

# Advanced Oncology Certified Nurse Practitioner

REVIEW COURSE 2024

**October 10-12, 2024 | Houston, TX**

THE UNIVERSITY OF TEXAS  
**MDAnderson**  
**Cancer Center**

Making Cancer History®

The top of the slide features a dark blue banner with the letters 'AOCNP' in a large, light blue, stylized font. The letters are slightly blurred and have a subtle gradient.

# Cancer Survivorship

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# Agenda

- Define a Cancer Survivor
- Discuss and explain Survivorship
- Survivorship Framework
- Understand the Domains of Survivorship





# Cancer Survivor Definition

*An individual is considered a cancer survivor from the time of diagnosis through the balance of life. There are many types of survivors, including those living with cancer and those free of cancer. The term is meant to capture a population of those with a history of cancer rather than to provide a label that may or may not resonate with individuals.*



# What is Survivorship

- 1985 – Fitzhugh Mullan’s article “Seasons of Survival: Reflections of a Physician with Cancer”
  - Acute survival, Extended survival, Permanent survival
- 1986 – National Coalition for Cancer Survivorship
  - Address survivorship issues
  - *“Living With, Living Through, and Living Beyond”*



# What is Survivorship

- 1971 – President Nixon signs the National Cancer Act
  - ~3 million cancer survivors
  - Currently more than 18 million cancer survivors
  - 2040 – 26+ million cancer survivors and 70% will be 65yoa or older
- 2006 – Institute of Medicine, now National Academy of Medicine
  - “From Cancer Patient to Cancer Survivor: Lost in Transition”
  - The report focuses on the after-treatment care



# Four Essential Components of Cancer Survivorship Care

- Prevention
  - From recurrence, new cancers, late effects of treatment
- Surveillance
  - Cancer spread, recurrence, secondary cancers
- Intervention
  - Related to treatment of cancer
- Coordination
  - Primary oncologists, survivorship providers and local PCP

Cancer Survivorship, 2023

APRNs need to understand these components and their role

# Cancer Survivorship Framework

- NCI in 2020 adopted a multilevel framework
  - Three domains related to cancer and its treatment
  - Two domains related to overall healthcare
  - Four domains related to healthcare delivery
- ASCO, NCCN, ACS
  - Developed separate guidelines and resources
  - Recommendations vary between the groups
  - Guidelines are updated to reflect new evidence





# Domains of Cancer Survivorship Care

## Cancer & Treatment

- Prevention and Surveillance for Recurrence and New Cancers
- Surveillance and Management of Physical Effects
- Surveillance and Management of Psychosocial Effects

## General Health

- Surveillance and Management of Chronic Medical Conditions
- Health Promotion and Disease Prevention

## Health-Care Delivery

- Clinical Structure
- Communication/Decision Making
- Care Coordination
- Patient/Caregiver Experience



# Surveillance for Recurrence

- Guidelines from NCCN, ASCO and ACS
  - Clinical visits
  - Physical Exam
  - Laboratory surveillance
  - Imaging surveillance
- 2024 American Cancer Society
  - 48% new cancers in men
    - Prostate, Lung/Bronchus, Colorectal
  - 51% new cancers in women
    - Breast, Lung/Bronchus, Colorectal



# Surveillance for Recurrence

- NCCN Guidelines
  - Acute Lymphoblastic Leukemia to Wilms Tumor (Nephroblastoma)
  - Virtual library of Guidelines
- ASCO Guidelines
  - Limited guidelines
    - Survivor Guidelines
  - Free APP for iPhone/Android
- American Cancer Society
  - Risk & Prevention, Screening, Diagnosis & Staging, Cancer care, Coping & Survivorship

NCCN, 2024; ASCO, 2024, American Cancer Society, 2024



# Surveillance for Secondary Cancers

- Assessment of family history
- Genetic referrals
- ~20% of survivors develop a new cancer
- AYA population have an increased risk by age 30
- Non-Hodgkin Lymph & Bladder Ca highest risk of 2<sup>o</sup> cancers
  - Most common Lung Ca





# Surveillance and Management of Physical Effects (Late & Long-Term Effects)

- Assessment of symptoms
  - H&P is critical
  - ROS
  - Symptom Survey
    - MDASI



# Surveillance and Management of Physical Effects (Late & Long-Term Effects)

- Head and Neck
  - Vision, Hearing, Speech, Swallowing, Sinus
- Chest
  - Breathing, Breast, Heart
- Abdomen
  - GI distress, Reflux, Liver, GU
- Skin changes, Musculoskeletal, Neuro (PN, memory)



# Surveillance and Management of Physical Effects (Late & Long-Term Effects)

- Referral to support care clinics
  - Alternative Medicine Clinic
  - Cognitive Clinic
  - Integrated Medicine Clinic
  - Lymphedema Clinic



# Surveillance and Management of Psychosocial Effects (Late & Long-Term Effects)

- Assessment of symptoms
  - H&P is critical
  - ROS
  - Symptom Survey
    - MDASI





# Surveillance and Management of Psychosocial Effects (Late & Long-Term Effects)

- Fatigue
- “Brain fog” / Cognitive changes
- Stress
- Anxiety
- Fear of recurrence
- Financial toxicity
- Sexuality
- Family/caregiver relationships
- Post-Traumatic Stress Disorder
- Infertility concerns



# Surveillance and Management of Psychosocial Effects (Late & Long-Term Effects)

- Referral to support care clinics
  - Fatigue Clinic
  - Social Worker Services
  - Psychology Clinic



# Surveillance and Management of Chronic Medical Conditions

- Patients need a Primary Care Provider (PCP)
- Survivorship and Primary Clinics need to establish effective communications
- Medication reconciliation
  - Helps identify chronic medical problems



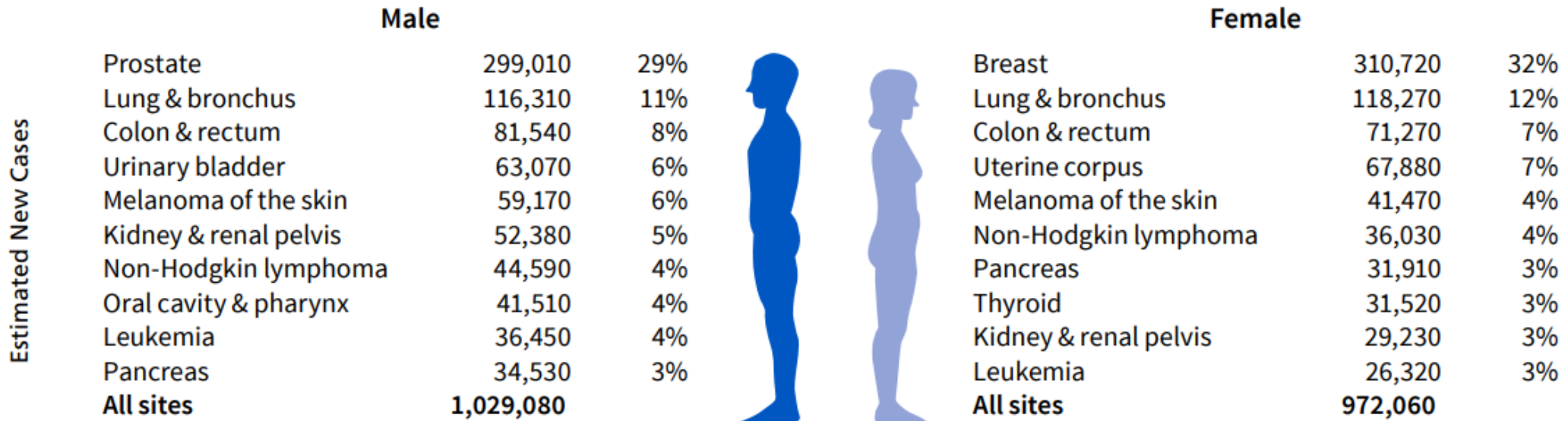
# Health Promotion and Disease Prevention

- Risk reducing strategies
  - Weight management
  - Smoking cessation
  - Decrease alcohol consumption
- Vaccinations
  - FLU
  - Pneumonia
  - COVID
  - HVP
- Infectious Disease Screenings
  - HIV
  - Hepatitis B
  - Hepatitis C





# New Cancer Cases – 2024 Estimates



American Cancer Society, 2024



# Health Promotion and Disease Prevention

- Age specific prevention screening
  - Annual Exam w/PCP
  - Bone Mineral Density
  - Colonoscopy
  - Gyn Screening
  - Mammogram/Breast Screening
  - Prostrate Screening
  - Skin Screening



# Contextual Domains of Health-Care Delivery

- Clinical Structure
  - In-person clinic v Telemed Clinic
  - Specialty Care services
  - Allied Healthcare services



# Contextual Domains of Health-Care Delivery

- Communication/Decision Making
  - Engage patient/caregiver in the plan of care
  - Survivorship care plan





# Contextual Domains of Health-Care Delivery

- Care Coordination
  - Effective communication
    - Primary Oncology
    - Survivorship Team
    - PCP



# Contextual Domains of Health-Care Delivery

- Patient/Caregiver Experience
  - Press Ganey Scores
  - STAR Ratings



# Pearls for the Road

- Early Detection is Key
- Lifestyle changes should be the focus
- Primary Care Provider Relationship
- Survivorship Provider Relationship
- Effective Communication and Teaching
  - Patient and Caregiver
  - Primary Care Provider
  - Primary Oncology Provider



Questions



AOCNIP



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**Thank you!**

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