: What's Next?

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Center of Excellence

The Living Well After Cancer Program

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Survivor Defined

- Webster's Definition of a Survivor:
 - “a person regarded as resilient or courageous enough to be able to overcome hardship...”



Profile of Cancer Survivors

- Over 13 million survivors in the US
- Over 20 million survivors globally
- 3 out of 4 families will have at least 1 family member diagnosed with cancer



- Ries et al (eds). SEER Cancer Statistics Review, 1975-2005, National Cancer Institute. Bethesda, MD, http://seer.cancer.gov/csr/1975_2005/, based on November 2007 SEER data submission, SEER web site, 2008.

- ACS, 2007

Needs of Survivors:

Lance Armstrong Foundation LIVESTRONG™ Poll

N=1020

- 53% reported secondary health problems
 - 54% chronic pain
 - 58% sexual dysfunction
 - Relationship difficulties
 - Fertility Issues
 - Fear of recurrence
 - Depression
 - Financial & job related concerns

- Wolff SN, Hichols C, Ulman D, et al. Survivorship: an unmet need of the patient with cancer – implications of a Survey of the Lance Armstrong Foundation (LAF) [abstract]. Proc Am Soc Clin Oncolo 2005; 23(suppl):6032.

So you've completed therapy, now what?

- Frequent Patient Experiences:
 - Fear/Anxiety of disease recurrence
 - Late Side effects
 - Feeling of abandonment
 - Loss of treatment routine and comforts of frequent care
 - Grieving
 - Anxiety returning to work or family obligations
 - Etc...



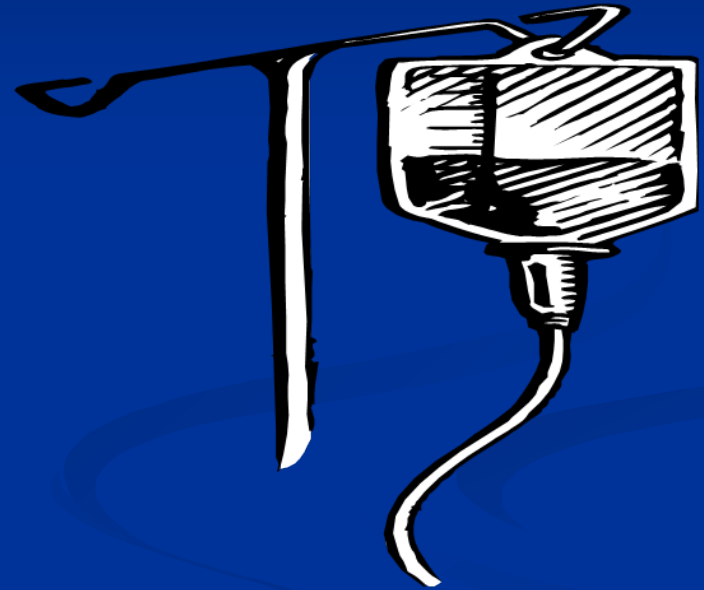
Treatment Side Effects

- Nutritional deficits
- Pain
- Body image alteration
- Fatigue
- Infertility
- Sexual dysfunction



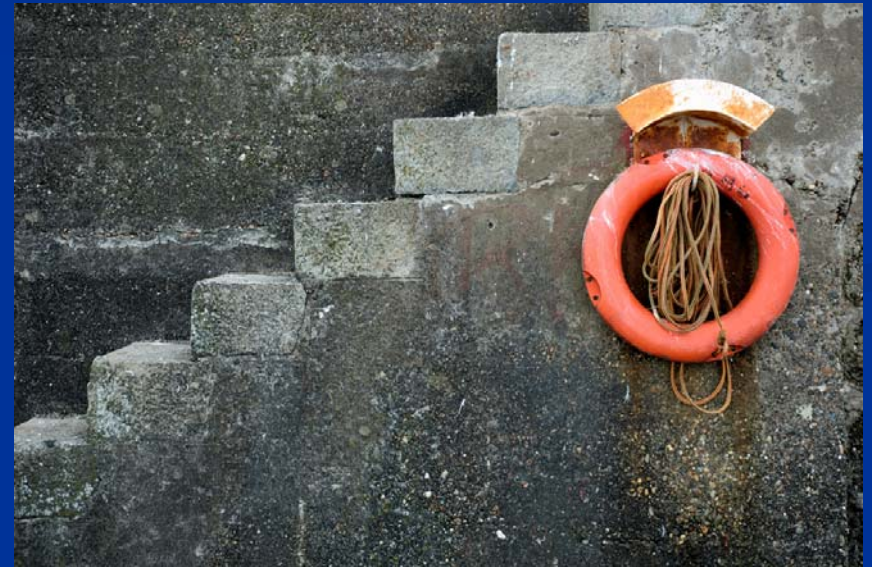
Treatment Side Effects Cont'd

- Peripheral Neuropathy
- Hearing changes
- Osteoporosis
- Cardiac alterations
- Secondary cancers
- Skin changes
- Radiation effects
- Musculoskeletal effects
- Memory alterations
 - “CHEMO BRAIN”



Helpful referrals during and after treatment...

- Genetic Counseling
- Nutrition
- Pain Management
- Social work
- Support Groups
- Physical Therapy
- Rehabilitation



What is a Survivorship Visit?

- Team approach to provide comprehensive health care
- A time for education
- A time for discussion
- A time to reinforce care plans
- A time to make referrals
- A time to complete LIVESTRONG care plan
- A time for YOU!!!



LIVESTRONG™ Survivorship

Center of Excellence

The Living Well After Cancer Program

- 2001 Program established
 - First adult survivorship program in the country
- 2006 LIVESTRONG Survivorship Center of Excellence designation
- Funded in part by:
The Lance Armstrong Foundation

Survivorship Phase of Care

- LIVESTRONG™ Survivorship Center of Excellence
 - Specialized center focused on clinical care, research, & education
 - Survivorship care provided by your primary oncology care practices
 - Ask your oncologist & NP
 - Specialized survivorship clinics
 - Breast, Testicular, GYN, Survivors of Childhood Cancer

Care from Diagnosis through Survivorship

ACC Continuum of Care
Diagnosis ~ Survivorship Care
Provided by Oncology Providers

NP survivorship visits

NP/MD follow-up visits

Treatment Summary &
Survivorship Care Plan

Yearly survivorship visit

Long-term survivors ~
referral to primary care

Recommendations to other providers



LIVESTRONG™ Center at Penn

Treatment Summaries & Care Plans

- Integrated Care Model
 - Survivorship care provided by your oncology team
 - Overarching goal
 - Quality follow-up care
 - Phase of the continuum of care
 - Treatment summaries & survivorship care plans
 - NP initiative

Thank You!

Never Stop
Believing...
You are a Survivor!



Alicia: Cancer Survivor since 12/21/2007

