

# Survivorship in the Modern Era of Cancer Care

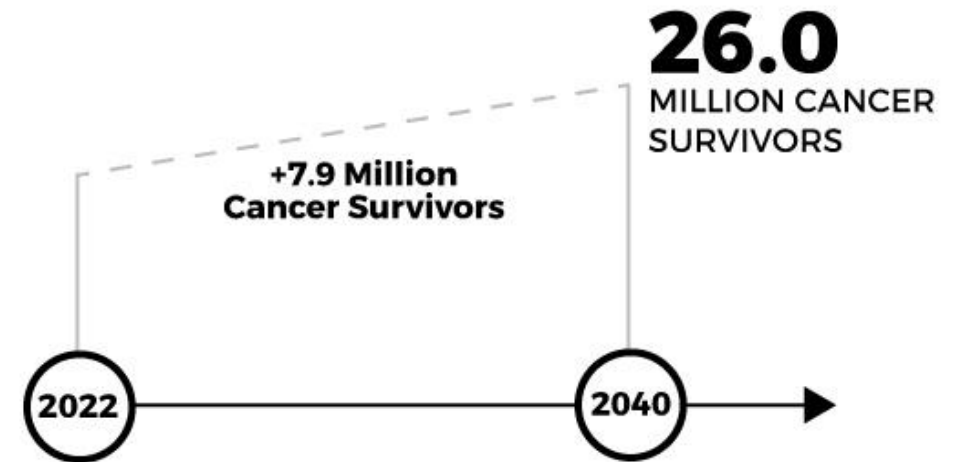
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# | Overview

- Statistics in cancer survivorship
- Definition
- Importance and challenges in providing care
- Accreditation standards
- Survivorship care at Sylvester CCC

# Why is cancer survivorship important?

- As of January 2022, it is estimated there are 18.1 million cancer survivors in the United States (5.4% of the population).



The number of cancer survivors in the United States is projected to grow to 26.0 million by 2040.

<https://cancercontrol.cancer.gov/ocs/statistics/statistics.html>

# Cancer survivor statistics



## Multiple unmet needs:

- Emotional and physical effects of illness and treatment
- Prevalent comorbidities
- Age-related functional declines
- Limited attention to lifestyle modifications

<https://cancercontrol.cancer.gov/ocs/statistics/statistics.html>

# I Metastatic cancer



National Cancer Institute (NCI) recognizes that there are many types of survivors, including those living with cancer and those free of cancer. Expected to increase to 693,452 by the year 2025

<https://cancercontrol.cancer.gov/ocs/statistics/statistics.html>

# | Who is a cancer survivor?

NCI: An individual is considered a cancer survivor from the **time of diagnosis through the balance of life**. There are many types of survivors, including those living with cancer and those free of cancer. This term is meant to capture a population of those with a history of cancer rather than to provide a label that may or may not resonate with individuals.

NCCS: Defines a cancer survivor as someone who has been diagnosed with cancer, and who is **living with, through, and beyond that diagnosis**. The founders of NCCS also recognized the impact a diagnosis has on **family, friends and caregivers**, and later extended this definition to identify them as survivors as well.

<https://www.cancer.gov/publications/dictionaries/cancer-terms/def/survivorship>

# Why is cancer survivorship important?

- Cancer survivorship is a state of being, including the perspectives, needs, health, and the physical, psychological, social, and economic challenges experienced by people and caregivers after a cancer diagnosis.
- A relevant and current issue in cancer care delivery.
- With increase in cancer survivors, there is a need to be able to continue to provide long-term follow-up and survivorship care.
- Cancer survivors commonly experience a range of issues, many of which are poorly identified.
- Multiple cancer survivors suffer from multiple comorbidities and require complex care.



# | Critical workforce challenges - oncologists

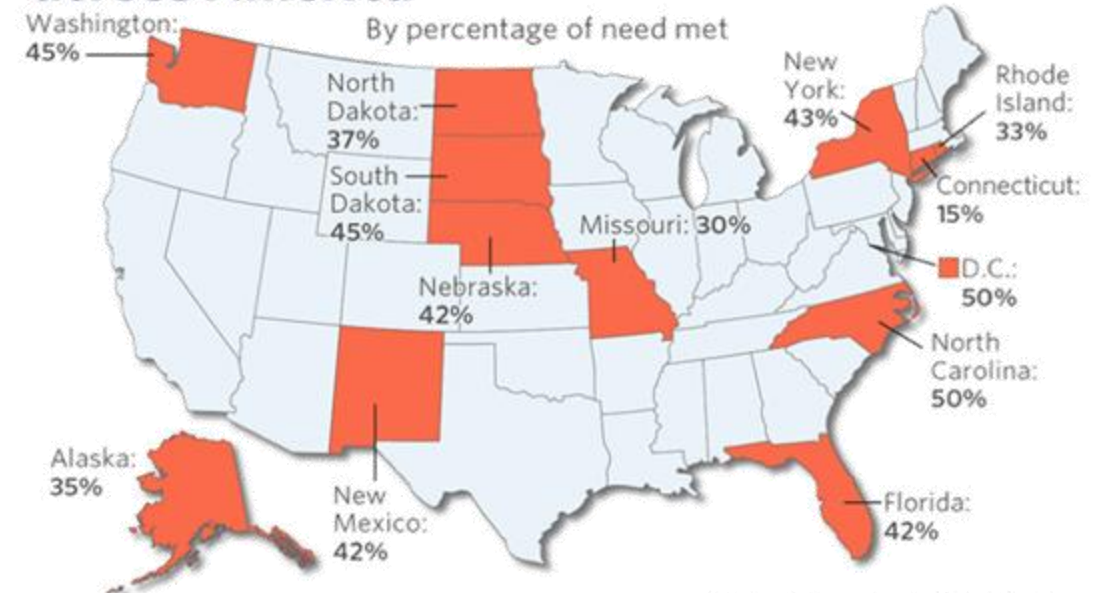
- Two thirds of rural counties lack an oncologist, according to the American Society of Clinical Oncology's (ASCO's) 2020 State of the Oncology Workforce in America report. That leaves about 32 million Americans without a cancer specialist nearby.
- The most recent ASCO data (2023) predicted a shortage of 2,393 oncologists by 2025.
- Top 10 metropolitan areas most likely to suffer a shortage of oncologists:
  - **Miami, FL**
  - Virginia Beach, VA
  - Tampa, FL
  - Washington, DC
  - North Port, FL
  - Tucson, AZ
  - Las Vegas, NV
  - New Orleans, LA
  - Raleigh, NC
  - Providence, RI



# Critical workforce challenges – primary care

- The U.S. faces a projected shortage of between 37,800 and 124,000 physicians within 12 years, according to *The Complexities of Physician Supply and Demand: Projections From 2019 to 2034* (PDF), a report released by the Association of American Medical Colleges (AAMC).
- Specific AAMC projections by 2034 include shortages of:
  - Between 17,800 and 48,000 primary care physicians .
  - Between 21,000 and 77,100 non-primary care physicians.

## The primary care doctor shortage across America



<http://www.ascopost.com/News/59357>

# Multiple survivorship challenges



# I Guidelines/accreditation

- Many organizations may be required to have a formal cancer survivorship program due to accreditation requirements or reimbursement models.

## 4.8 Survivorship Program

### Definition and Requirements

The cancer committee oversees the development and implementation of a survivorship program directed at meeting the needs of cancer patients treated with curative intent.

**ASCO**<sup>®</sup> AMERICAN SOCIETY OF  
CLINICAL ONCOLOGY

**CO** Commission  
on Cancer

**ONS**<sup>®</sup>  
Oncology Nursing Society

**NCCN** National Comprehensive  
Cancer Network<sup>®</sup>

# | Commission on cancer update January 2025

**Standard 4.8: Survivorship Program:** This standard has been updated to clarify that survivorship services must address the needs of cancer survivors who have completed their first course of treatment. Services evaluated to meet this standard cannot be single events and must be available to patients throughout the calendar year or at specific intervals during the calendar year.

The survivorship program coordinator's report must focus only on those patients who have completed their first course of treatment. Additionally, the same report (or a substantially similar report) cannot be used to meet the requirements of more than one standard. For example, a report satisfying the required review of Standard 4.7: Oncology Nutrition Services cannot also be used to meet the requirements of Standard 4.8.

# | Survivorship at Sylvester

CANCER & SUPPORTIVE  
SURVIVORSHIP CARE

SUPPORT / RESEARCH / THRIVE

<http://www.ascopost.com/News/59357>

# I Cancer survivorship and wellness clinics

Our specialty survivorship clinics offer personalized care and guidance through:

Provide a comprehensive **Survivorship Care Plan**

Provide **specialty care referrals** as needed

General **health assessments and care coordination**

Review cancer **screenings and vaccination recommendations**

Assess and manage **effects of treatment**

Facilitate **primary care support**

Assess **emotional well-being and lifestyle**

Connect patients with **support services**

Contact us to make an appointment:

**305-243-4922**

[scccsurvivorship@miami.edu](mailto:scccsurvivorship@miami.edu)

# Services provided



## Lifestyle Modifications:

Smoking Cessation,  
Alcohol consumption,  
Physical Activity,  
Exercise, Diet



## Cancer Screenings:

Breast, Lung, Skin,  
Cervical, Prostate,  
Endometrial, &  
Colorectal



## Health Assessments and Coordination of Care

- Transition to PCP
- Adherence to surveillance recommendations
- Referral to Specialists
- Research Enrollment
- Continuity of Care



## Anthropometrics:

Height, Weight, BMI,  
Body circumference



## Survivorship Care Plans

- Treatment Summary
- Identification of late effects

# | Survivorship care plans

- A personalized care roadmap that includes a patient's treatment history, follow-up schedule, surveillance, and wellness recommendations.

Involvement of multi-disciplinary teams in creating and updating care plans.

- Key role in educating patients about their survivorship care plan and ensuring it's followed.
- Follow-up responsibilities:
  1. Surveillance for recurrence, managing long-term side effects.
  2. Cancer screenings, vaccinations, healthy living support (diet, exercise, smoking cessation).



# Survivorship care plan & resources document

## Cancer Supportive Care and Survivorship



### Tips For Healthy Eating After Cancer

#### Choose

Fruits and vegetables. Aim for all the colors of the rainbow.

Include dark green, red and orange vegetable, fiber-rich legumes (beans and peas), fruits, and allium vegetables (onions and garlic).

High-fiber foods, like whole-grain breads and cereals.

#### Grocery Tips

- Try to buy a different fruit, vegetable, low-fat food, or whole-grain product each time you shop for groceries.
- Choose low-fat milk and dairy products.
- Avoid ready-to-eat or ready-to-heat foods, snack foods, sugar-sweetened beverages, candy and pre-packed meals.

Check with your cancer care team to see if you have any food or diet restrictions.

#### Avoid or Limit

Red (beef, pork, or lamb) and processed (bacon, sausages, ham) meats.

Sugar-sweetened beverages, desserts and sweet snacks

Avoid alcohol. If you drink, limit the amount to no more than 1 drink per day for women, and 2 for men.

#### Your Health Care Providers:

Care Team	Urologist/Surgeon: Mark Gonzalgo/Carlos Santa Cruz Radiation Oncologist: Alan Dal Pra Primary Care Provider: McCormack-Granja, Elsie Michelle, MD
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#### Your Treatment Summary:

Primary Cancer Diagnosis and Stage	Adenocarcinoma of the Prostate, Gleason 3+4=7, stage IIIB (pT3a N0 Mn/a)
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Date of Diagnosis: 7/28/2022

#### Social History

##### Tobacco Use

- Smoking status: Never
- Smokeless tobacco: Never

##### Vaping Use

- Vaping Use: Never used

##### Substance Use Topics

- Alcohol use: Yes  
Alcohol/week: 1.0 standard drink of alcohol  
Types: 1 Glasses of wine per week
- Drug use: No

Treatment Summary: It is important that you and all of your providers know what treatment you received. Please see below.

#### Treatment Summary:

<b>Surgery</b>
<b>Surgery Date:</b> 8/23/2022
<b>Name of surgical procedure(s):</b> robotic prostatectomy
<b>Location of surgery:</b> UMH
<b>Radiation Therapy</b>
<b>Anatomical area treated by radiation:</b> prostate
<b>Date radiation therapy started:</b> 1/31/2023
<b>Date radiation therapy ended:</b> 3/17/2023
<b>Radiation therapy dose:</b> 68 Gy / 34 Fx
<b>Hormonal Therapy</b>
Eligard/leuprorelin

#### Ongoing side effects at the completion of treatment:

<b>Gentourinary</b>	Erectile dysfunction, urinary incontinence
<b>Constitutional</b>	Fatigue (slight but doesn't affect activities of daily living)

# | Cancer support services

Arts in Medicine	Music Therapy	Oncology massage	Acupuncture	Pet Therapy
Physical Therapy	Pastoral Care	Social Work (support groups/counseling referrals)	Physical Medicine and Rehabilitation	Palliative Care
Integrative Medicine	Cancer Resource Center	Adolescent & Young Adult Program	Exercise Physiology	Nutrition

# | Other involvement

- U01 grant = educate PCPs in the community (and Sylvester)
- Virtual Survivorship Patient Series
- Provider Series
- Sylvester Survivorship Symposium
- Sylvester Survivorship Celebration
- Transplant and Cellular therapy program
- alex's place program
- Research Survivorship program

# | Key Takeaways

## Growing Need for Survivorship Care

- Increasing number of cancer survivors means an increased demand for comprehensive survivorship services.

## Comprehensive Care is Crucial.

- Addressing physical, emotional, and financial challenges is vital for long-term well-being.

## Care is Complex.

- Develop a team with the resources available to your patients (internal, external, telehealth, etc).

## Start Care Early

- Don't wait until treatment is complete.

**CANCER**  
**SURVIVORSHIP** & TRANSLATIONAL  
BEHAVIORAL  
SCIENCES

SUPPORT / RESEARCH / THRIVE



A Cancer Center Designated by the  
National Cancer Institute