Cancer Survivorship for Primary Care

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Cancer Survivorship

• Varying definitions
  – Begins at moment of diagnosis throughout remainder of life
  – Sometimes viewed to start once active treatment phase has finished
Scope

• Estimated 15 million cancer survivors in the United States

• Lifetime risk of cancer
  – 50% for men
  – 33% for women

• 66% of those diagnosed today will be alive in 5 years
Components of survivorship care

- **Prevention** of new/recurrent cancer as well as late effects of treatment
- **Surveillance** for recurrence or new primary cancers
- **Intervention** for problems related to cancer as well as effects of treatment
- **Coordination** between various providers
Models of Survivorship care

• Oncology specialist care
• Multidisciplinary clinic
• Disease specific clinic (Breast, Transplant)
• Consultative survivorship clinic
• Shared-care
Survivorship care plan

- Usually completed at the end of curative or adjuvant treatment
- Serves multiple purposes
  - Record for the patient
  - Opportunity for teaching and clarifying
  - Screening for psychosocial and intimacy problems that may be missed in the details of a regular visit
  - Improve communication with pt’s other providers
  - Reduce duplicated or omitted screenings
• COC mandated by 2015 to maintain accreditation
• Summary of diagnosis and treatment details
• Includes surveillance and follow-up plan for the next 5 years
• Should delineate which provider is ordering and following up on which tests
• Multiple templates available online
Common problems in cancer survivors

- Depression/anxiety/insomnia
- Pain
- Fatigue
- Peripheral neuropathy
- Cognitive dysfunction
- Dental problems
- Premature bone loss
- Lymphedema
- Infertility/intimacy problems
Potential late effects of cancer related treatment- by system

- Bone- atrophy/fibrosis, bone loss
- CV- Scarring, inflammation, CHF
- Dental- ONJ, dry mouth, caries
- Endocrine- Thyroid dysfunction, DM, premature menopause, testosterone deficiency
- GI- malabsorption, stricture, motility
- GU- Bladder scarring, ↓capacity, chronic cystitis
Top 5 according to patients

- 17,000 cancer patients surveyed by ACS
  - Fear of recurrence
  - Fatigue
  - Concern about relapse
  - Fears about future
  - Sleep disturbance

- Mostly psychosocial!

- Even at 11 years from dx, 30-40% of respondents reported each of the above
How can we aid the process?

- Clarify the roles and responsibilities of each provider
- Communication between providers
- Include the patient in the process
- Survivorship care plans
References