Living Well Beyond Cancer

Supporting self-management in the post-treatment phase of cancer

ACMDTT 2017
Amanda Jacques
mRT(T), BSs, MA
Objectives

• Discuss the “Transitions Project” for Cancer Control Alberta
• Discuss the “Post-Treatment” phase of cancer
• Discuss common issues of cancer survivors
• Describe helpful interventions
Transitions Project

Goals:
• Enhance the patient experience at the end of treatment
• Use Patient Reported Outcomes (PROs) to guide system change
• Help connect patients with resources and support
• Empower patients to self-manage
• Increase capacity in our cancer clinics
The “Post-Treatment” Phase

Will the Cancer Come Back?
Returning to Work
Cancer-Related Fatigue
Sexuality
Follow Up
Difficult Emotions
Enhancing the Patient Experience
Patient Voice: Cancer Transitions

https://www.youtube.com/watch?v=IArgMw53Gag&index=12&list=PLi1tOF1l5ZoUFt61X8KxkCGE4PYl92wNB
Patient Reported Outcomes (PROs)

Using the patients experience to shape our system.

• Ambulatory Oncology Satisfaction Survey
• Transitions Survey
• Putting Patients First
PROs: Putting Patients First

https://www.youtube.com/watch?v=OKliXH2YPRg&list=PLi1tOF1I5ZoUFt61X8KxkCGE4PYl92wNB&index=14
PRO: #1 Cancer-Related Fatigue
MACRO: FATIGUE/TIREDNESS

612
7-10 ESAS 18%

975
4-6 ESAS 28%

1909
0-3 ESAS 54%

Screens with Tiredness score completed = 3496
Screens with out any score for Tiredness = 285
Total Screens in ARIA = 3781
PRO: #1 Cancer-Related Fatigue

• Provincial Guideline – Patient Resource
PRO: #1 Cancer-Related Fatigue
PRO: #1 Cancer-Related Fatigue

https://www.youtube.com/watch?v=GM_KXqqnV7E&index=2&list=PLi1tOF1I5ZoUFt61X8KxkCGE4PYI92wNB
PRO: #2 Returning to Work

https://www.cancerandwork.ca/
PRO: #3 Understanding My Follow Up

Who
What
Where

When
Why
How Often
System Change: Information Sharing
System Change: Transitions Model

• Who can be transitioned to primary care?

• Who does CCA do cancer follow up for?
  – When can these people be transitioned to primary care

• How can we help patients navigate these transitions?
Finishing treatment?

Patient Self management resource

Transition To Primary Care

CCA follow up/shared care

CCA will do surveillance for reoccurrence
PC will do other CA screening and symptom management

NFR

Patient transfer of care letter
Primary care transfer of care

Invite patient to a LYBL 6-18 months post Tx

Book into the Transitions Class

www.albertahealthservices.ca
PRO: #3 Understanding My Follow Up

Family Doctor Letter

Patient Letter
My Follow Up – Patient Self-Management

Self-Management Patient Resources:

- Breast
- Prostate
- Colorectal
- Testicular
- Cervical
- Endometrial
- Lymphoma
- Mouth Care (HN)
- General
PRO: #3 Understanding My Follow Up

Transitions Class

– Encourages appointment with Family Doctor after treatment is done
PRO: #3 Understanding My Follow Up

Transitions Class

• Help people navigate their individual needs, as they happen
  – Returning to Work
  – Difficult Emotions
  – Sexuality
  – Anxiety & Depression
  – Rehabilitation
PRO: #4 Dealing with Difficult Emotions

- Happiness
- Depression
- Anxiety
- Stress
- "New Normal"
- Talking about Cancer
PRO: #4 Dealing with Difficult Emotions

Living Your Best Life With and Beyond Cancer!
PRO: #4 Dealing with Difficult Emotions

- Spring and Fall events 2015 & 2016
- 947 people attended
- Poor geographical access
PRO: #4 Dealing with Difficult Emotions

Health Care Provider Online Resource

This video is a resource you can use with your patients, families and care teams. It covers tips about how patients can live their best life despite having gone through cancer treatments. The video contains advice from experts on ways patients can improve their life after cancer. The full 1-hour (60 min) video can be watched by clicking on the icon to the left. Or, specific sections can be viewed below.

Patient Online Resource

Living Your Best Life With and Beyond Cancer: Video Series

This video is part of the Cancer Transitions series from CancerControl Alberta. This video contains presentations from 3 health care professionals and a cancer survivor. Dr. Nicole Culise-Reed is a researcher looking at physical activity for cancer patients and survivor. Dr. Kevin Wallace is a psychologist exploring what it means to "Live Well" using positive psychology. Dr. Dean Feather is an oncologist talking about the potential late and long-term effects of a cancer diagnosis and treatments. Mike Lang is a cancer survivor and shares his personal story of living well through, and beyond cancer.

How to use these videos:
- You can watch these videos back-to-back, or one at a time.
- If one topic is more interesting to you, start there.
- If you’d like to watch the whole video, and hear Mike Lang’s personal story with cancer as it relates to each section, click on the “Whole LIFE Video” below.
Living Your Best Life With and Beyond Cancer

https://www.youtube.com/watch?v=vDYu1QLz36c&index=10&list=PLi1tOF1I5ZoUFt61X8KxkCGE4PYI92wNB
Additional Living Well Videos

**Nutrition**

Caitlin Hill, RD
Clinical Dietician, Tom Baker Cancer Centre, Alberta Health Services

**Sleep**

Dr. Sheila Garland
Assistant Professor, Department of Psychology, Memorial University of Newfoundland

**Brain Fog**

Dr. Greg Lucier
Emeritus Professor of Neuroscience, Cumming School of Medicine, University of Calgary
In Conclusion

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