Recognition of the need for well thought-out survivorship care plans is growing. In 2005, the Institute of Medicine reported on the lack of coordination of care when patients transitioned to primary care; in 2012, the Commission on Cancer added the provision of a survivorship care plan to cancer program standards. How successful have these plans been? During this session, you’ll hear perspectives from oncology and primary care providers as well as cancer survivors. You’ll watch videos of live interviews that compare and contrast the community and academic experience. After an interactive discussion on best practices and survivorship care experiences, you’ll come away with ideas to extend the care you provide.

Content Area: Clinical Practice

Content Level: Intermediate

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Nothing to Disclose

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Full Disclosure:
Nothing to Disclose

Objectives:
At the end of this session, participants will be able to:
1. Critically appraise the current status of survivorship care plan initiatives in community and academic settings.
2. Generate potential strategies to enhance effectiveness of survivorship care plans to meet survivors’ needs.

Content Outline:
1. Brief overview of rationale for implementation of survivorship care plans
   A. Institute of Medicine Report 2005
   B. Commission on Cancer Provision 2012
   C. Components of Survivorship Care Plan
   D. Examples of available software

II. Oncology HCP perspective
   A. Care plan content
   B. Timing of implementation
   C. Team member(s) responsible for creating and providing the care plans
   D. Success to date
   E. Barriers to success

III. Survivors’ experience with survivorship care plans
   A. Timing of implementation
   B. How the care plan was shared
   C. HCP involvement
   D. What worked well?
   E. What was lacking?
   F. Suggestions for improvement

IV. Primary care HCP perspective
   A. Method of communication of care plan from oncology practice
   B. Value of current content
   C. Success to date
   D. Barriers to success

V. Facilitated group discussion
   A. Examples from audience regarding successful plans vs. opportunities for improvement
   B. Examples from audience regarding other survivors’ experiences
   C. Q & A

Bibliography:
Abramson Cancer Center of the University of Pennsylvania. Retrieved from www.oncolink.org


**Introductions and Session Impetus**

Underlying questions:
- Are Survivorship Care Plans (SVPs) meeting survivors’ needs?
- Are SVPs providing pertinent information to Primary Care Practitioners?
- What is the role of the Oncology Practitioner in the development and dissemination of SVPs?

*Sprague, Dittus, Pace, et al. (2013)*

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**Why Survivorship Care Plans?**

- Ranks of cancer survivors are 10 million strong and growing.
- Projected number of cancer cases from 2000-2050 age 65 and older diagnosed with cancer is expected to double.
- 66% of adults diagnosed with cancer are expected to live 5 or more years after diagnosis.

/http://cancercontrol.cancer.gov/OCS/prevalence/prevalence.html#survivor

*Centers for Disease Control and Prevention (2004)*

*American Cancer Society (2013)*

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**Institute of Medicine Report 2005**

- Establishes cancer survivorship as a distinct phase of the trajectory of cancer care.
- Cites Shortfalls in the care currently provided to 10 million cancer survivors.
- Cancer becomes a chronic illness and unmet needs encompass areas of:
  - psychological distress
  - sexual dysfunction
  - infertility
  - impaired organ function
  - cosmetic changes
  - limitations in mobility, communication and cognition

*IOM (2005)*

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**IOM Report Priorities**

2) Define quality health care for cancer survivors and identify strategies to achieve it.
3) Improve the quality of life of cancer survivors through policies to ensure their access to psychosocial services, fair employment practices and health insurances.

*(IOM, 2005)*

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**American College of Surgeons-Commission on Cancer Provision 2012**

Standard 3.3 Phase in for 2015
Survivorship Care Plan
- The purpose of this standard is for cancer programs to develop and implement a process to monitor the dissemination of survivorship care plans as part of the standard care for patients with cancer.
- This process is implemented, monitored, evaluated and presented annually to the cancer committee.

*AACS (2013)*

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**Quality Oncology Practice Initiative (QOPI)**

- Added a provision of a cancer care plan as one of performance standards.

*www.qopi.asco.org*
**Essential Components of Survivorship Care: IOM Recommended Elements:**

- Prevention of recurrent and new cancer, and of late effects.
- Surveillance for cancer spread, recurrence or a second cancer.
- Assessment of medical and psychosocial late effects.
- Intervention for consequences of cancer and treatment.
- Coordination between specialists and primary care providers to ensure all survivors’ needs are met.

(IOM, 2005)

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**IOM Specific Recommended Components**

**Essential components of a survivorship care plan**

- Cancer type, treatment received and potential consequences
- Specific information about the timing and content of recommended follow up
- Recommendations regarding preventative practices and how to maintain health and well being
- Information on legal protection regarding employment and access to health insurance
- Availability of psychosocial service in community

(IOM, 2005)

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**National Comprehensive Cancer Network (NCCN): Publishes Guidelines for:**

- Treatment of cancer by site
- Detection, prevention and risk reduction
- Providing survivorship care- including assessment tools and resources for:
  - anxiety/depression
  - cognitive function
  - exercise
  - fatigue
  - immunizations/infections
  - pain
  - sexual function
  - sleep disorder

www.nccn.org

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**Oncology Healthcare Provider Personal Perspective**

- Templates not presently being utilized
- Task force committee formed to look at all aspects of developing and implementing survivorship care plans at our institution
- Review of present templates and also available software
- Focus groups with survivors and local primary care providers regarding their input

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**Oncology Perspective: Challenges**

- Care plans are endorsed (Boozer, et al., 2006)
- Less consensus as to who should prepare and deliver care plans, and timing of delivery along the continuum of care (Virgo, et al., 2011)
- A variety of survivorship care plan templates are available but evaluation is lacking (Shek, et al., 2009)
- Lack of clarity as to which components are most useful to the intended recipient (Kantsiper, 2009)
Oncology Perspective: Care Plan Content

- Focus groups for survivors and providers were conducted to elicit what information is most important to each entity

(Mayer, D., Gerstel, A., Leak, A., Smith, S. (2012))

Survivor Focus Group Care Plan Content

- Easy to read format, font and language
- Front page to include contact information of all involved providers
- Diagnosis and stage of cancer
- Treatment plan
- Unresolved issues or complications
- Suggested questions to ask primary care provider
- Information about health promotion
- Local resources

(Mayer, et al., 2012)

Primary Care Provider Focus Group Care Plan Content

- Concise
- Easy to read format
- No more than 2-3 pages
- Diagnosis/stage
- Treatment
- Surveillance plan and who is responsible for what
- List complications experienced or unresolved problems
- Potential long term or late effects
- Relevant references

(Mayer et al., 2012)

Oncology Perspective: Timing of Implementation

- IOM recommends delivery of survivorship care plan at first follow up visit after active treatment ends
- Increased ongoing written communication was identified as important, beginning at time of diagnosis and treatment planning, not just at end of treatment (Mayer, et al., 2012)

Oncology Perspective: Team Members

- Many facilities support the role of RN and mid level provider in preparation and completion of survivorship care plan
- Evaluation of a cancer survivorship protocol:
  - Plan developed collaboratively by NP, medical oncologist and RN's
  - used ASCO template
  - Provider time to complete required completion of care plan ranged from 40-75 minutes
  - NP reviewed the prepared care plan with survivor at a dedicated visit lasting 60 minutes
  - Survivors reported improved knowledge and the PCP reported plans as helpful

(Curcio, K., Lambe, C., Schneider, S., Khan, K. (2012))

Oncology Perspective: Success to Date

- Evaluating survivorship care plans effectiveness is difficult because many of goals are not immediate (Salz, 2012)
- Survivors reported improved knowledge and found SCP helpful (Curcio, 2012)
- Survivor reactions: care plans helped them understand the expectations and recognize their responsibility in health care maintenance and PCP's indicated that SCP should be promoted to benefit the survivors and the teams involved in their care (Miller, 2008)
Oncology Perspective: Barriers to Success

- Primary source treatment records difficult to obtain, leaving critical gaps in completion of survivorship care plan
- Obtaining records can be time consuming
- Care plan time consuming to complete and deliver
- Many template choices but not sure which meets the needs of the survivor and the primary care physician recipient


Oncology Perspective: Barriers to Success

- Choosing a format and finding the time, personnel and resources to complete the plan are major challenges.
- Oncology nurses willing to complete plans and feel capable of this but time and methods of adequate time reallocation and reimbursement are lacking.
- Fewer than half (45%) of NCI designated cancer centers, in 2012, were delivering SCP to breast and colorectal cancer survivors. Of those, none delivered care plans that encompassed all the recommended components by the IOM (Sals, et al., 2012).

Oncology Perspective: Barriers to Success

- Not all medical oncologists and primary care physicians agree on a model as to how cancer survivors should be cared for and followed up (Potosky, et al., 2011)
- PCP’s indicate with appropriate information, guidance and efficient process for re-referral, they would be able to assume a greater responsibility (Jokanovic, et al., 2013)

Oncology Perspective: Barriers to Success

- Reimbursement limited
  - Cancer Advocacy
  - Planning Actively for Cancer Treatment Act (HR2477)
  - Assuring and Improving Cancer Treatment Education and Cancer Symptom Management Act of 2008 (HR 5585)

www.canceradvocacy.org

Survivors’ Experience with Survivorship Care Plans

Video Vignettes:
- Lorna
- Adrea

Primary Care Practitioner Perspective of Survivorship Care Plans

Video Vignettes:
- Rita Hyde, MD
- Jennifer Hammons, PA
Resources:

- ONS Survivorship, Quality of Life, and Rehabilitation Special Interest Group (SIG)
- Book: Implementing Cancer Survivorship Care Planning

A National Coalition for Cancer Survivorship and Institute of Medicine, National Policy Forum Workshop, The Lance Armstrong Foundation and the National Cancer Institute, (2007)

Group Discussion

Examples of:

1) Successes
2) Opportunities for Improvement
3) Challenges
### Available Survivorship Care Plan Templates

<table>
<thead>
<tr>
<th>Organization</th>
<th>Description</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Society of Clinical Oncology (ASCO)</td>
<td>Care plan template guidelines for breast/colorectal cancer</td>
<td><a href="http://www.asco.org/treatmentsummary">www.asco.org/treatmentsummary</a></td>
</tr>
<tr>
<td>Journey Forward</td>
<td>Tools for developing care plans based on ASCO recommendations</td>
<td><a href="http://www.journeyforward.org">www.journeyforward.org</a></td>
</tr>
<tr>
<td>LIVESTRONG Care Plan</td>
<td>Patient can develop care plan and review with healthcare team</td>
<td><a href="http://www.livestrongcareplan.org">www.livestrongcareplan.org</a></td>
</tr>
<tr>
<td>Prescription for Living</td>
<td>Downloadable care plan template</td>
<td><a href="http://www.nursingcenter.com/ajncancersurvivors">www.nursingcenter.com/ajncancersurvivors</a></td>
</tr>
<tr>
<td>Memorial Sloan-Kettering Cancer Center</td>
<td>Downloadable treatment summary and care plan</td>
<td><a href="http://www.oncolink.org">www.oncolink.org</a></td>
</tr>
<tr>
<td>National Comprehensive Cancer Network (NCCN)</td>
<td>Requires log-in, but is free; Disease-specific treatment follow-up guidelines</td>
<td><a href="http://www.nccn.org">www.nccn.org</a></td>
</tr>
</tbody>
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