



THE SURVIVORSHIP CARE PLAN

A GUIDE FOR YOUR JOURNEY

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WHY IS THIS A TOPIC OF DISCUSSION NOW?

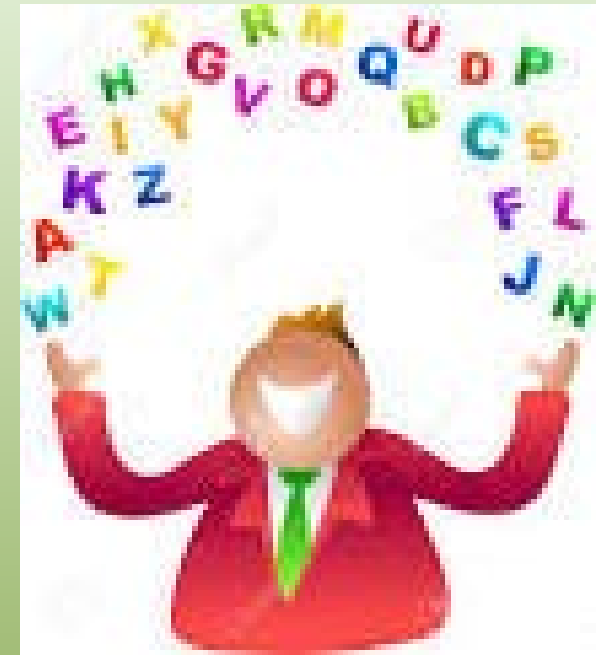
Or the alphabet soup of cancer care...

IOM—Institute of Medicine

CoC—Commission on Cancer

NAPBC—National Accreditation Program for Breast Centers

NCI CCC—National Cancer Institute-designated Comprehensive Cancer Center



IOM RECOMMENDATION

Recommendation 2: Patients completing primary treatment should be provided with a comprehensive care summary and follow-up plan that is clearly and effectively explained.

Such a care plan would summarize critical information needed for survivors' long-term care:

- Cancer type, treatments received, and their potential consequences
- Specific information about the timing and content of recommended follow-up
- Recommendations regarding preventive practices and how to maintain health and well-being
- Information on legal protections regarding employment and access to health insurance
- The availability of psychosocial services in the community.

Hewitt, et al., 2006



SO WHAT IS A SURVIVORSHIP CARE PLAN?

A cancer survivorship care plan is a two-part document designed to be given to a patient at the end of initial cancer treatment

It should include:

- 1) a cancer treatment summary
- 2) a follow-up plan



CANCER SUMMARY

This should include the following:

- 1) details about your cancer
- 2) description of your treatments
- 3) symptoms experienced at end of treatment



FOLLOW-UP PLAN

This should include the following:

- 1) schedule of follow-up appointments
- 2) surveillance tests and contact information of responsible health care provider
- 3) symptoms to report to your team
- 4) PCP responsibilities
- 5) cancer screening recommendations for your family, if appropriate
- 6) list of potential late and long term effects from your treatments





WHY DO I NEED THIS?

Factors involved:

- The phenomenon of hearing YOU HAVE CANCER
- Heightened activity while on treatment
- Time afterward to process experience and wonder WHAT NEXT???
- Motivation to live healthier and keep cancer away



HOW DO I GET ONE?

All hospital systems with accredited cancer programs are expected to begin survivorship care plan delivery

Ask your cancer care team if they are involved in this

Different products and templates are available





THE REST OF THE STORY

Or how to keep this from being just another piece of paper...

- 1) Review it with one of the members of your cancer team who was involved in developing it
- 2) Some of these can be updated as your situation changes—ask if yours can be
- 3) Please give your feedback—formally and/or informally
- 4) Share with your primary care provider
- 5) Become part of the process



BACK TO THE FUTURE



OR "THERE IS AN APP FOR THAT"

An opportunity for creative uses of technology/newer models of care:

Skyping

Telehealth

Smartphone apps

Group visits



IN CONCLUSION



ODE TO THE CANCER SURVIVOR
WITH MY APOLOGIES TO DR. SEUSS!



MY THANKS!



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