Dissemination and Implementation of Survivorship Care Plans: Benefits, Challenges and Future

Sarah Birken, PhD
Assistant Professor, Department of Health Policy and Management
Associate Member, Lineberger Comprehensive Cancer Center
University of North Carolina at Chapel Hill
A brief history of survivorship care plans (SCPs)

- 2005: Institute of Medicine report: “Lost in Transition”
- 2011: Grunfeld et al.’s RCT of SCPs
- 2012: Commission on Cancer SCP program standards
SCP use in 2013

Which of the following best describes SCP use in your cancer program?
## Determinants of SCP use

<table>
<thead>
<tr>
<th>Organizational</th>
<th>Individual</th>
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<tbody>
<tr>
<td>Reimbursement</td>
<td>Training in late &amp; long-term effects of cancer</td>
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<tr>
<td>Requirements (e.g., Commission on Cancer)</td>
<td>Beliefs about the benefits of SCP use</td>
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<td>Electronic health records</td>
<td>Competing time demands</td>
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<tr>
<td>Time</td>
<td>Colleagues’ advocacy</td>
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<tr>
<td>Staff</td>
<td></td>
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<tr>
<td>Training</td>
<td></td>
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<tr>
<td>Survivor demand</td>
<td></td>
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<tr>
<td>Rural location</td>
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</table>
Current challenges and future directions

Avoiding Implementation Errors in Cancer Survivorship Care Plan Effectiveness Studies

SCP

Effectiveness (e.g., care coordination, communication)

Implementation (i.e., how proficiently and consistently are SCPs used?)
References


Survivorship Care Planning: Standards, Resources and Delivery

Elizabeth Hatcher, MSN, APRN, FNP-BC
Nurse Practitioner, Survivorship
Division of Internal Medicine, Department of Medicine
The GW Medical Faculty Associates
Standards for SCP Delivery

- Commission on Cancer (CoC)
  - Phased in implementation: 25% in 2016
  - Survivors treated with curative intent
- National Accreditation Program for Breast Centers (NAPBC)
  - Requiring delivery to 100% in 2016
  - Delivered within 6 months from end of treatment, 1 year from diagnosis
    - 18 months for those receiving Herceptin
  - Not required for those diagnosed with Stage IV, consider providing summary of treatment and possible effects to patient and primary care provider (PCP)
Survivorship Care Plan Requirements

• Treatment summary
  – American Society of Clinical Oncology (ASCO) data elements

• Follow up plan
  – Surveillance, screening recommendations
  – Possible late and long-term effects including sexual & psychological
  – Referral for services (rehabilitation, financial counseling, smoking cessation, etc.)
  – Recommendations for lifestyle changes and health maintenance

• Provide SCP to survivor, treatment team, PCP
Resources for Survivorship Care Planning

• Templates
  – ASCO
  – Journey Forward
  – Electronic Medical Record

• Software

• Guidelines
  – National Comprehensive Cancer Network (NCCN)
  – American Cancer Society (ACS)
Delivery of SCPs

• Delivery > Document
• Comprehensive educational and clinical visit to ensure survivor understanding and maximize effectiveness of plan
• Providers utilize SCP for care coordination
• Next steps: Follow up on outcomes
Resources

- **Comparison of CoC and NAPBC standards**: [https://www.ons.org/sites/default/files/Comparison_CoC_NAPBC_SurvivorshipStandards.pdf](https://www.ons.org/sites/default/files/Comparison_CoC_NAPBC_SurvivorshipStandards.pdf)
The Importance of Survivorship Care Plans: A Survivor’s Perspective

Liza A. Fues, JD
Patient Advocate
George Washington Cancer Institute

GW Cancer Institute

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WASHINGTON, DC
# Potential Late Effects

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Effect</th>
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</thead>
<tbody>
<tr>
<td>Mastectomy</td>
<td>Numbness/tightness in chest, arm, or armpit</td>
</tr>
<tr>
<td>Removal of lymph nodes</td>
<td>Lymphedema</td>
</tr>
<tr>
<td>Chemotherapy: Adriamycin</td>
<td>Congestive heart failure</td>
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<tr>
<td>Chemotherapy: Methotrexate</td>
<td>Abnormal liver function/liver failure; problems with thinking, learning, memory</td>
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<tr>
<td>Other Late Effects</td>
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<tr>
<td>Second Primary Cancer</td>
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<tr>
<td>Cancer Recurrence</td>
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Components of a Survivorship Care Plan

• Treatment Summary
  – Details of Cancer Diagnosis
    • Diagnosis date
    • Type of cancer
    • Location
    • Stage
  – Histology
  – Providers/treatment facilities contact information
  – Treatments administered
Components of a Survivorship Care Plan, Continued

• Follow-up Care Plan
  – Specific recommendations for ongoing care
    • Schedule of visits with oncology specialist
    • Surveillance testing for recurrence
    • Identify and manage long-term and late effects
  – Health promotional strategies

Source: Memorial Sloan Kettering Cancer Center, www.mskcc.org/referring-physicians/survivorship/survivorship-care-plan
Online Resources for Survivorship Planning

American Society of Clinical Oncology
- Care plan templates, guidelines for breast and colorectal cancer follow-up

Journey Forward
- Tool for developing care plans based on ASCO recommendations

National Coalition for Cancer Survivorship
- Information for developing care plans

National Comprehensive Cancer Network
- Disease-specific treatment follow-up guidelines
  Registration is required, but access to these guidelines is free.

LiveStrong Care Plan
- Patients can develop their own care plan to be reviewed by their healthcare team

Memorial Sloan Kettering Cancer Center
- Treatment summary and care plan

Modified from Memorial Sloan Kettering Cancer Center,
https://www.mskcc.org/referring-physicians/survivorship/survivorship-care-plan
Thank you!

gwci@gwu.edu
@gwcancerinstitute
www.smhs.gwu.edu/gwci