

Project ECHO Session One

Introduction and Survivorship 101

January 11, 2024

Recording: [Project ECHO Session One 1.11.24](#)

SURVIVORSHIP PROJECT ECHO

(Extension for Community Healthcare Outcomes)



Collaborators:

NYSDOH/NYSCCCP

SUNY Upstate (The Upstate Foundation, Inc.)

NYS Survivorship Action Team

Subject matter team leads:

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Tessa Flores, M.D.

Christina Crabtree-Ide, PhD, MPH

Funding: Centers for Disease Control and Prevention

HOUSEKEEPING ITEMS

Please type your name (first and last), health center or organization, and your email address into the Chat Box.

Please mute your line and remain on camera.

If you have a question, please type it in the Chat Box. Questions will be answered after the speakers' presentations.

This ECHO session is being recorded and a link will be e-mailed to attendees and posted on the NYS Cancer Consortium Website (nyscancerconsortium.org)

Do NOT share any personal information about any patient.

The Session PowerPoint and materials will be sent to attendees after each ECHO Session along with the CME survey.

INTRODUCTIONS



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Chair, NYS Cancer Advisory Council
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Reviewer



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Speakers have no disclosures or conflicts to report. Crabtree-Ide reports funding support from Genentech, and stock ownership of Danaher, Fortive, Vontier, and Veralto Corps.

PARTICIPANT INTRODUCTIONS

Please type your name (first and last), health center or organization, and your email address into the Chat Box.

Welcome

Survivorship ECHO Series

Session 1

Introduction and Survivorship 101

SPEAKERS

Maureen Killackey, MD, FACS, FACOG

Tessa Flores, MD

Sylvia K. Wood PhD, DNP, ANP-BC, AOCNP

Facilitator: Christina Crabtree-Ide, PhD, MPH



What is a Project ECHO?



- Collaborative, hub & spoke model of medical education and care management
- Goal is to form long-lasting partnerships between community-based provider teams and specialized providers to create bi-directional learning networks
- Increases workforce capacity to provide best-practice specialty care to patients wherever they may live; reduces health disparities

“Moving knowledge, not people”

Patient Expectations of High-Quality Cancer Care, 2024

HIGHER HEALTH LITERACY, WELL-INFORMED PATIENT & FAMILY

PRIMARY CARE

CANCER
PRE-
VENTION



CANCER
SCREENING



DIAGNOSIS



CANCER
TREATMENT



RECOVERY/
SURVIVORSHIP



END-OF-LIFE
CARE

PSYCHOSOCIAL & PALLIATIVE CARE

TARGETED NAVIGATION BASED ON NEED

CLINICAL RESEARCH

SO, HOW ARE WE DOING IN NYS?

- ~70% NYS CoC Cancer sites have Survivorship Programs (required)
- Survivorship Care Plans when developed, <50% routinely share with PCPs
- Barriers: EMR issues, prep time, reimbursement, value?
- <50% coordinate survivorship care with local PCPs
- 50% that do coordinate with PCPs experience challenges such as provider knowledge, confidence
- Bidirectional collaboration and communication lacking
- Few programs provide training or educational opportunities for PCPs, Ob/Gyns and nurses about survivors' cares and needs
- **(How NYS Cancer Programs Implement Survivorship Care: CoC Program Assessment Findings Responses from 55/62 ~90%- Eligible NYS CoC-Accredited Programs)**

NYS Survivorship ECHO Program Goal



- The goal of the Survivorship ECHO program is to improve knowledge and access to high-quality, evidence-based information related to Survivorship Care for healthcare teams who care for patients with a history of cancer
- The aims are to:
 - Educate Primary Care Teams on issues faced by cancer survivors
 - Develop integration, communication and coordination with the Oncology Team and Patient Navigation services
 - Identify and utilize community resources; Link NYS state-wide expertise

NYS Survivorship ECHO: Target Participants



Primary care teams providing care to rural and underserved/under-resourced populations in NYS



Any multi-disciplinary teams who care for cancer survivors in NYS

Goals & Objectives ECHO Series



After participating in this ECHO Session, participants will be able to:

1. Describe the goals, objectives and expectations of this ECHO Series
2. Understand the current landscape of survivorship in New York State
3. Identify available cancer survivorship resources and clinical guidelines.
4. Explain the role of the primary care provider in cancer survivorship care

Definition of a Cancer Survivor

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.



Timeline: History of Cancer Survivorship

1884

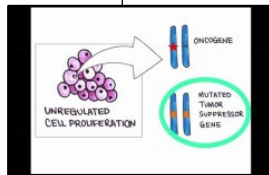


First cancer treatment center in the United States MSKCC.

1938

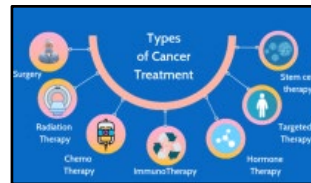


1948-1975



Scientific breakthroughs in oncogenesis → diagnostics & treatment discoveries

1975-2001



Translates into survival benefit

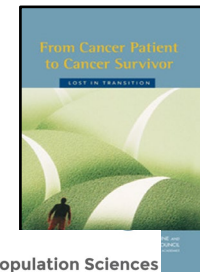
1985-2006



Fitzhugh Mullan "Seasons of Survival"



IOM

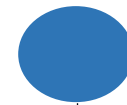


2009-2011



National Stakeholders Conduct Pilot Survivorship Programs

2012



2013



National Organizations Formalize EBP Guidelines in Adults

What is Cancer Survivorship ?

In cancer, survivorship focuses on the health and well-being of a person with cancer from the time of diagnosis until the end of life.

This includes the physical, mental, emotional, social, and financial effects of cancer that begin at diagnosis and continue through treatment and beyond.

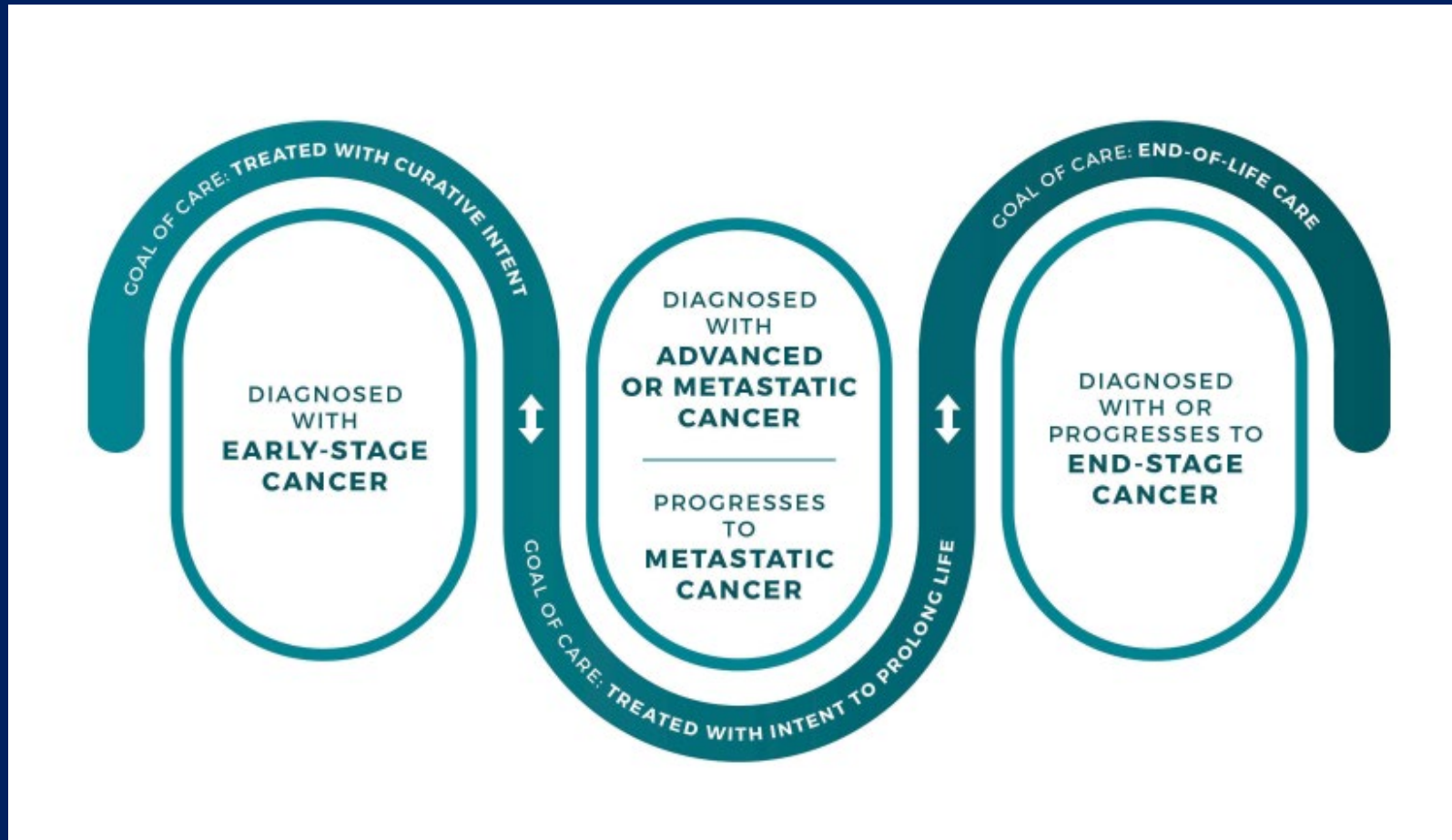
The survivorship experience also includes issues related to follow-up care (including regular health and wellness checkups), late effects of treatment, cancer recurrence, second cancers, and quality of life.

Family members, friends, and caregivers are also considered part of the survivorship experience.

National Cancer Institute-NCI Dictionary of Cancer Terms. Survivorship
<https://www.cancer.gov/publications/dictionaries/cancer-terms/>



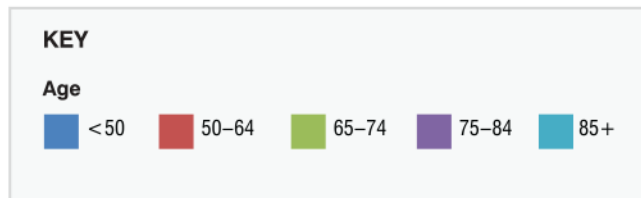
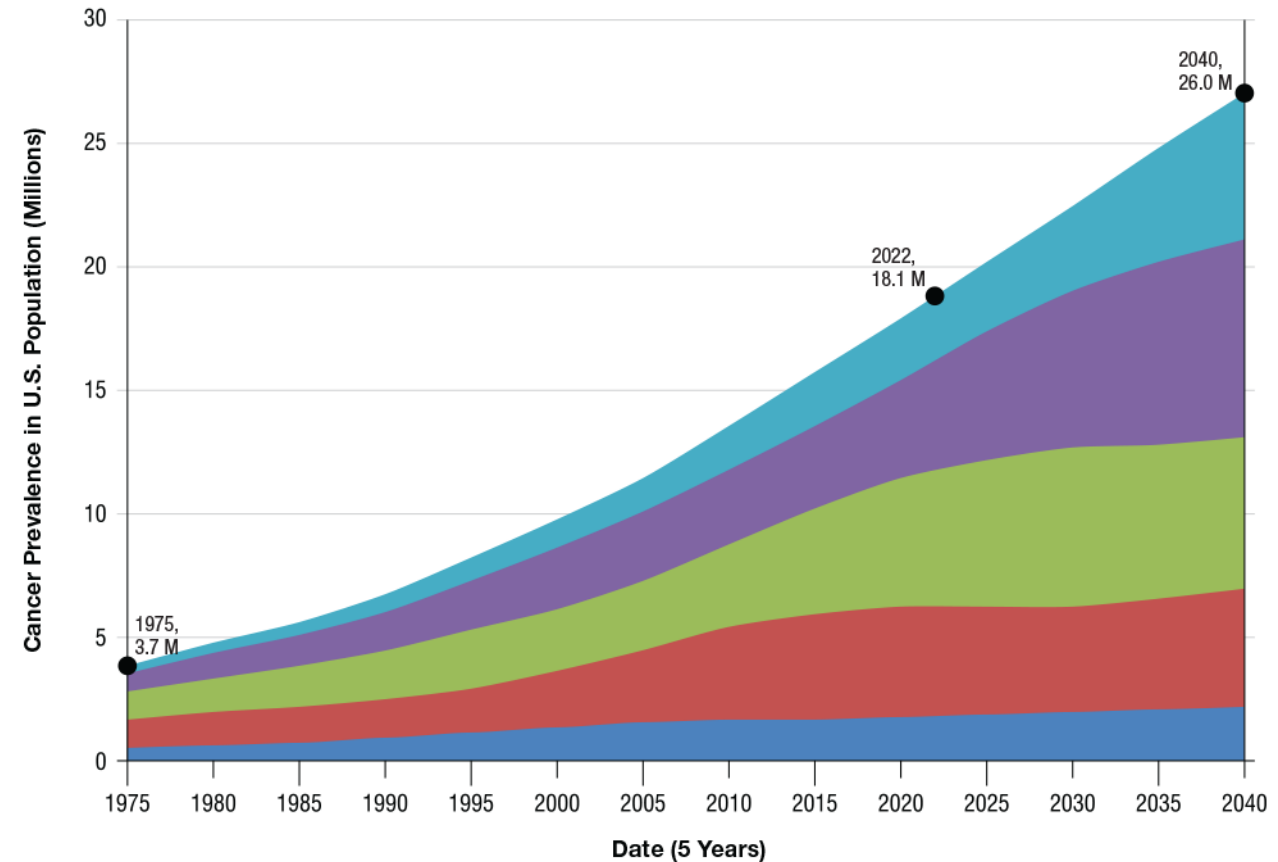
Phases of Cancer Survivorship



National Cancer Institute-Office of Cancer Survivorship. (2022, February 3). Phases of cancer survivorship. <https://cancercontrol.cancer.gov/ocs/definitions>

US Cancer Survivors Prevalence and Projections 1975-2040

Cancer Prevalence and Projections in U.S. Population from 1975-2040

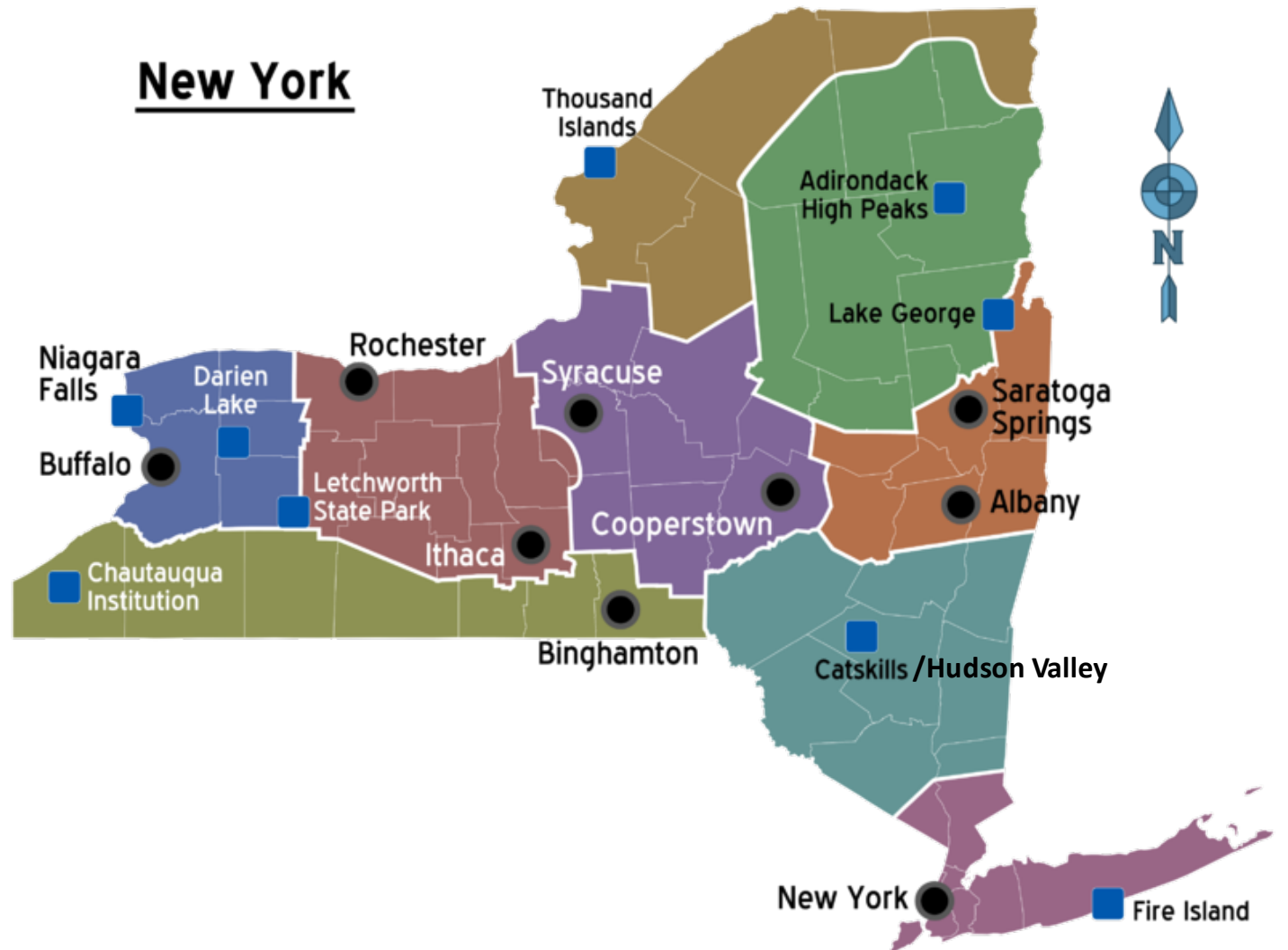


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Miller KD, Nogueira L, Devasia T, Mariotto AB, Yabroff KR, Jemal A, Kramer J and Siegel RL. *Cancer Treatment and Survivorship Statistics.* CAA Cancer J Clin. 2022.

More than One Million Cancer Survivors Live in New York State



Cancer Survivors in New York State

Behavioral Risk Factor Surveillance System (BRFSS)

Figure 1. Age at first diagnosis of cancer (excluding nonmelanoma skin cancer) among NYS adult cancer survivors, BRFSS 2020

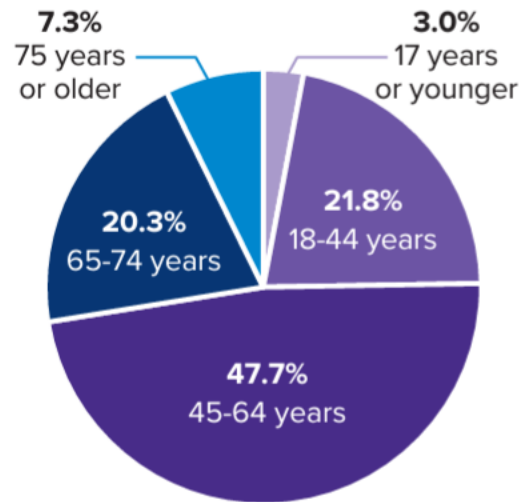


Figure 2. Years since first cancer diagnosis (excluding nonmelanoma skin cancer) among NYS adult cancer survivors, BRFSS 2020

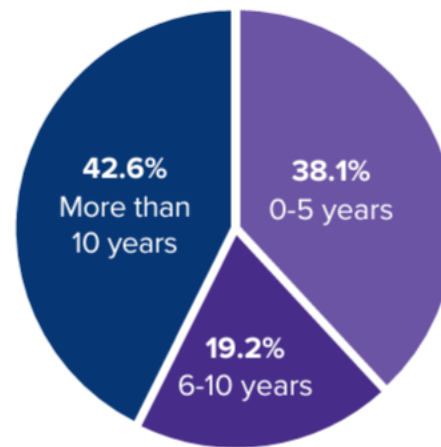
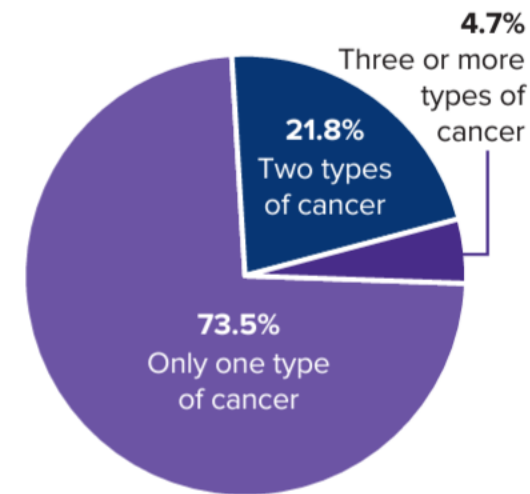
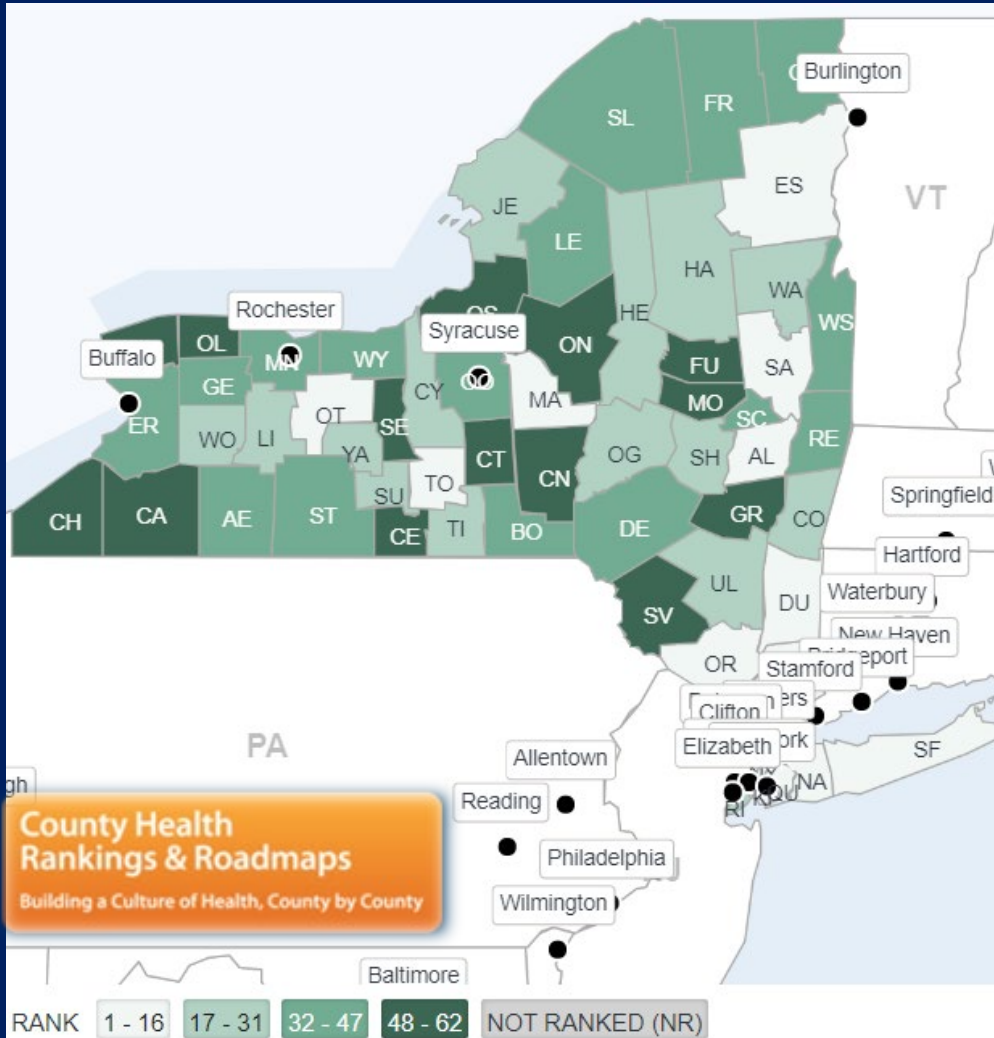


Figure 3. Types of cancer among NYS adult cancer survivors, BRFSS 2020



NYS Health Outcomes and Factors Variation



	Number of 5-year cancer survivors: all tumor types	Population/ 1 Primary Care Provider
Niagara	5,121	2,480
Chautauqua	3,255	1,800
Cattaraugus	1,831	2,170
Lewis	506	1,540
Oneida	4,957	1,310
Sullivan	1,481	2,710
NYS County-level Range	400,900 5-year survivors 1.2M survivors	690-13,330 1,170 Average
US Average	18.1M	1,310

Estimates derived from NYS DOH Cancer Registry data for NYS Counties
[Statistics and Graphs](#) | [Division of Cancer Control and Population Sciences \(DCCPS\)](#)
 New York | [County Health Rankings & Roadmaps](#)

Table 1. Prevalence of self-reported cancer type among NYS adult cancer survivors, overall and by sex, BRFSS 2020

Cancer Type ^a	All Survivors		Male Survivors		Female Survivors	
	%*	95% CI*	%*	95% CI*	%*	95% CI*
Breast	20.8	17.0-24.5	—**	—**	35.6	29.7-41.5
Melanoma	16.8	13.3-20.2	19.1	13.9-24.2	15.0	10.3-19.7
Male reproductive ^b	15.6	12.3-18.9	35.8	29.3-42.4	NA***	NA***
Leukemia/Lymphomas	9.9	6.5-13.3	13.0	7.9-18.2	7.5	3.0-12.1
Other cancer types ^c	7.3	4.7-9.8	8.5	3.8-13.3	6.3	3.7-8.8
Female reproductive ^d	6.7	4.7-8.7	NA***	NA***	11.9	8.5-15.3
Gastrointestinal ^e	5.4	3.5-7.3	5.7	2.7-8.8	5.2	2.7-7.6
Head/Neck ^f	5.1	2.7-7.4	3.0	0.8-5.1	6.7	2.9-10.5
Lung	4.3	2.5-6.0	3.8	1.6-6.0	4.6	2.0-7.3
Urinary tract ^g	2.7	1.4-3.9	3.0	1.3-4.8	2.4	0.6-4.2
Unknown/Refused	5.6	3.9-7.3	6.5	3.7-9.3	4.9	2.7-7.1

*% = weighted percentage; 95% CI = 95% confidence interval

**suppressed

***NA=not applicable

^a For cancer survivors who reported more than one cancer diagnosis, the cancer type reported was the most recently diagnosed cancer.

^b Includes prostate and testicular cancers.

^c Includes bone, brain, neuroblastoma, and other not specified cancer types.

^d Includes cervical, endometrial, and ovarian cancers.

^e Includes colon, esophageal, liver, pancreatic, rectal and stomach cancers.

^f Includes head and neck, oral, pharyngeal (throat), thyroid, and larynx cancers.

^g Includes bladder and renal cancers.

Cancer Survivor Needs



Physical Well-Being

- Functional status
- Fatigue and sleep
- Overall physical health
- Fertility
- Pain
- Food-Quality, Enough?



Social Well-Being

- Family distress
- Roles and relationships
- Affection/sexual function
- Appearance
- Isolation
- Finances/employment



Psychological Well-Being



- Control
- Anxiety
- Depression
- Fear of recurrence
- Cognition/attention

Spiritual Well-Being



- Meaning of illness
- Religiosity
- Transcendence
- Hope
- Uncertainty
- Inner strength

Spectrum of Disciplines Involved in Survivorship Care



Interdisciplinary Survivorship Care Providers



Diagnosis, screening assessment, treatment, rehabilitation, survivorship or palliative care



Nurses and APNs cut across the whole spectrum of care and survivorship trajectory

Cancer Survivorship Clinical Practice Guidelines

National Academy
of Medicine
Recommendation

National Comprehensive Cancer Network (NCCN)

Dr. Tessa Flores!

By Topic:

Anthracycline-induced cardiac toxicity
Anxiety and depression
Cognitive function
Exercise
Fatigue
Healthy lifestyles
Immunizations and infections
Menopause-related symptoms
Pain
Sexual function (female/male)
Sleep disorders

The Children's Oncology Group Long-Term Follow-Up Guidelines for Survivors of Childhood, Adolescent, & Young Adult Cancers

By Topic:

Any Cancer Experience

- Psychosocial, Fatigue, Sleep, limitations in healthcare access, subsequent malignancy, malignancy risk offspring

Blood/Serum Products
Chemotherapy
Radiation
Hematopoietic Cell Transplant
Surgery
Other Therapeutic Models
General Health Screening

American Society of Clinical Oncology (ASCO)

By Topic:

Anxiety and depression
Cardiac dysfunction
Chronic pain
Fatigue
Fertility preservation
Neuropathy
Palliative care

By Cancer Site:

Breast (ASCO/ACS)

American Cancer Society (ACS) Survivorship Care Guidelines for Primary Care Providers

By Topic:

Holistic:

Care coordination
Health promotion
Long-term and late effects
Nutrition and physical activity
Screening
Surveillance

By Cancer Site:

Breast (ACS/ASCO)
Colorectal
Prostate
Head and neck

Helpful Resources

HELPFUL RESOURCES

ASCO Treatment Summary and Survivorship Care Plan (PDF)

Download this survivorship care plan template, treatment summary and follow-up care plan, to enhance communication and coordination of care for the survivor.

PDQ Cancer Information Summaries: Supportive Care

Find descriptions of the cause and treatment of common complications of cancer, such as pain and nausea/vomiting.

Coping with Cancer: Supportive and Palliative Care

Find answers to many commonly asked questions about supportive and palliative care.

Facing Forward Series

Designed to educate cancer survivors, family members, and health care providers about the challenges associated with life after cancer treatment.

News and Highlights

View recent cancer survivorship news.

Evidence-Based Cancer Control Programs

Search this database of evidence-based cancer control programs, designed to provide program planners and public health practitioners with access to program materials.

Support for Caregivers

Providing care and support during cancer treatment can be difficult. Find resources for people who are helping a friend or family member through cancer diagnosis and treatment.

<https://cancercontrol.cancer.gov/ocs/resources/health-care-professionals#helpful>



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National Cancer Survivorship Resource Center

The National Cancer Survivorship Resource Center (The Survivorship Center) is a collaboration between the American Cancer Society and the George Washington University Cancer Institute funded by a 5-year cooperative agreement from the Centers for Disease Control and Prevention.

www.cancer.org/survivorshipcenter

Challenges in cancer survivorship

- Widespread variation in models of cancer survivorship care delivery
- Lack of clarity in roles and responsibilities, communication and coordination between oncology team and PCPs
- Workforce shortages in oncology, primary care, and cancer survivorship
- Medical education specifically related to Cancer Survivorship is limited and informal
- Rural Patients and special populations:
 - Distance to care, limited options for transportation
 - Digital divide: internet services and health literacy
 - Fewer PCPs, oncologists, and cancer services
 - Social stigma, opiate epidemic, challenges to already stretched resources

Primary Care Challenges in Transition to Cancer Survivorship

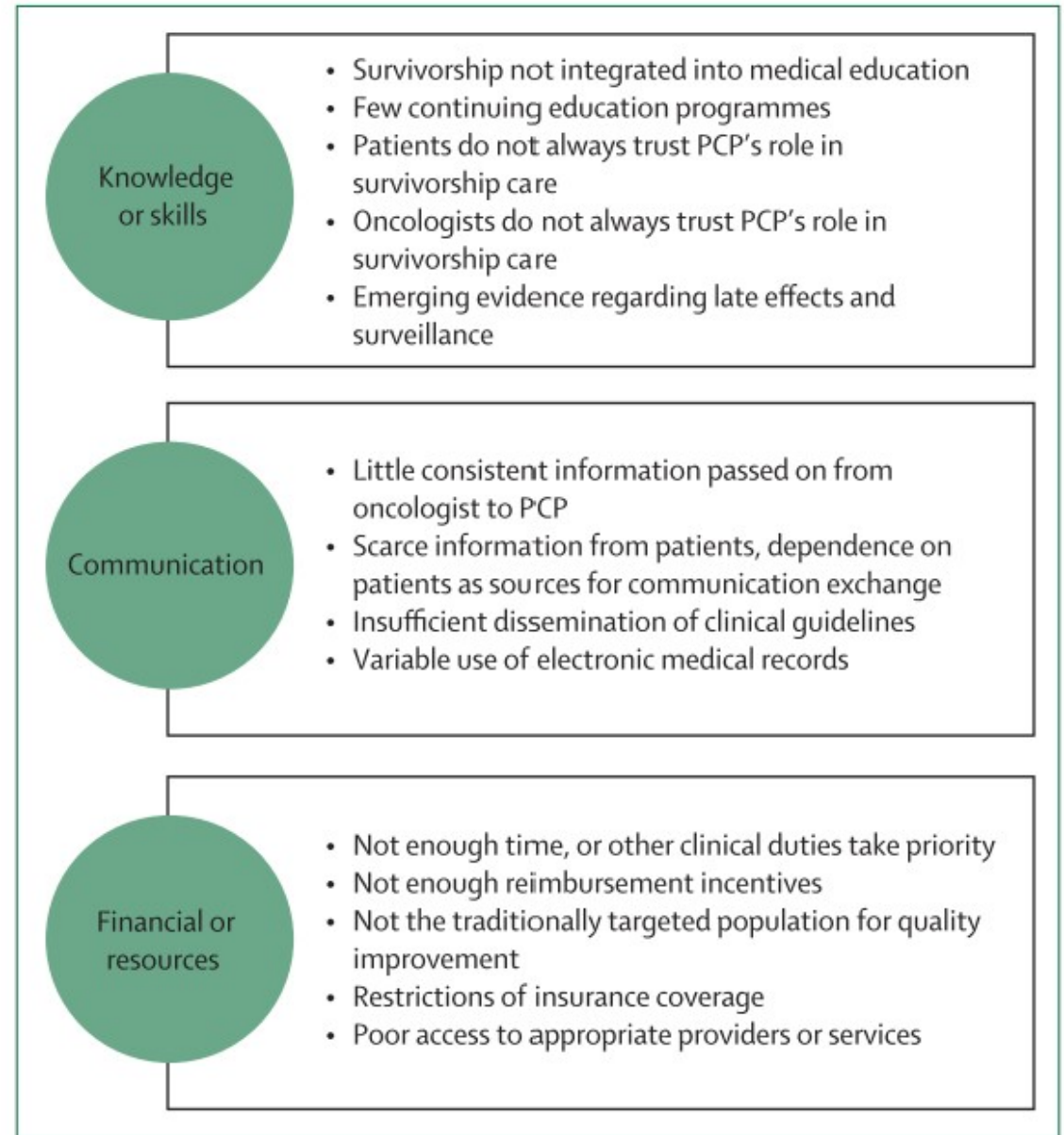


Figure 3: Examples of barriers to the integration of primary care into the cancer survivorship pathway

PCP=primary care provider.

Current Provider Issues: Cancer Survivorship Care

Limited knowledge of survivorship care needs, late and long-term effects

Communication

- Oncology –PCP
- Care team-survivors

Care delivery

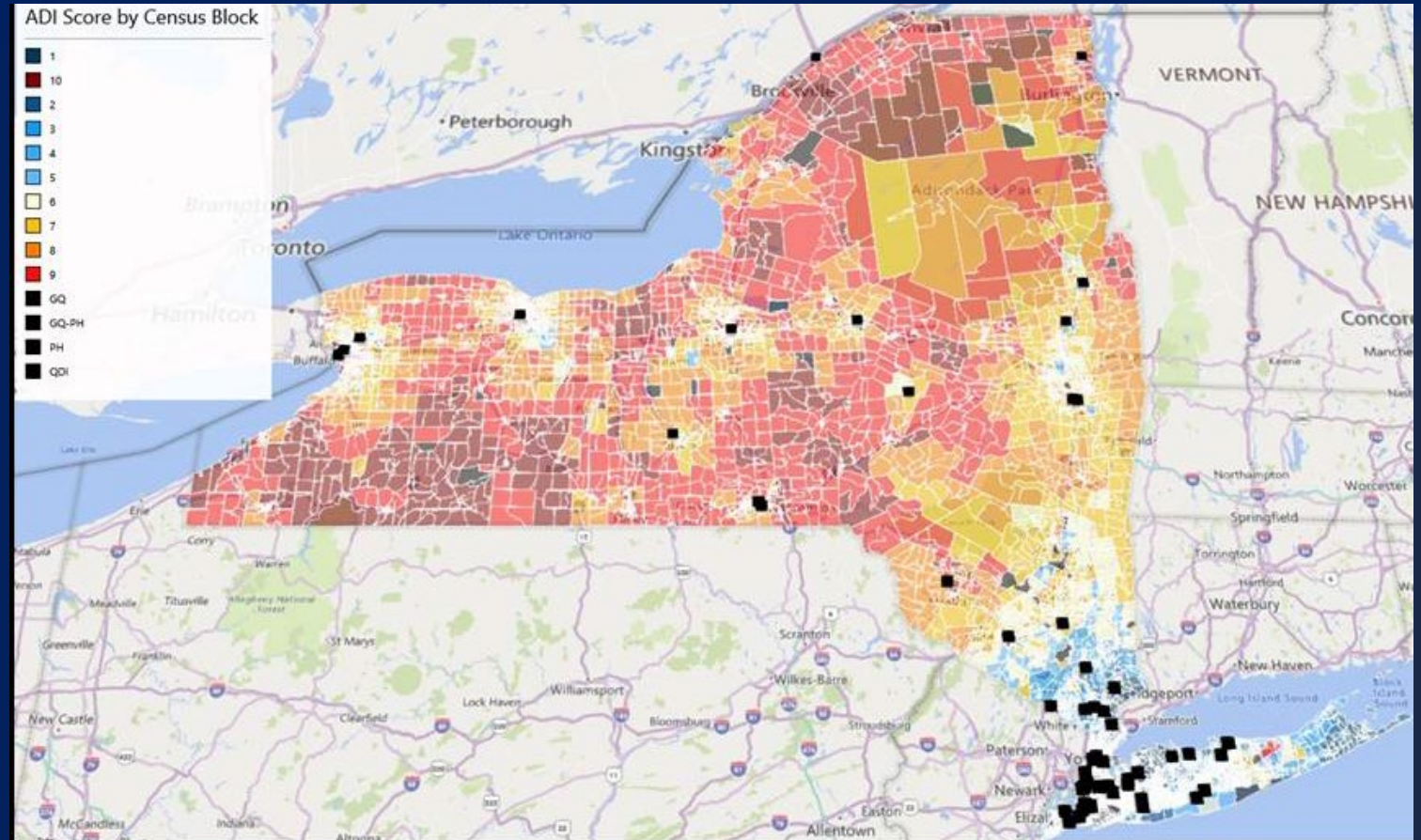
- Preventive care-responsible providers not clearly defined
- Duplication/Unnecessary testing
- Insurance restrictions
- Transfer care responsibilities
- Resources
- Access
- Comorbidity management

Few Providers and Limited Oncology Workforce

Understanding How NYS Cancer Programs Implement Survivorship Care

(Responses from 55/62 ~90%- Eligible CoC-Accredited Programs)

Limited workforce, limited availability in rural and underserved regions

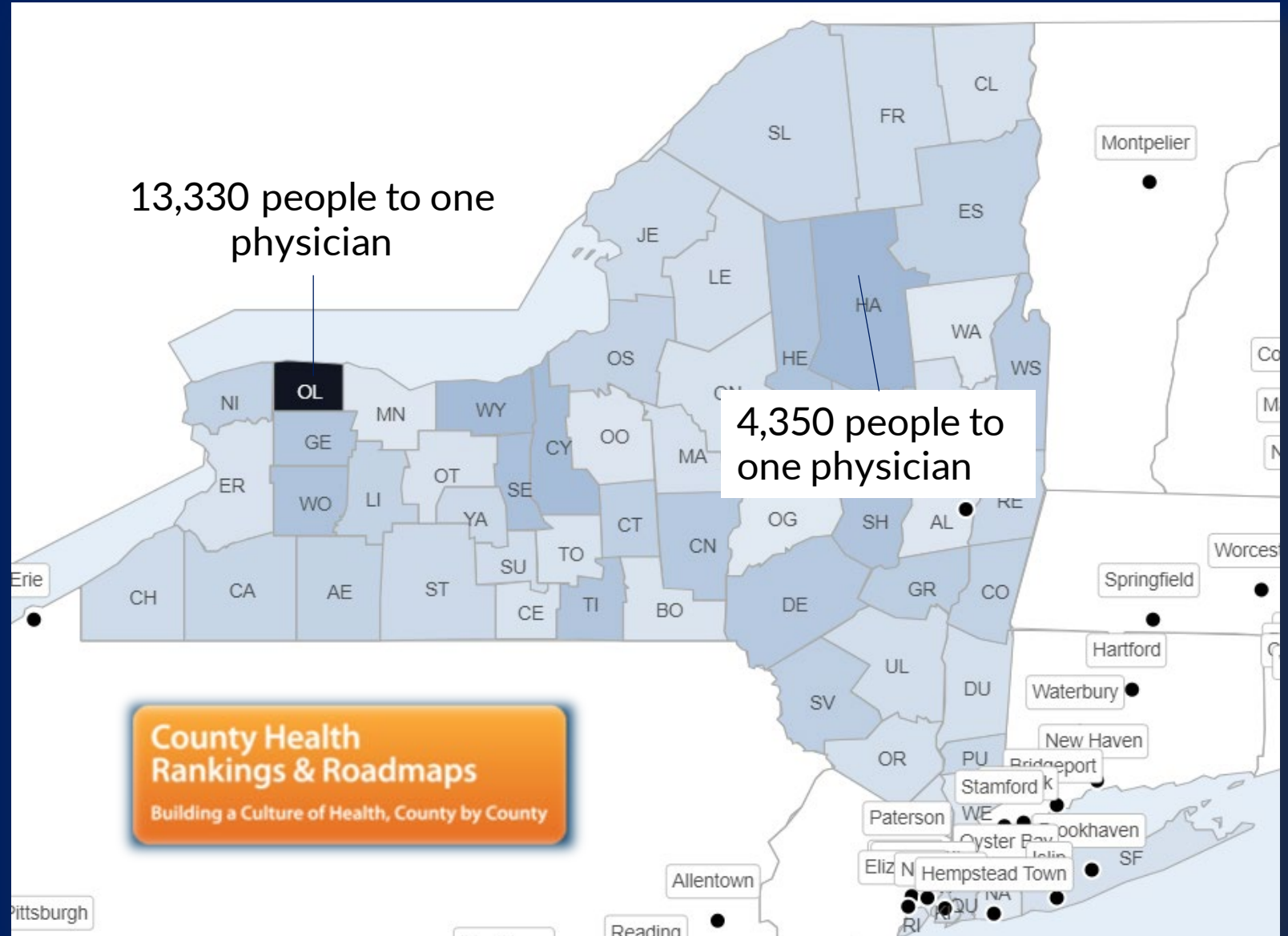


Map shows distribution of NYS Commission on Cancer-accredited Programs and Area Deprivation Index Score

Few Primary Care Providers and Limited Workforce

Average: 1,170 people per provider

Range: 690-13,330 people per provider



Current trends

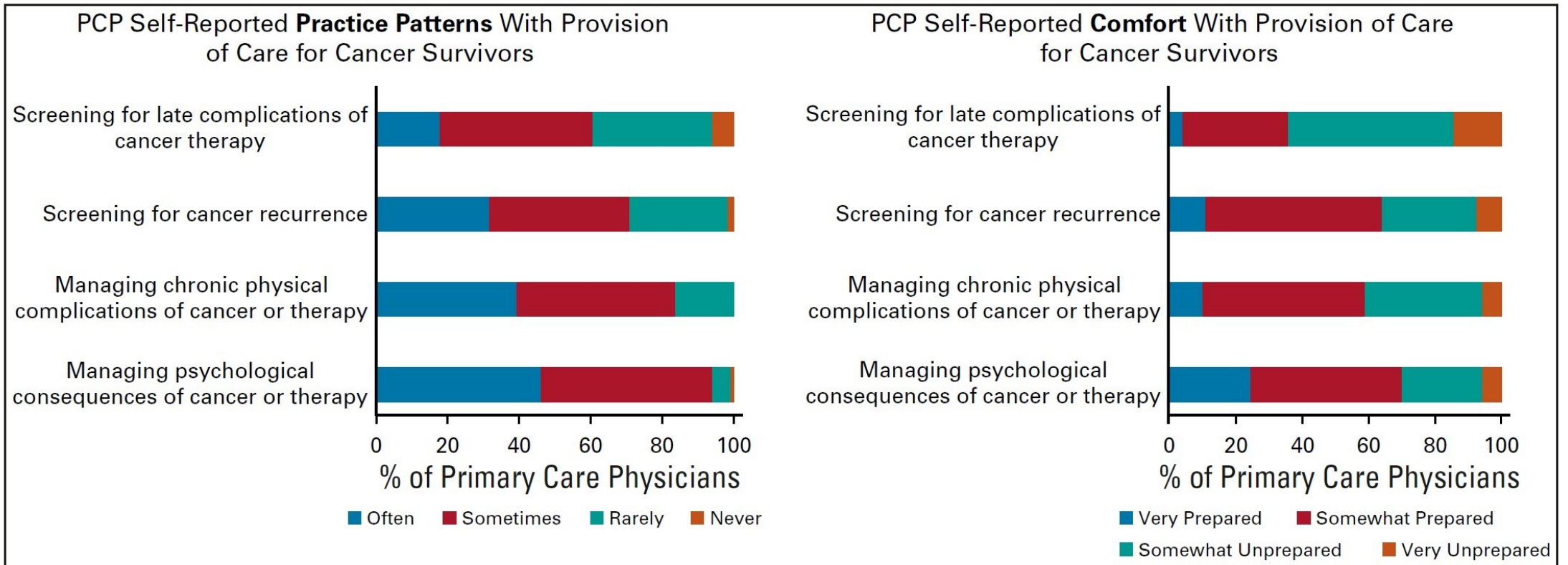


FIG 1. Primary care self-reported experience and comfort with providing aspects of cancer survivorship care. PCP, primary care physician.

Current
PCP
Self-
Reported
Barriers

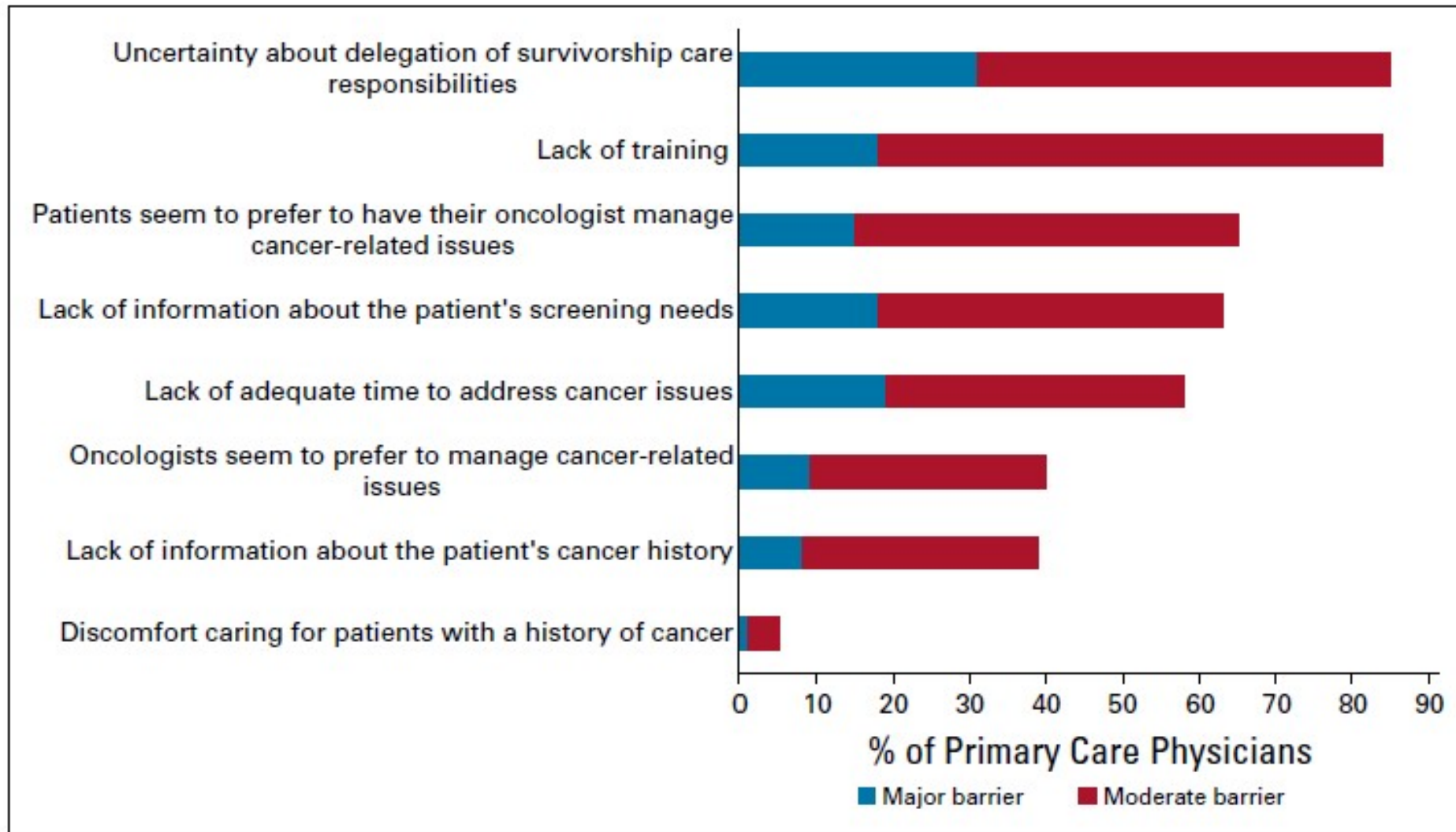


FIG 2. Primary care physicians' self-reported barriers to providing cancer survivorship care.

Cancer Survivorship Care Quality Framework

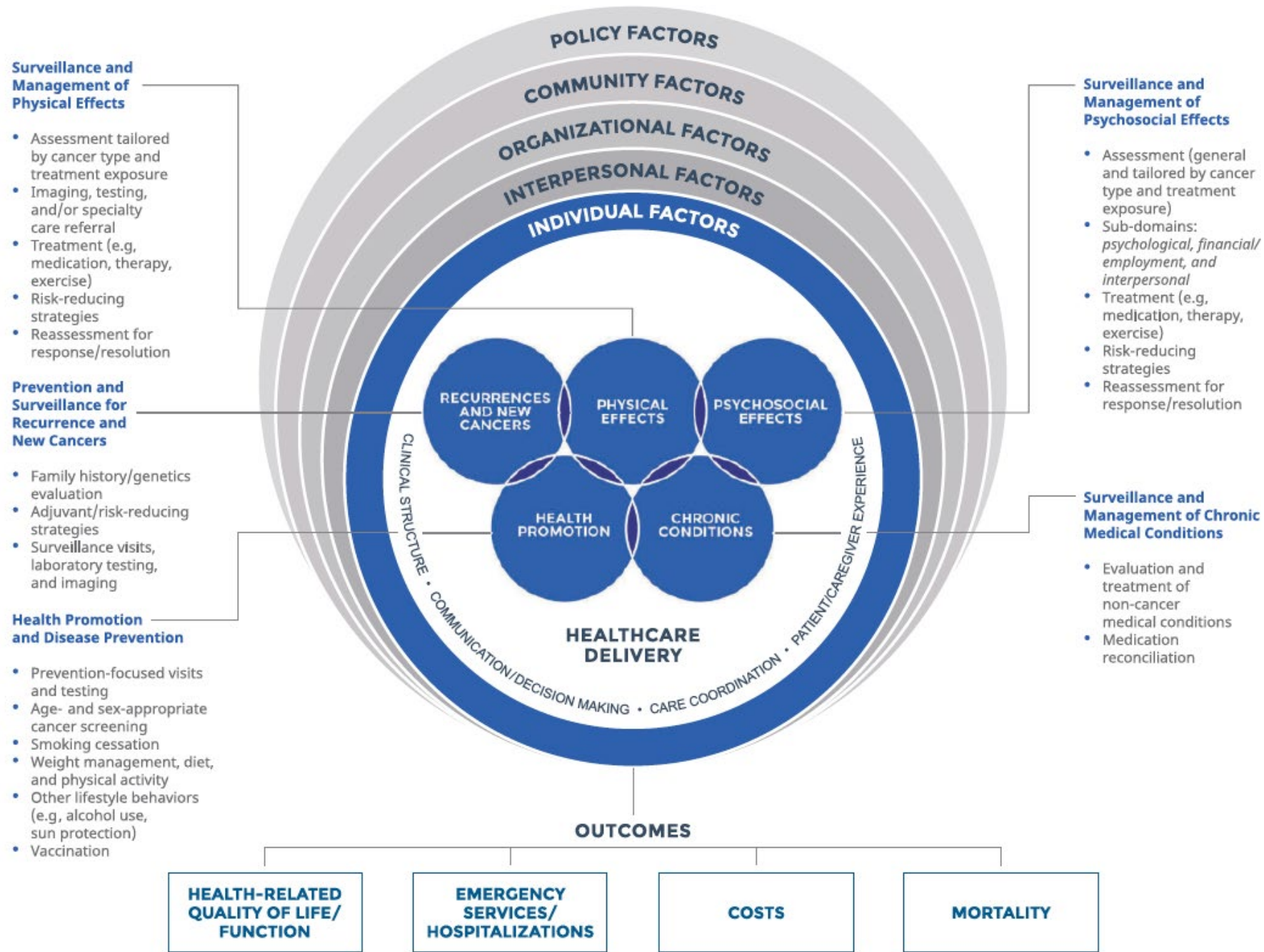


Figure 1. Cancer survivorship care quality framework.



[Brief Report](#) | [Brief Report](#)

Nearly All Cancer Survivors Return to Primary Care

Laura C. Pinheiro, Mangala Rajan, Monika M. Safford, David M. Nanus and Lisa M. Kern

The Journal of the American Board of Family Medicine July 2022, 35 (4) 827-832; DOI: <https://doi.org/10.3122/jabfm.2022.04.220007>

PCP Role in Cancer Survivorship Care

Surveillance for metastatic disease, recurrence, screening for subsequent primary cancers

Ongoing assessment for long-term effects of cancer & Rx

- Psychological, physical, immunologic

Ongoing assessment & management of cancer-related syndromes or issues

Prevention, healthy lifestyle

Referrals & Coordination of care

Survivorship Care Plans

- Patient diagnosis and treatment summary
- Best schedule for follow-up tests
- Information on late and long-term effects of cancer treatment
- List of symptoms to look for
- List of support resources

Components of Survivorship Care Plans

Tissue diagnosis, stage, treatment plan and dates of treatment, toxicities experience

Expected short-and long-term side effects of therapy

Surveillance plan for recurrence and secondary cancers

Recommendations for late term monitoring

Listing of providers responsible for care with contact information

Evaluation of psychosocial needs

Preventative, health promotion behaviors

Follow-up care and referrals

Survivorship Care Planning Needs a Personalized Focus

- Consider patient's disease type/stage, age, gender identity, comorbidities, and family history
- Social determinants of health
- Identify risk for recurrence, and/or high-risk factors for the development of secondary cancer or new primary cancer
- Consider needed physical, psychosocial supports & healthy lifestyle modifications
- Communication & Care coordination

Building a Cancer Survivorship Program at Stanford

Our mission is to improve the experience, and outcomes, of patients and caregivers throughout all phases of their cancer journey by advancing survivorship research, clinical care and education.

Our vision is to give people living with cancer the tools they need to manage their illness with confidence.

We are building interdisciplinary research teams to discover new ways of supporting patients and families, to understand the late effects of cancer therapy, and to integrate survivorship care within primary care.

Video on Survivorship



<https://med.stanford.edu/aftercancer.html?tab=proxy>

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WASHINGTON, DC

Advancing Patient-Centered Cancer Survivorship Care

Adapted from the National Cancer Survivorship Resource Center

www.cancer.org/survivorshipcenter

Dr. Maureen Killackey, GWU External Advisory Board, CoC Project

Development of this presentation was made possible by cooperative agreement #5U55DP003054 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not represent the official views of the Centers for Disease Control and Prevention. The views expressed here do not necessarily reflect the official policies of the U.S. Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. government.



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Cancer Survivorship E-Learning Series

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Cancer Survivorship E-Learning Series for Primary Care Providers

A program of the National Cancer Survivorship Resource Center™



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-
- Comprehensive list of disease site topics, clinical issues, supportive services such as navigation, addressing barriers to care, financial issues



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Working Together, Reducing Cancer, Saving Lives

Achieving cancer control success for all
New Yorkers

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About the New York State Cancer Consortium

The New York State Cancer Consortium is a network of individuals and organizations who work together to reduce the burden of cancer by implementing strategies outlined in the NYS Comprehensive Cancer Control Plan. [Click Here](#) for more information about what we do and how to get involved.

<https://www.nycancerconsortium.org/>

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Scheduled sessions and subject matter discussants

Session 1: Introduction and Survivorship 101

January 11, 2024
12-1:00pm

Maureen Killackey, MD, FACS, FACOG
Tessa Flores, MD
Sylvia K. Wood PhD, DNP, ANP-BC, AOCNP
Facilitator: Christina Crabtree-Ide, PhD, MPH

Session 2: Survivorship Teams

February 8, 2024
12-1:00pm

Tessa Flores, MD
Gregory P. Rys, NP
Maura Abbott, PhD, AOCNP, CPNP-PC, RN
Facilitator: Maureen Killackey, M.D.

Session 3: Medical Issues in Survivorship

March 14, 2024
12-1:00pm

Craig D Hametz, MD, FACC, FASE, FASNC
Tessa Flores, MD
Facilitator: Maureen Killackey, M.D.

Session 4: Survivorship Lifestyle Behaviors

April 11, 2024
12-1:00pm

Mara Ginsberg, Esq.
Timothy Korytko, MD
Facilitator: Christina Crabtree-Ide, PhD, MPH

Session 5: Survivorship and Sexual Health

May 9, 2024
12-1:00pm

Kristin Sobieraj, PA
Facilitator: Tessa Flores, M.D.

Session 6: Supportive Care in Survivorship

June 13, 2024
12-1:00pm

Anne Moyer, PhD
Robin Eggeling
Facilitator: Christina Crabtree-Ide, PhD, MPH