What are Cancer SURVIVORSHIP Care Plans?

Cancer Survivorship Care Plans (SCP)s are a method of tracking important information about diagnosis and treatment, serving as guides for the future health of the cancer survivor.

Stage 1: LIVING WITH CANCER
Cancer Survivorship Care Plans (SCP)s development begins following the new diagnosis of cancer, when an oncologist is selected to manage cancer care

- Diagnosis of cancer is usually identified by the primary care physician
  - Referral to a surgeon, a medical and/or radiation oncologist
  - Choosing a treatment facility to extend survival and maintain quality of including: Commission (CoC) of the American College of Surgeons accredited hospitals; National Cancer Institute (NCI) designated cancer centers; Association of Community Cancer Centers members
  - Quality cancer treatment strives to both extend survival and maintain quality of life

- Cancer treatment may include:
  - Surgery
  - Chemotherapy
  - Hormone therapy
  - Immunotherapy
  - Targeted therapy
  - Bone marrow transplantation

- In cases of advanced cancer, where prognosis is poor and effective curative treatment may not be available:
  - Palliative care centers on discussions among the cancer survivor, family, and doctors about goals of care, advanced care planning, and hospice
  - This conversation should begin before the individual is too ill to participate

Stage 2: LIVING THROUGH CANCER
Cancer Survivorship Care Plans (SCP)s address the issues after the primary curative treatment ends when most cancer survivors transfer to the recovery phase of survivorship

- Regular medical care following primary cancer treatment is very important because the effects of treatment may linger and risk of recurrence exists

- Patients and their primary care providers should be given a survivorship care plan (SCP) that is developed by the Oncology team. The foundation of the Survivorship Care Plan (SCP) includes comprehensive treatment summary information:
  - Type of cancer
  - Stage and date of diagnosis
  - Specific treatments and dates
  - Complications such as side effects of treatments and hospitalizations
  - Recommended supplemental therapy such as long term Tamoxifen or Arimidex or other hormone blocking therapy

- Survivorship Care Plans (SCP)s should be tailored to each individual and contain a schedule of:
  - Follow-up medical visits
  - Cancer screenings
  - Vaccinations
  - Who will perform them
  - Symptoms that may be a sign of cancer recurrence
  - Potential long-term treatment effects and their symptoms
  - Behavior recommendations to promote a health recovery
  - Community resources

Stage 3 Continued on back...
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**Stage 3: LIVING BEYOND CANCER**

*Cancer Survivorship Care Plans (SCP)*s should address long-term survivorship from cancer, which can be stressful, as well as, hopeful.

- During this time the Cancer Survivor is making adjustments to find a “New Normal” in these areas of life:
  - Physical
  - Emotional
  - Social
  - Spiritual

- **Cancer Survivorship Care Plans should address common survivorship issues that are most important during this stage:**
  - Quality of life (QoL)
  - Risk of recurrence
  - Subsequent new cancers
  - General health behaviors

- **QoL is a broad concept that encompasses a person’s physical, social and spiritual well-being.**
  - Surveys have found that cancer survivors experience a decrease in QoL:
    - > 25% due to physical problems
    - > 10% due to emotional problems

- **Although QoL may decline considerably during and immediately after cancer treatment:**
  - Majority of individuals with 5 or more years disease-free cancer survivorship report a QoL similar to those with no history of cancer.

- **Other prominent concerns of cancer survivors are:**
  - Risk of recurrence of the original cancer
  - Development of a second new cancer
  - Actual recurrence is dependent on the type, stage and treatment for a specific cancer

- **Maintaining healthy behaviors are important strategies to reduce risk of recurrence and increase survival such as:**
  - Diet and nutrition
  - Maintaining healthy weight
  - Physical activity
  - Avoiding tobacco
  - Avoiding alcohol

*Reference:*

*American Cancer Society: Cancer Treatment and Survivorship Facts & Figures 2014-2015. Atlanta; American Cancer Society; 2014*

Additional West Texas Cancer Survivors Network- *Phase 2 Fact Sheets* will address strategies for

- **DIET AND NUTRITION**
- **MAINTAINING HEALTHY WEIGHT**
- **PHYSICAL ACTIVITY**
- **QUALITY OF LIFE**