

# From Cancer Patient to Cancer Survivor: Making the Transition

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LIVESTRONG CARE PLAN

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# I'm a Survivor, Now What?

- Transitioning from “patient” to survivor can be difficult
- Organize and Educate
  - Organize records for easy access
  - Get a treatment summary
  - Learn about late effects and survivorship care plans

# Organize!

- Create a Treatment folder

- Physicians contact information
- Record of treatments (chemo, surgery & radiation)
- Record of radiology studies (dates & where done)
- List of current medications (including vitamins & supplements) & allergies
- Talk to your healthcare team about a treatment summary
- Useful forms at:

<http://www.oncolink.org>



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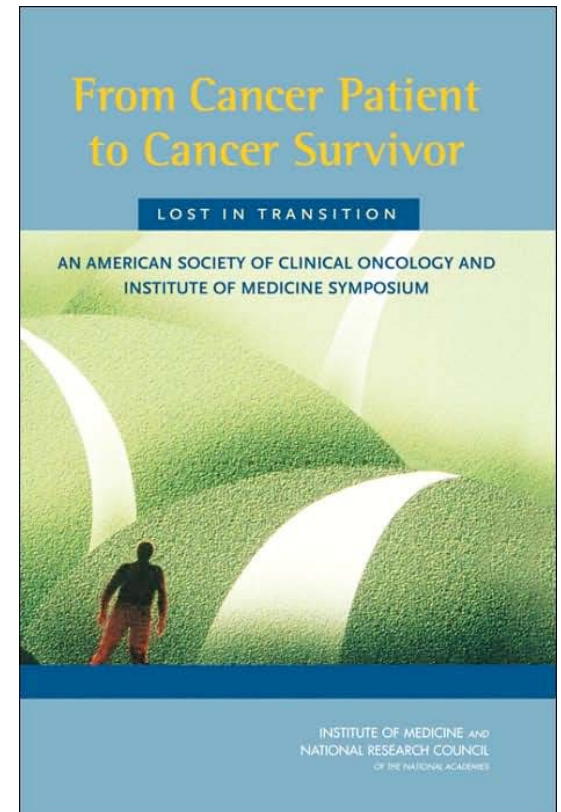


# Educate!

- Some cancer therapies can cause health concerns months to years after therapy
- These are often called late effects
- The risk of developing late effects depends on what therapies you received
- Learn about your risk of late effects with a survivorship care plan

# What is a Survivorship Plan?

- The IOM found that little guidance is available for survivors and their healthcare providers to overcome the medical and psychosocial problems that may arise post treatment.
- Survivors need a plan that outlines possible health risks, psychosocial effects, financial effects and genetic risk related to cancer and cancer therapy
- How to reduce the risk through healthy lifestyle & preventive therapies and monitor for them with your healthcare team
- Referrals for follow up care and resources
- Survivors an “informed care partner”



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- It may feel overwhelming, but remember:
- Some survivors will have no long term effects, some will have many, but most will be somewhere in between
- Empower yourself!

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# What is the **LIVESTRONG** Care Plan?

- Free and easy to use program; on the Internet
- Individualized survivorship care plan based on the IOM recommendations, research and professional recommendations
- Provides information about health risks you may face as a result of cancer therapies, how to decrease their risk and monitor for these effects
- Encourages a review of the plan with their healthcare team to “get specific”
- Empowers patients to become participants in their follow up care.

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# *Did You Know???*

- Only 50% of PCPs reported feeling comfortable being responsible for recurrence surveillance in breast and colorectal cancer survivors
  - 60% uncertain of which tests to order
  - 70% unsure of frequency/ duration of testing
  - 40% unsure of treatment-related side effects
    - Nissen et al. Family Medicine 2007; 39 (7)
- 90% of PCPs were unaware of the IOM report
  - almost half felt unprepared to evaluate the late effects of adult cancer survivors
    - Bober et al., 2009

# What Can a Survivor Do?

- Create a survivorship care plan, discuss it with your oncology team to “get specific”
- Know your follow up plan and stick with it
- Get educated about late effects and report any symptoms to your healthcare team
- Share your survivorship care plan with your primary care physician
- Be an “informed care partner”

# LIVESTRONG Care Plan

- [www.livestrongcareplan.org](http://www.livestrongcareplan.org)
- Answer questions about:
  - Demographic info
  - Treatments received- surgery, drug therapy & radiation
  - What side effects you may be experiencing now

# The Plan



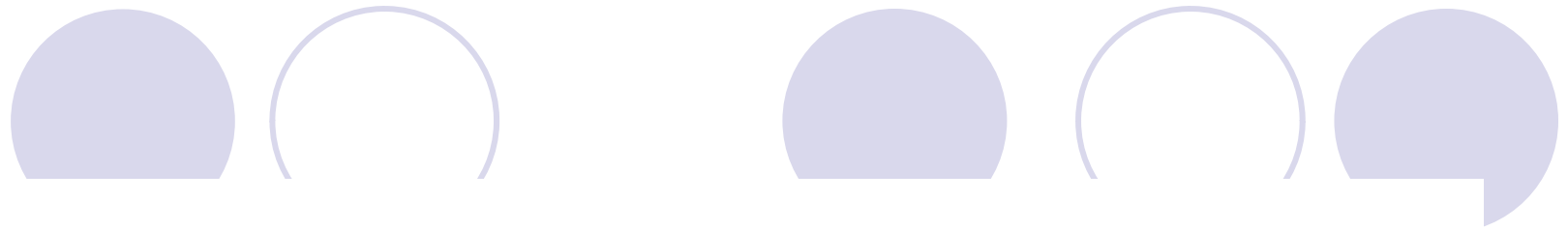
- The answers provided generate a plan that addresses:
  - Importance of coordinating your care
  - Risk of second cancers and need for screening
  - Potential long term side effects
    - Tips to reduce risk or cope with the issue
    - Ways to monitor / symptoms to look for
    - Divided by treatment cause

# What We Have Learned

- Over 10,500 plans have been created to date
- 81% of those have never been offered survivorship information before
- Takes an average 6-7 minutes to complete the questionnaire
- 91% of those completing it said they had the information needed to do so
- 95% of users describe the information as good to excellent
- 97% reported the information was helpful

# What Keeps Us Going...

- Over the years I have tried to research the potential long term complications of my treatment. My research has always ended with incomplete, fragmented information. The report produced by your tool is comprehensive and clear. Thank you for producing this great tool.
- This site is an answer to prayer... thank you!!! Cancer survivorship has been the forgotten child of healthcare. As a survivor, I know that the scariest part of treatment is it's termination. We ask "Now what?" There have been few places to turn for help. On behalf of all survivors, we thank you.



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- <http://www.livestrongcareplan.org/>