

IN PURSUIT OF *YOUR CURE*.™

CANCER SURVIVORSHIP: A LONG-TERM JOURNEY

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A Cancer Center Designated by the
National Cancer Institute

Objectives

- DISCUSS THE IMPORTANCE OF A SURVIVORSHIP CARE PLAN TO START AT THE TIME OF DIAGNOSIS, THROUGH TREATMENT OF CANCER, AND THEREAFTER.
- DISCUSS A FEW SURVIVORS PHYSICAL AND EMOTIONAL NEEDS
- DESCRIBE AREAS OF CANCER SURVIVORSHIP IMPACTED BY TREATMENT

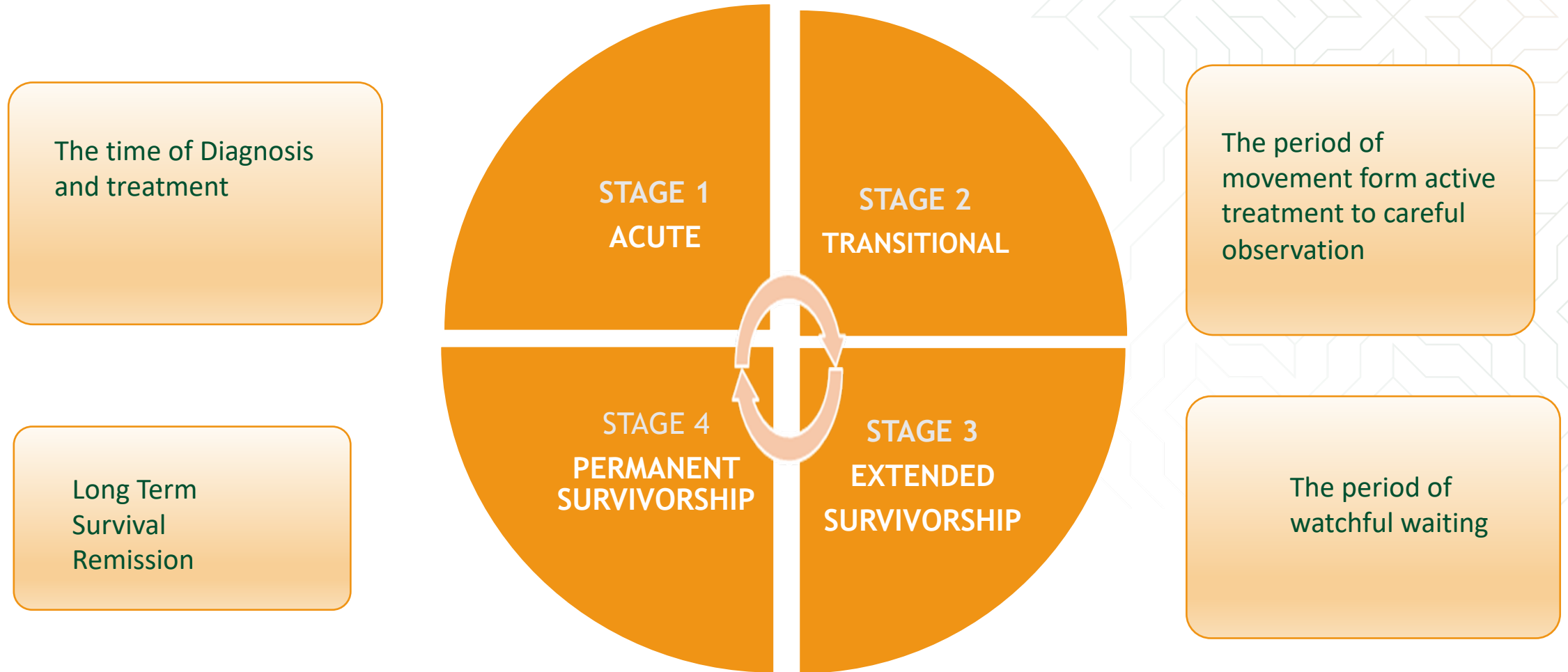
THE DEATH RATE FOR FEMALE BREAST CANCER DROPPED BY 40% FROM 1989-2016



Cancer Survivorship

- “An Individual is considered a cancer survivor from the time of diagnosis through the balance of his or her life.
- Family members, friends and caregivers are all impacted by the survivorship experience and therefore included in the definition.
- It is estimated that in 2024 the number of cancer survivors in the United States will be **18.9 million**.

Survivorship a Continuum



The Patient

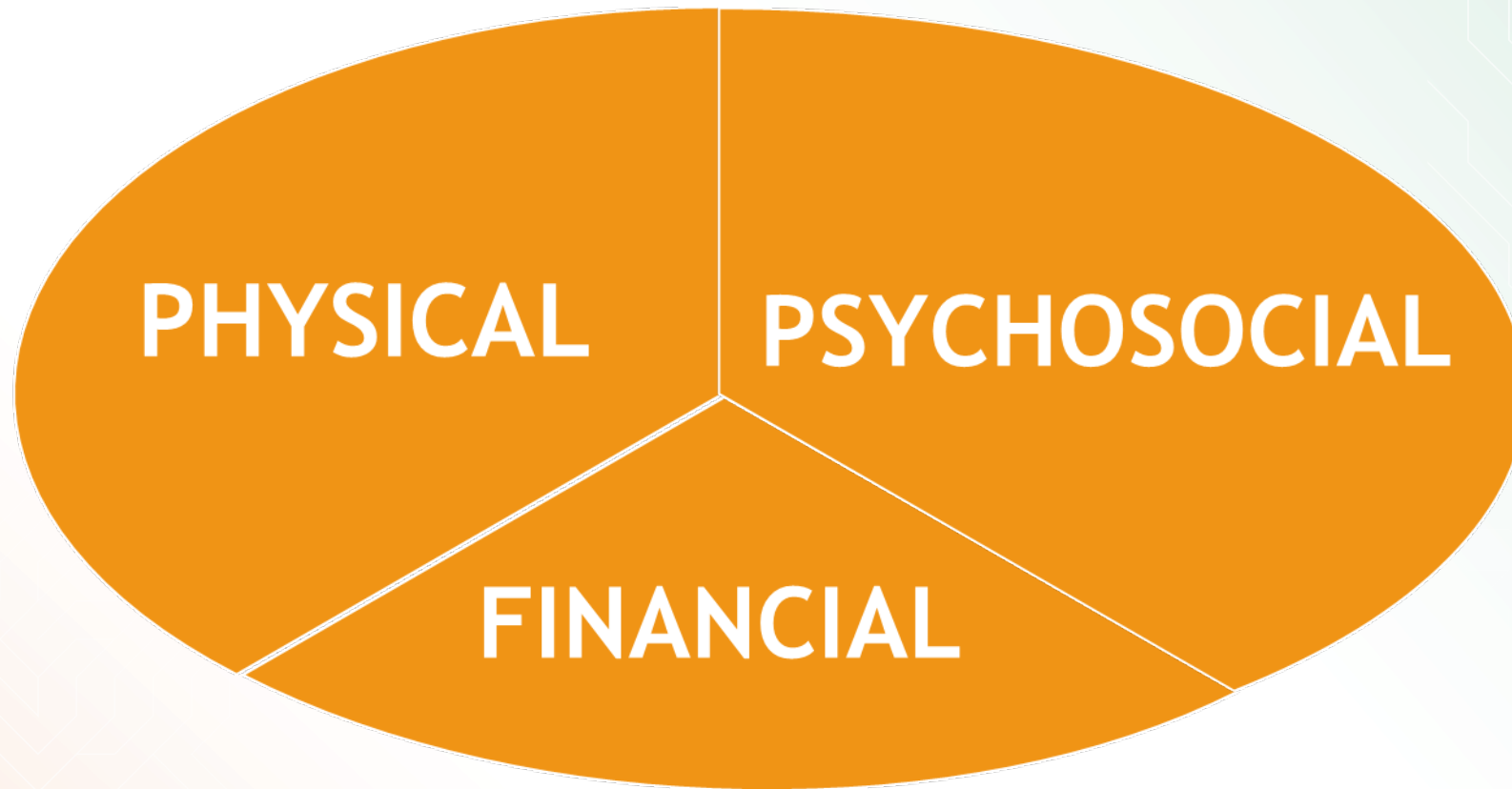
- **Anxiety**
 - Before diagnosis, after diagnosis, during and after each treatment.
 - Fear of progression
- **A marathon and a sprint**
 - Treatment can be long and follow up infinite.
 - Sometimes there is a rush to contain disease and to treat symptoms
 - Relationships with providers, treatments and support systems
- **Information overload**
 - Making informed decisions: which treatment, second opinions
- **Surviving**
 - Guilt
 - Late effects of treatments: chemo, radiation
 - Nutrition, exercise
 - Fear of Recurrence/Actual Recurrence/Metastatic disease

Survivors and Life After Diagnosis

- Coordination and Navigation
 - Emotional support
 - Genetics
 - Fertility
 - Treatment
 - Surveillance
- Utilization of Supportive Services
 - Social Work
 - Psychology
 - Nutrition
 - Exercise
 - Acupuncture
 - Massage
 - Art
 - Music

What Will Shape the Survivors Care?

- Age at diagnosis
- ECOG –Performance Status
- Cancer Stage
- Presenting Symptoms
- Pain Management
- Emotional Status –Anxiety/Depression

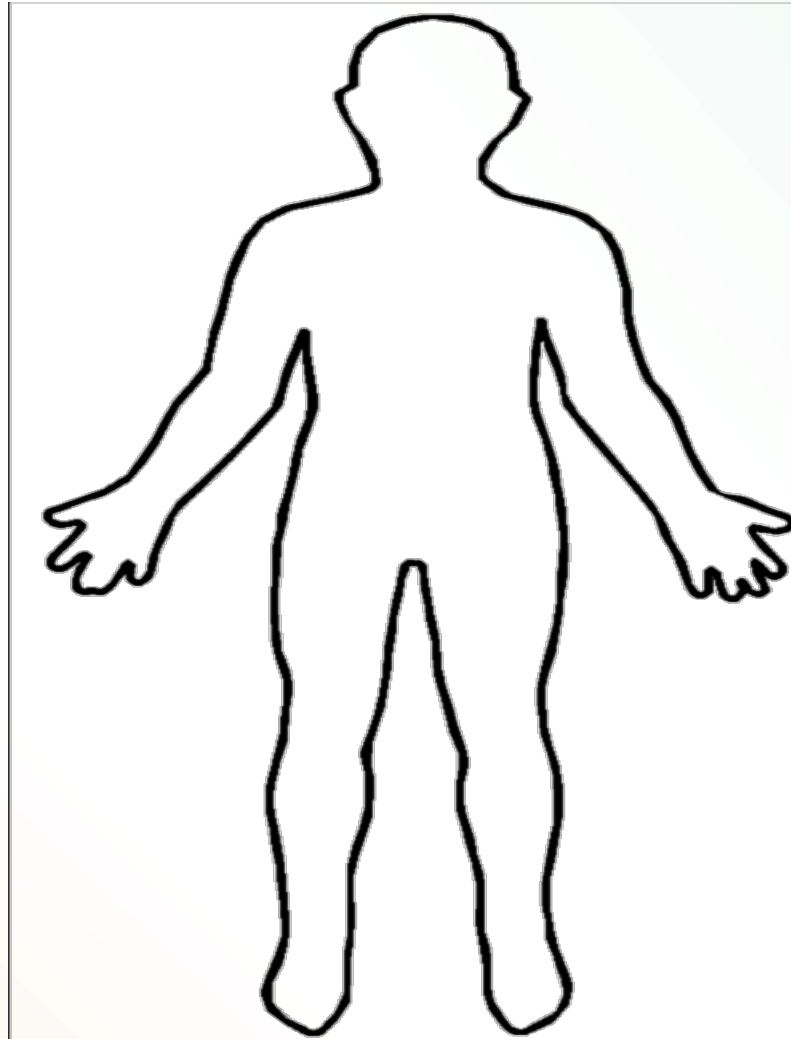


Cancer and its treatment is... MULTIDIMENSIONAL

Physical Long Term and Late Effects of Cancer Treatment

Long-Term Effects

Chemo Brain
Fatigue
Hot Flashes
Anemia
Skin Sensitivity
Lymphedema
Dysphagia
Xerostomia
Incontinence
Pain
Chemo-induced Peripheral Neuropathy
Sexual Dysfunction
Fear of Recurrence



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Late Effects

Chemo Brain
Fatigue
Cardiovascular Disease
Metabolic Syndrome
Venous Thrombosis
Lymphedema
Osteoporosis
Myelodysplastic Syndrome
Intestinal problems
Secondary Cancers
Spinal Nerve Abnormalities
Peripheral Neuropathy
Sexual Dysfunction
Fear of Recurrence

PSYCHOLOGICAL LATE AND LONG-TERM EFFECTS

- **Depression**
 - Distress, worry and anxiety
 - Fear of recurrence (FOR), end-of-life concerns (death or dying)
 - Sleep Disturbance
- **Pain**
 - Fear and anguish
 - Remain functional
- **Sexual Function**
 - Decreased libido
 - Fatigue
 - Body Image



Management of Depression

- Assess level, suicidal?
- Be ready for a Long visit
- Identify reasons: Undertreated pain? Family issues? Financial Issues? Fear of Recurrence?
- Continue Cancer Treatment
- Referrals?
 - Psychology, Music therapy, Art therapy
- A pill?
 - SSRI's, serotonin & dopamine reuptake inhibitor, serotonin and catecholamine reuptake inhibitor
 - Gratitude Journaling

Fatigue

- **Prevalence**
 - 28-91% of cancer survivors and 5-25% of the general population
 - Proposed mechanism is poorly understood, but includes cytokines, hypothalamic –pituitary-adrenal axis dysregulation, circadian rhythm, desynchronization, muscle wasting and genetic dysregulation
- **How long does it last?**
 - May last long after treatment and can significantly interfere with QoL
 - Contributing factors: mood disorders, sleep disturbance, and pain
- **Physical Contributors**
 - Anemia, thyroid dysfunction, cardiac dysfunction, COVID-19



- Assess
 - There are a plethora of Fatigue Assessment Tools: NCCN Intensity Tool
 - Treat underlying causes (pain, anemia, medication side effects)
 - Referral –Exercise Physiology
 - Category #1 recommendation by NCCN
 - Psychosocial intervention
 - Pharmacologic intervention: Psychostimulants may help, however, they have side effects
 - If these are not possible mitigate the effects of fatigue through palliation to maximize energy

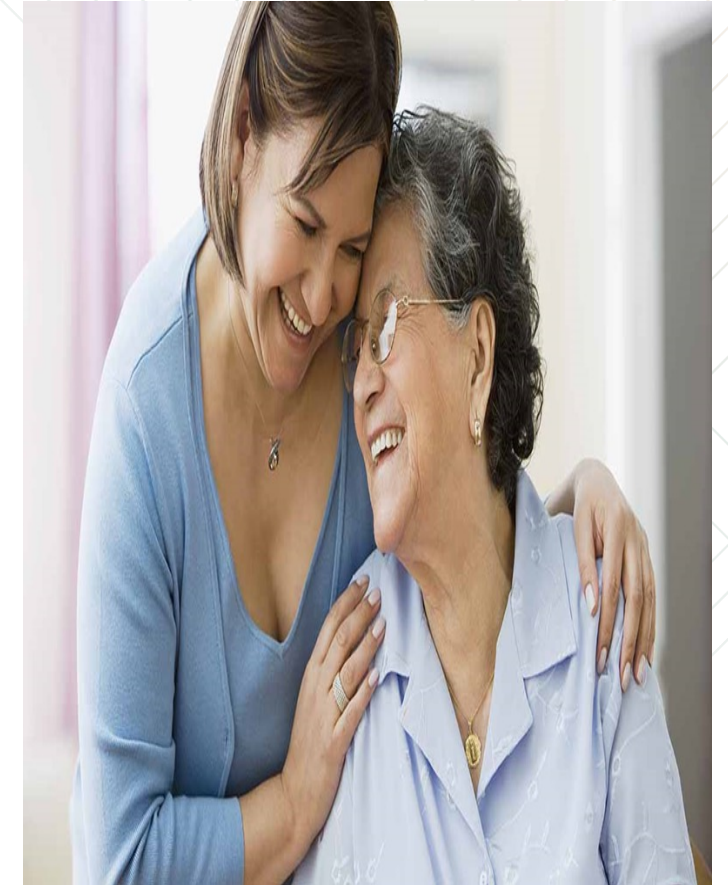


Cardiotoxicity

- Is associated with many therapies:
 - Anthracyclines
 - Targeted therapies
 - Hormonal Therapies
 - Radiation
- Mechanism not fully understood, may involve injury and induction of apoptosis in cardiac cells
 - Incidence of clinical CHF is less than 5%, subclinical range 9-50%
 - May take decades to show
- NCCN
 - Recommends to screen all exposed to anthracyclines
 - Early referral to cardio-oncology experts
 - Initiate cardio-protective medications : ACE inhibitors and Beta Blockers

THE CAREGIVER

- Cancer treatment impacts the caregiver
- They may have physical problems- like aches , pains, sleep problems, and appetite changes
- Emotional problems-depression and anxiety
- Financial problems –out of pocket costs, reduced work hours, and spending personal savings
- The Caregivers needs should be addressed and counseled



Life-Long Journey: Survivors Screening



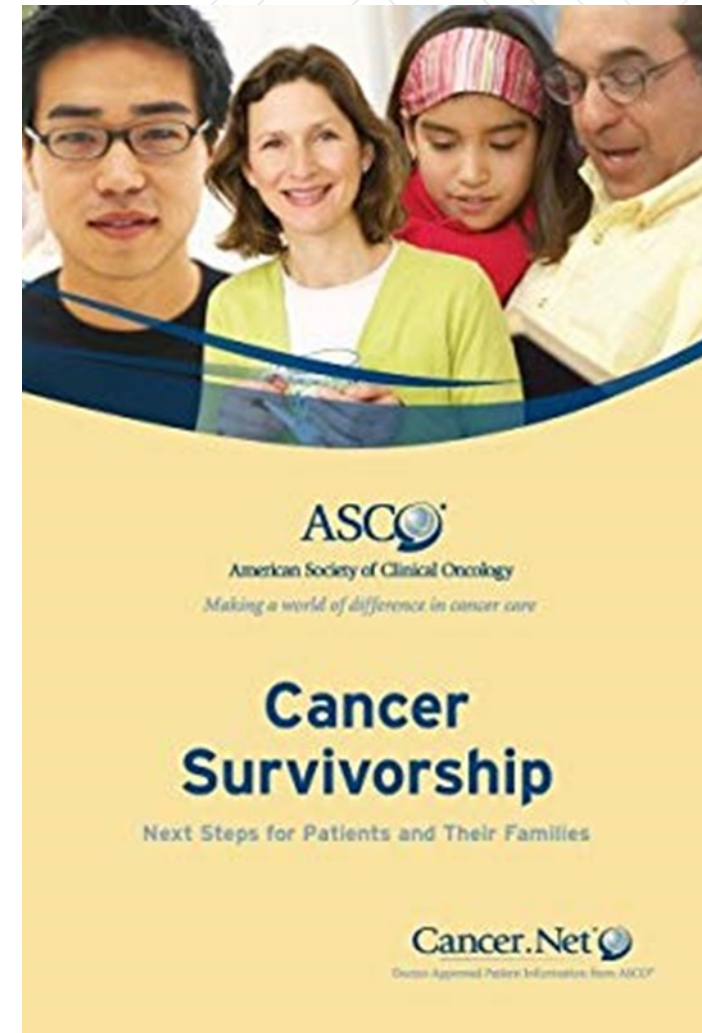
Life-Long Journey: HEALTHY LIFESTYLE

The American Cancer Society Nutrition and Physical Activity Guidelines for Cancer Survivors Include these recommendations:

- Maintain a healthy weight
- Participate in Physical Activity
- Follow a diet that is high in vegetables, fruits, and whole grains
- Follow the American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention
- Avoid Alcohol use



- ASCO Core Curriculum for Cancer Survivorship Education has developed a core curriculum and competencies for healthcare providers, training program, and policy-making organizations.
- To manage the ever-expanding evidence-based and best practice recommendations to provide care for cancer survivors will require special expertise and education.
- The Core Competencies:
- **Survivorship, Surveillance, Long-term and late effects**
- Health promotions and disease prevention
- Psychosocial care
- Childhood and AYA (Adolescents and Young Adults) Cancer Survivors
- Older Adult cancer survivors
- Caregivers of cancer survivors
- Communication and coordination of care

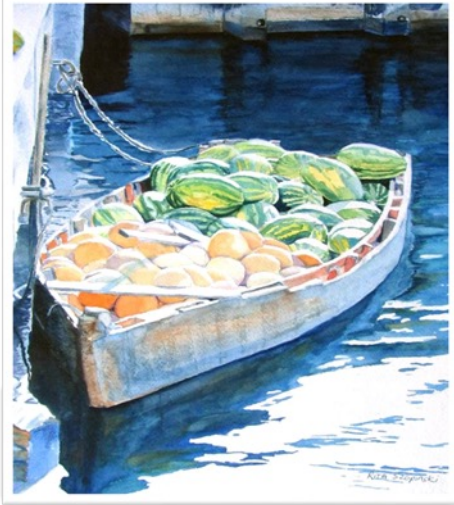


Conclusion

- **Survivorship is Life - Long**
 - Should be introduced at the inception of cancer diagnosis
 - The goal is to improve quality of life upon diagnosis, during treatment and for the duration of life
 - Survivorship is a journey with cancer.



Art and the Survivor



Thank You



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