

# Cancer Survivorship

*“We are moving into a new era in cancer care. No longer can we provide only isolated fragments of treatment in the continuum of health and disease. We must now provide care that helps the patient navigate this survivorship path for the rest of his or her life.”*

- Richard B. Reiling, MD, past president of the Association of Community Cancer Centers and cancer survivor

## KEY ISSUES

Cancer survivorship is growing. Close to 12 million Americans with a history of cancer were alive in 2008. This number is expected to reach 18 million in 10 years. The 5-year survival rate for all cancer types was 67% between 2001 and 2007, up from 48% in 1975-1977 (American Cancer Society).

Survivors, cancer patients and caregivers need ways and resources to cope with a cancer diagnosis and treatment, including:

- side effects from treatment;
- education about nutrition;
- support in dealing with grief and end of life issues; and
- a forum for sharing the survivor’s experiences.

## OPPORTUNITIES

No statewide coalition or partnership exists in Oregon for cancer survivorship programs to share resources and experiences. The national, state and local health care climate is right to promote healthy living beyond a cancer diagnosis and treatment.

- Patient advocacy groups bring new attention and focus to cancer survivorship.
- Health professional associations promote cancer survivorship plans.
- Oregon’s 19 cancer centers collect data on cancer survivorship.

## CURRENT EFFORTS

The Survivorship Task Force was created in 2011, based on a gap identified by the Oregon Partnership for Cancer Control (OPCC) Coordinating Committee.

The task force functions through:

- Regular bi-monthly workgroup meetings;
- OPCC Task Force listserve;
- Google group listserve and discussion group; and
- Task Force is available for information for new survivorship programs.

Survivorship activities in Oregon:

- 7 health care organizations in the Portland metro area collaborated for cancer survivorship day celebrations in 2010-12.

## CHALLENGES

- Funding resources for outreach efforts to cancer survivorship programs in Oregon.
- Healthy system transformation – the coordination patient centered primary care and oncology specialists.

For cancer survivors and their families, the legal, financial, physical and emotional challenges do not end with the completion of treatment. Survivorship planning addresses the psychosocial needs of the cancer survivors, and their families.

## OBJECTIVES

1. **By December 2012, assess cancer survivorship resources in Oregon.**
2. **By December 2013, make cancer survivorship information available to providers and accredited cancer centers.**
3. **By December 2014, make cancer survivorship information available to cancer survivors.**

## STRATEGIES

We understand that all these strategies may not be employed in furthering our goals, but we are currently beginning to assess the needs of Oregon Survivorship Programs. We have identified the following strategies that will be explored and implemented, as appropriate.

1. Conduct an assessment of Survivorship Programs in Oregon.
  - Reach out and establish contact and assessment of statewide programs through surveys, letters, face-to-face visits.
  - Identify available resources (e.g. libraries, cancer resource center).
2. Develop an implementation plan.
  - Aggregate the assessment information.
  - Create a survivorship brochure.
  - Develop presentation for cancer treatment centers on aspects of cancer survivorship to support existing programs or developing programs.
  - Reach out to primary care providers.
  - Website for cancer survivors.
  - Statewide conference on cancer survivorship.
  - Provide CEU training on survivorship.

### Assessment of survivorship programs and activities in Oregon

Gather the following program details:

- What are the elements of your program (e.g. physical activity, nutrition, lifestyle change)?
- What are you doing?
- Which elements work best?
- What survivorship plans are being used and found effective?
- Who participates?
- How do patients access the survivorship program?
- What funding resources were used to start programs?
- What funding is used to sustain programs?
- What kind of outreach do the programs do?
- Which programs use Electronic Medical Records (EMH) for cancer survivorship planning?
- What outcome measures are performed?
- How is Survivorship Program data tracked?

When Oregon specific survivorship data are available, this chapter will be updated.

**TARGETS FOR CHANGE**

**To Be Determined**

**based on available data on cancer  
survivorship.**