

Metastatic Cancer Survivorship Care

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November 2021

**There is a
“can” in cancer
because we can
beat it.**



Cancer may have started
the fight, but I will finish it.

**I survived
because the fire
inside me burned
brighter than
the fire around me.**

-Joshua Graham



*Be
Strong
and
Fight
On*

“
**People want to
hear about
success stories,
survival stories.**
”



Katherine O'Brien, 53, advocate with the Metastatic Breast Cancer Network, founded for support and education in 2004.

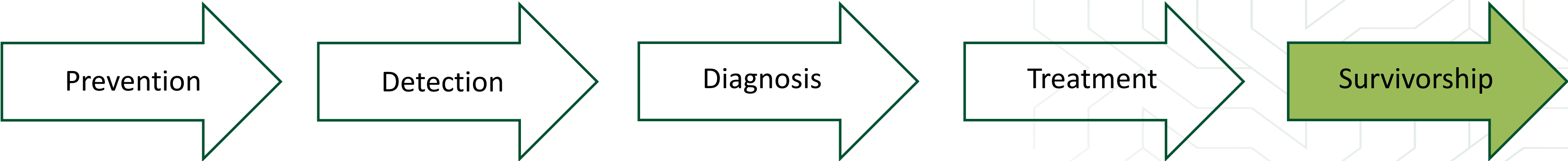
Defining a cancer “survivor”

An individual is considered a cancer survivor from the time of diagnosis, through the balance of his or her life.

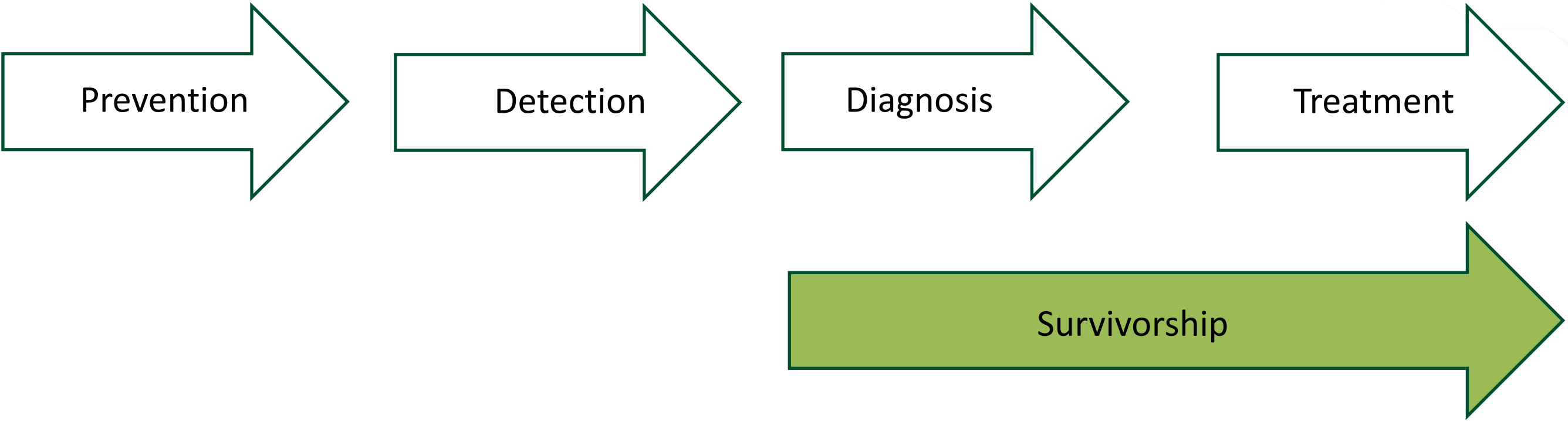
Family, friends, and caregivers of those affected by cancer are also part of the survivorship experience.

Cancer care continuum

Past



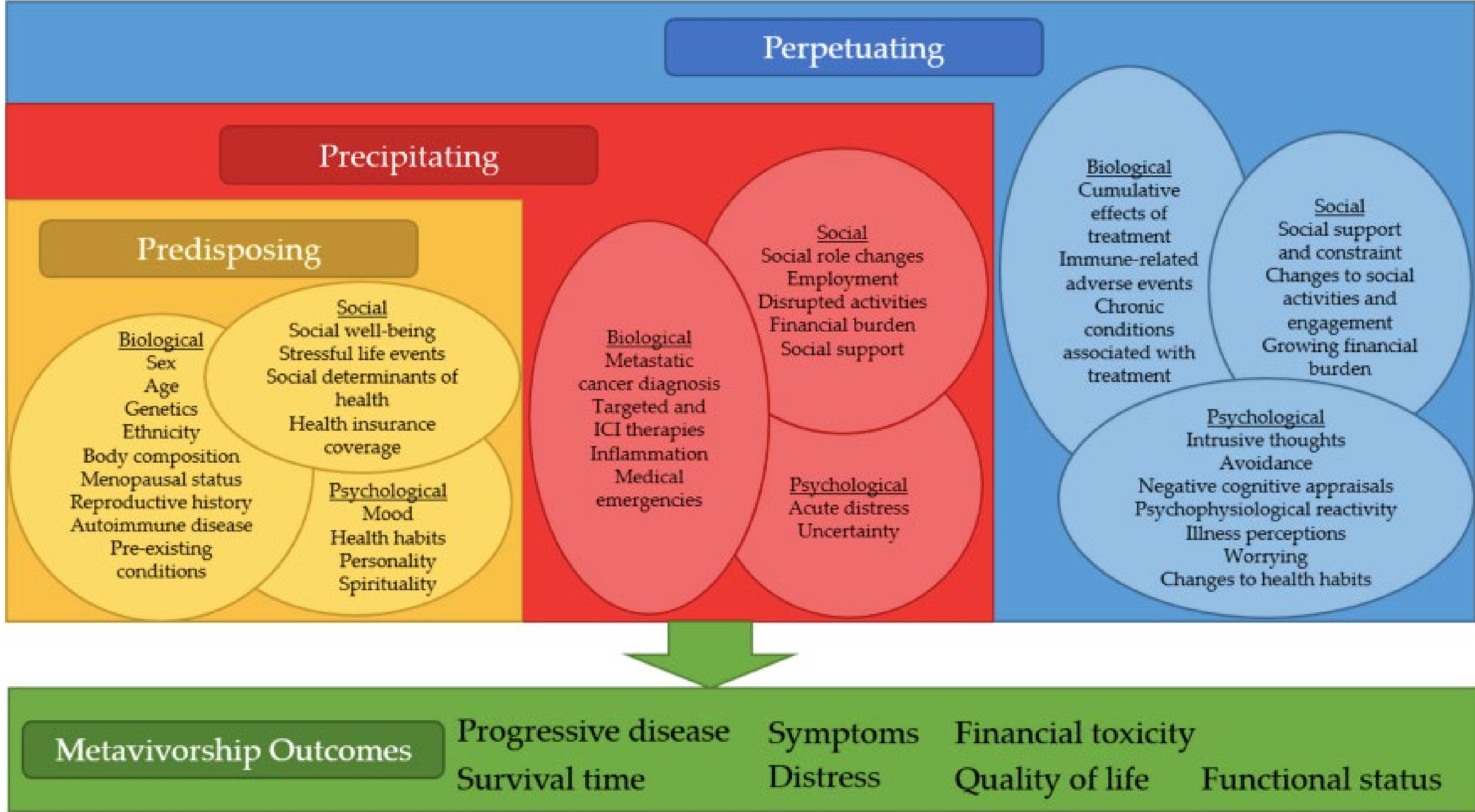
Current/evolving



Metastatic cancer survivor

- People living with cancer as a chronic and terminal illness
- Metavivor – metastatic breast cancer cancer survivor

Metastatic cancer survivor



Metastatic cancer survivorship issues

- Physical, emotional, sexual/reproductive, financial, and caregiver-related concerns
- Heterogenous group
- Issues vary depending on age, gender and stage in life
- Needs differ depending on diagnosis, number and types of treatments
- Goals differ depending on patient: quality vs quantity
- Aging population: >50% of patients living with cancer are over 65y/o
- Increasing comorbidities
- Tailored approach necessary

The challenges

- Feeling upset that the cancer came back
- Worrying that treatment will not help/cancer will get worse
- Ongoing tests, appointments, and decisions
- Communicating with family and friends
- Needing help with daily activities (due to fatigue or side effects)
- Finding emotional and spiritual support
- Cost of more treatment

Emotions and lifestyle changes

- Ways of coping include:
 - How much does patient know/want to know
 - Appropriate referrals (such as a psychologist, psychiatrist, counselor, or oncology social worker)
 - Managing stress
 - From planning ahead
 - Meditation
 - Yoga
 - Finding meaning
 - Talking with a hospital chaplain, a counselor, or religious leaders

Research is lacking

- J Immunother Cancer. 2020 Mar;8(1):e000260. doi: 10.1136/jitc-2019-000260. Quality of life in long-term survivors of advanced melanoma treated with checkpoint inhibitors
 - **Fatigue**
- J Immunol Res. 2020 Jul 21;2020:2192480. doi: 10.1155/2020/2192480. eCollection 2020. Neurocognitive Function, Psychosocial Outcome, and Health-Related Quality of Life of the First-Generation Metastatic Melanoma Survivors Treated with Ipilimumab
 - **Emotional distress and neurocognitive dysfunction**

Interventions

- Acknowledge!!
 - Chronicity of the illness
 - Uncertainty surrounding the illness
 - Research is scarce
- Focus on quality and quantity of life
- Early intervention
 - Decrease comorbidities
 - Increase QOL
 - Can maybe impact survival
- Multidisciplinary approach
- Education
 - Diet, activity, smoking cessation

Emotional support

- Check in regularly
 - Most important during times of transition/progression
- Check in with caregivers
- Early interventions
 - Referrals to therapy, support groups, mindfulness
 - Know resources available

Mindfulness benefits



be mindful
NOW

 <p>Breathe In, Breathe Out - Feel the flow of the breath</p>	 <p>Be Aware of every Daily Activity (driving, texting, cleaning, etc.)</p>
 <p>Pay attention to all your Senses - for ex; notice the taste, texture of food.</p>	 <p>Go Outdoors - Walk Around in Nature</p>
 <p>Empty the Mind - Take a few moments to be still</p>	 <p>Forgive Yourself for every Negative Thought</p>
 <p>As soon as the Mind wanders, bring it back to your Breath</p>	 <p>Be Grateful - Say Thank You to Nature, People and Things.</p>
 <p>Practice Non-Judgemental Listening</p>	 <p>Go Easy on Yourself - with time, you will see the progress!</p>

www.authorhina.com

Mindfulness in metastatic lung cancer



- Psycho-Oncology. 2017 Dec;26(12):2118-2126. doi: 10.1002/pon.4430. Epub 2017 Apr 26. Mindfulness-based stress reduction added to care as usual for lung cancer patients and/or their partners: A multicentre randomized controlled trial
- Oncologist. 2020 Nov; 25(11): e1794–e1802. Published online 2020 Aug 17. doi: 10.1634/theoncologist.2020-0125. A Mindfulness-Based Intervention as a Supportive Care Strategy for Patients with Metastatic Non-Small Cell Lung Cancer and Their Spouses: Results of a Three-Arm Pilot Randomized Controlled Trial

Mindfulness in metastatic breast cancer

- Holistic Nursing Practice: July/August 2017 - Volume 31 - Issue 4 - p 260-269 doi: 10.1097/HNP.0000000000000220. Effects of a Mindfulness-Based Stress Reduction Program on the Physical and Psychological Status and Quality of Life in Patients With Metastatic Breast Cancer
- Psycho-Oncology: 11 September 2019. <https://doi.org/10.1002/pon.5223>. Greater mindfulness associated with lower pain, fatigue, and psychological distress in women with metastatic breast cancer




Nutrition benefits

Colorful Fruits and Vegetables Provide Phytonutrients

COLOR	EXAMPLE OF FOODS	HELPFUL PHYTONUTRIENTS	RECIPES
RED	 Cherries and citrus fruit peel	Terpenes (such as perillyl alcohol, limonene, carnosol) help strengthen the immune system and fight off viruses.	Fruit and Nut Bars (cherries)
	 Tomatoes and watermelon	Carotenoids (such as beta-carotene, lycopene, lutein, zeaxanthin) help boost your immune system.	Quinoa Tabbouleh (tomato)
BLUE AND PURPLE	 Grapes and berries	Polyphenols (such as ellagic acid and resveratrol) can help prevent inflammation.	Pear and Blueberry Crumble (berries) Mixed Berry and Yogurt Crepes (berries)
GREEN	 Cruciferous vegetables (such as broccoli, cabbage, collard greens, kale, and Brussels sprouts)	Isothiocyanates, indoles, and glucosinolates (sulforaphane) help reduce heart risk and protect against certain cancers.	Lemon Parmesan Chicken with Broccoli Rice (broccoli) Kiwi Green Smoothie (kale)
ORANGE	 Carrots, apricots, cantaloupe, mangos, and oranges	Carotenoids (such as beta-carotene, lycopene, lutein, zeaxanthin) may reduce heart disease risk and boost your immune system.	Shrimp Bento Bowl (carrots) Whitefish Tacos with Strawberry Mango Salsa (mangos)
WHITE	 Onions, soybeans, and soy products (tofu, soy milk, edamame, etc.)	Flavonoids (such as anthocyanins and quercetin) help prevent inflammation and reduce blood pressure.	Swiss and Spinach Strata (onion)
	 Bran from grains like oats or rice	Inositol (phytic acid) may promote healthy cell growth.	Chocolate Mint Smoothie (oats)
BLACK/ BROWN	 Cocoa and dates	Flavonoids (procyanidin) help reduce blood pressure	Chocolate Hummus (cocoa and dates) Homemade Nutella (chocolate/cocoa)

Nutrition

- Early intervention is key
- Small changes can be beneficial
 - ACS Guidelines for Healthy Living
- Individualized approach
 - Prevention of comorbidities/treatment related side-effects
 - Weight management
 - Increased QOL



Diet and Physical Activity Cancer Fact Sheet

Getting to and staying at a healthy weight, following a healthy eating pattern, avoiding alcohol, and moving more can help reduce your risk of cancer.

Cancers affected

- **Being overweight or obese** may increase the risk of some cancers, including esophageal, breast, colon and rectum, endometrial, kidney, liver, pancreas, stomach, brain, gallbladder, ovary, prostate, thyroid cancer, multiple myeloma, and non-Hodgkin lymphoma.
- **Not having a healthy eating pattern** may increase the risk of cancer. Having a diet high in red and processed meat, starchy foods, refined carbohydrates, and sugary drinks is linked to a higher risk of some cancers. Diets that include colorful fruits and vegetables, whole grains, legumes, and fish or poultry and fewer red and processed meats are linked to lower risk of some cancers.
- **Drinking alcohol** can increase the risk for cancers of the mouth, throat, larynx, esophagus, liver, colon and rectum, female breast, and stomach. The more alcohol a person drinks, the higher their cancer risk.
- **Getting regular physical activity** helps decrease the risk of colon, female breast, endometrial, kidney, bladder, esophageal, and stomach cancers.

American Cancer Society Guidelines on Diet and Physical Activity for Cancer Prevention

Get to and stay at a healthy weight during your life.

- Keep body weight within the healthy range.
- If you are overweight or obese, losing even a few pounds can lower your risk for some types of cancer (and other serious health problems).

The Right Weight for You

Try to get to a healthy weight by learning about your body mass index (BMI). Knowing your BMI can tell you if your weight is healthy for someone of your height. You can find your BMI by using a simple chart such as the one online at www.cancer.org (search for "BMI calculator") or by asking your doctor.

Move More and Sit Less.

Move More.

Adults:

- Get at least 150 minutes of moderate or 75 minutes of vigorous activity each week. More activity is even better, and 300 or more minutes of moderate activity (or 150 or more minutes of vigorous activity) is best. You can also choose to combine moderate and vigorous activities where one minute of vigorous activity takes the place of two minutes of moderate activity. For example, 150 minutes of moderate activity, 75 minutes of vigorous activity, and a combination of 100 minutes of moderate activity plus 25 minutes of vigorous activity all count the same.

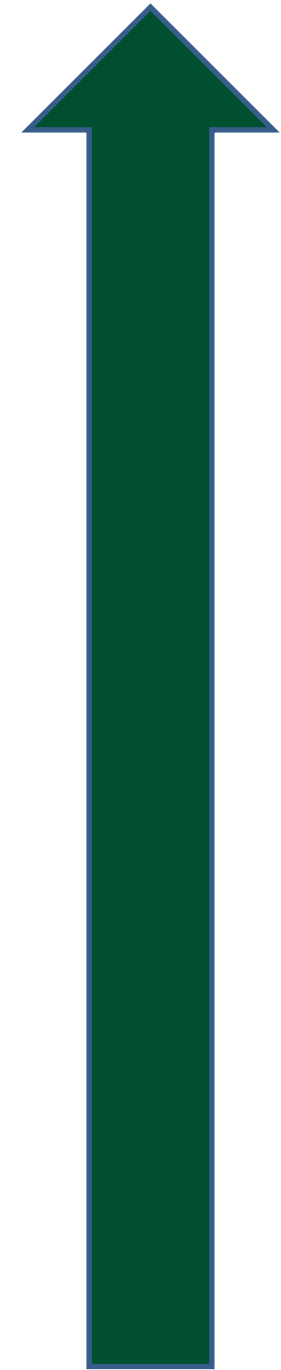
Nutrition

- Identify resources
 - Oncology certified dietician
 - Within institution, external resources, the community
 - Written and online resources
 - NCCN Clinical Practice Guidelines in Oncology: Survivorship

Smoking cessation and cancer



Smoking and cancer



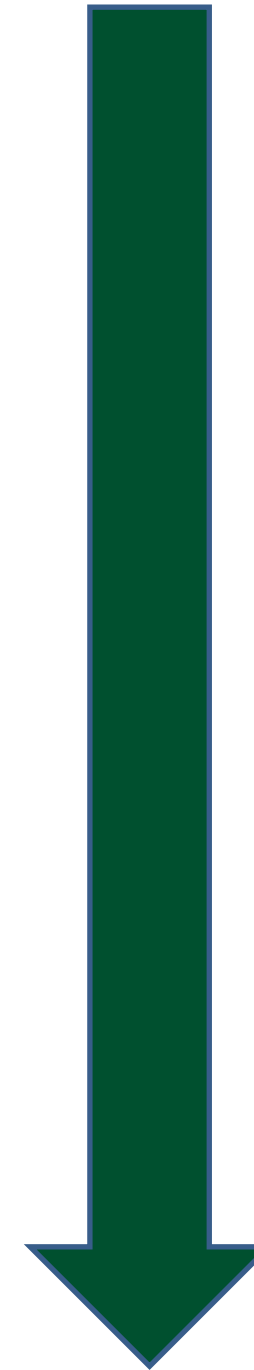
Risk of all cause mortality

Cancer recurrence

Secondary cancer

Poor treatment response

Treatment related SE



Quality of life

Wound healing

Drug metabolism

Increase life expectancy

Smoking: NCCN Guidelines

- Smoking Cessation in Oncology Patients
 - 1/2 to 3/4 of the patient respondents were unaware of the negative impact that smoking can have on chemotherapy, radiation, surgery, overall treatment efficacy, survival and the development of second primary cancers.

Smoking: NCCN Guidelines

- **In an analysis of individuals with cancer who actively smoked, health professional-provided cessation counseling was provided to only 52% of individuals over 12 months.**
 - **Medical & radiation oncologists reported a preference for smoking cessation interventions to be managed by other members of the health care team**
 - **Inadequate provider training, lack of time, and perceived patient harm/benefit**

It doesn't get better

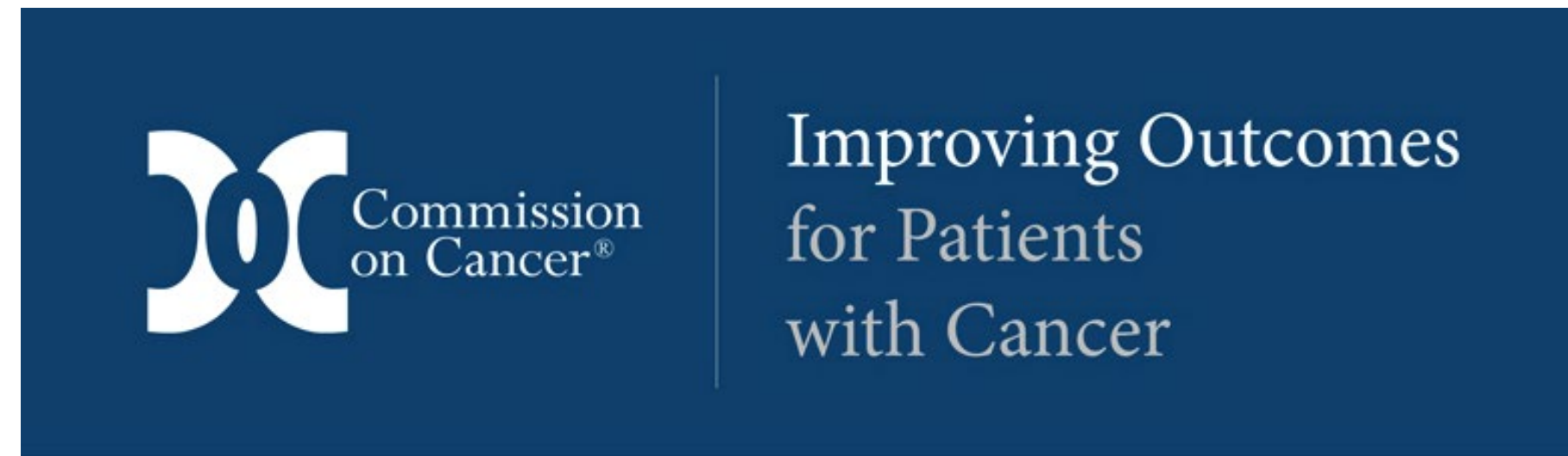
Unless we do better

Commission on Cancer updates



Improving Outcomes
for Patients
with Cancer

Updated 2020 accreditation details



- Required
 - Program coordinator and team identified
 - Provide a list of services/referrals
 - Minimum of 3 services a year
- Not needed
 - Survivorship Care Plan
 - Focus on “curative intent” 😞

Sylvester – our program

- Focus on all survivors
 - Curative intent (DCIS, stage I, II and III cancers, completed treatment with a curative intent)
 - Other Cases (Patients with other stage cancer, IE long term cancer survivors, living with metastatic cancer)
- Survivorship care plan
- Resources and healthy living tips
- Email listserv
- Events
- Educational workshops, seminars, etc

List of services



Cancer Support Services

At Sylvester, we are committed to providing you and your loved ones with comprehensive, multi-specialty care. The Cancer Support Services Department addresses the psychosocial, spiritual, nutritional, and physical aspects of wellness to enhance the medical care you receive.

The following services are available to you free of charge:

- **Arts in Medicine:** The Arts in Medicine program can help reduce feelings of anxiety, boost morale, and support wellness through creative expression.
- **Exercise Physiology:** The Exercise Physiology program provides patients with an opportunity to develop practical ways of adopting a healthier, active lifestyle both during and after treatment.
- **Medical Oncology Social Work:** Social work can provide crisis intervention, counseling, and support. Social workers also help with referrals to community-based resources, transportation assistance, home health referrals, financial programs, and facilitate support groups.
- **Music Therapy:** Music Therapy uses live music making and music-based activities to increase feelings of wellness in patients of all ages.
- **Nutrition Counseling:** Sylvester's Licensed Registered Dietitians are specialized in oncology and are an integral part of the medical team. Medical nutrition therapy can help with managing a variety of conditions including digestion problems, changes in taste, weight loss or weight gain. Recommendations are based on the latest research and are personalized to the type of cancer and treatment.
- **Pastoral Care:** Our chaplain is non-denominational and provides spiritual support to patients and their loved ones. In addition, our chaplaincy program will facilitate referral for community clergy when requested.

Sylvester resources document



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Sylvester Comprehensive Cancer Center Survivors



Services utilized by the Survivorship program:

- Survivorship Care Plans
- Seminars for Survivors
- Rehabilitation Services
- Psychologic support & Psychiatric Services
- Support Group and Services
- Formalized referrals to experts in cardiology, pulmonary services, sexual dysfunction, fertility counseling
- Financial Informational Seminars
- Physical activity programs
- AYA specific Programs
- Pediatrics – alex's place
- SCT Survivorship program

Past Events

- Zumba Pink and Blue Party
- Survivorship Workshops
- Sephora AYA Events
- Painting Social Night AYA
- Taking Control of your Sleep Galantine's Day Event
- DCC Patients & Family /Survivors Team
- Florida Panthers Survivors Games
- University of Miami Pink Baseball Game for Survivors
- Survivorship Celebration



Summary

- Continued support for survivorship care.
- Unique group of patients with unique needs.
- Need for research in this unique population of cancer survivors.
- We need to do better.

Thank You

 **SYLVESTER**
COMPREHENSIVE CANCER CENTER
UNIVERSITY OF MIAMI HEALTH SYSTEM
IN PURSUIT OF YOUR CURE.™

CANCER & TRANSLATIONAL
SURVIVORSHIP & BEHAVIORAL
SCIENCES