



Advancing Cancer Care Today

SURVIVORSHIP CARE: IMPLEMENTING THE ESSENTIALS PROGRAM SUMMARY

At the conclusion of this program, participants should be able to discuss the importance of survivorship care, describe the needs of survivors, define the essential elements of survivorship care, and understand available resources for implementing survivorship care in practice.

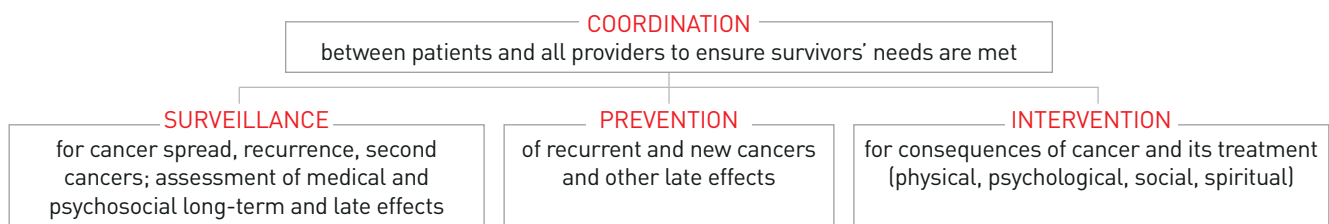
◆ KEY POINTS OF THIS PRESENTATION

Cancer survivorship can be broadly defined as a journey a person takes from the moment of diagnosis onward; understanding each stage, or “season,” can assist clinicians in addressing the specific needs of patients at various points in their experience.

The number of cancer survivors continues to increase due to the aging and growth of the population and improvements in survival rates.

Quality survivorship care is essential to help improve patient outcomes and quality of life for an ever-growing survivor population.

According to the Institute of Medicine (IOM), quality cancer survivorship care involves the provision of 4 components that facilitate access to comprehensive and coordinated care:



Models of survivorship care are evolving and are related to the type of setting, staffing resources, and survivor populations served.

Essential (consensus) elements of care that all models must provide access or referral to include:

- Symptom management and palliative care
- Screening for new cancers and surveillance for recurrence
- A survivorship care plan (SCP), psychosocial care plan, and treatment summary
- A strategy that addresses care coordination with PCPs and primary oncologists
- Health promotion education

Additional, essential care elements that all models should provide access or referral to for high-need patients and to all patients when possible include:

- Late effects education and rehabilitation
- Comprehensive medical assessment
- Psychosocial assessment and care
- Transition visit and cancer-specific transition visit
- Family and caregiver support
- Patient navigation
- Nutrition services, physical activity services, and weight management
- Educational information about survivorship and program offerings