

# **Project ECHO Session Two**

**Survivorship Teams**

**February 8, 2024**

**Recording:** [Project ECHO Session Two\\_2.8.24](#)

# **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:**

Maureen Killackey M.D.

Tessa Flores, M.D.

Christina Crabtree-Ide, PhD, MPH

**Funding:** Centers for Disease Control and Prevention



# HOUSEKEEPING ITEMS

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

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Please mute your line and remain on camera.

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

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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](http://nyscancerconsortium.org))

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Do NOT share any personal information about any patient.

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

# INTRODUCTIONS



**Gregory Rys, DNP**

Director NP Residency  
Program at Bassett Healthcare  
Network



**Tessa Faye Flores, M.D.**

Medical Director of Cancer Screening  
and Survivorship at Roswell Park  
Comprehensive Cancer Center and a  
board-certified Internist and  
Pediatrician



**Maura Abbott, PhD, AOCNP,  
CPNP, FAAN**

Columbia University School of  
Nursing Assistant Dean,  
Clinical Affairs and Associate  
Professor of Nursing



**Facilitator: Maureen Killackey, MD,  
FACS, FACOG**

Chair, NYS Cancer Advisory Council  
and American College of Surgeons  
Commission on Cancer Site Reviewer

*Speakers have no disclosures or conflicts to report.*

# PARTICIPANT INTRODUCTIONS

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

# 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”**

# Welcome

Survivorship ECHO Series

Session 2

Survivorship Teams

## SPEAKERS

Gregory Rys, DNP

Tessa Flores, MD

Maura Abbott, PhD, AOCNP, CPNP, FAAN

**Facilitator:** Maureen Killackey, MD, FACS, FACOG



# Goals & Objectives ECHO Series



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

1. Understand common side effects of all cancer treatment modalities and what to be on the lookout for
2. Describe the roles and responsibilities of the Oncology Team





# Scheduled sessions and subject matter discussants

## Session 1: Introduction and Survivorship 101

<b>January 11, 2024</b> <b>12-1:00pm</b>	Maureen Killackey, MD, FACS, FACOG Tessa Flores, MD Sylvia K. Wood PhD, DNP, ANP-BC, AOCNP Facilitator: Christina Crabtree-Ide, PhD, MPH
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## Session 2: Survivorship Teams

<b>February 8, 2024</b> <b>12-1:00pm</b>	Tessa Flores, MD Gregory P. Rys, NP Maura Abbott, PhD, AOCNP, CPNP-PC, RN Facilitator: Maureen Killackey, M.D.
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## Session 3: Medical Issues in Survivorship

<b>March 14, 2024</b> <b>12-1:00pm</b>	Craig D Hametz, MD, FACC, FASE, FASNC Tessa Flores, MD Facilitator: Maureen Killackey, M.D.
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## Session 4: Survivorship Lifestyle Behaviors

<b>April 11, 2024</b> <b>12-1:00pm</b>	Mara Ginsberg, Esq. Timothy Korytko, MD Facilitator: Christina Crabtree-Ide, PhD, MPH
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## Session 5: Survivorship and Sexual Health

<b>May 9, 2024</b> <b>12-1:00pm</b>	Kristin Sobieraj, PA Facilitator: Tessa Flores, M.D.
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## Session 6: Supportive Care in Survivorship

<b>June 13, 2024</b> <b>12-1:00pm</b>	Anne Moyer, PhD Robin Eggeling Facilitator: Christina Crabtree-Ide, PhD, MPH
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# LONG TERM EFFECTS OF CANCER & TREATMENT

## Physical Complications

### **Cardiac Side Effects**

Anthracycline Induced Heart Failure –  
Chemotherapy Related

Coronary Artery Disease – Chest Wall  
Radiation Related

### **Musculoskeletal Side Effects:**

Bone Loss– Chemotherapy, Hormone,  
Steroid and/or Radiation Related

Lymphedema – 3 stages; Surgery,  
Chemotherapy and/or Radiation Related

Arthritis/Avascular Necrosis – Surgery,  
Steroid, Chemotherapy and/or Radiation  
Related

### **Pulmonary Side Effects:**

Pulmonary Fibrosis – Chemotherapy and/or  
Radiation Therapy Related

Dyspnea– Chemotherapy, Immune Therapy,  
Surgery and/or Radiation Related

### **HEENT Side Effects:**

Cataracts - Chemotherapy, Hormone,  
Steroid and/or Immune Therapy Related

Dry Eye Syndrome – Chemotherapy Related

Hearing Loss –Chemotherapy

Mouth Changes (dry mouth, bone & teeth  
loss)– Chemotherapy, Surgery

### **Endocrine Side Effects: All Tx**

Sexual Health

Fertility

Early Menopause

Thyroid Dysfunction

Adrenal Insufficiency

### **Secondary Primary Cancers**

**&**

**Pain**



# LONG TERM EFFECTS OF CANCER & TREATMENT

## Psychosocial & Mental Health Complications

Anxiety &  
Depression

Sleep  
Disorders

Decreased  
Cognitive  
Function

Fatigue

PTSD

Difficulty  
Returning to  
School/Work

# REFERENCES FOR LATER

- FOR PROVIDERS:
  - [survivorship.pdf \(nccn.org\)](#)
  - [Coping – Late Effects - NCI \(cancer.gov\)](#)
  - [Survivorship Care Guidelines | American Cancer Society](#)
- FOR PATIENTS:
  - [survivorship-hl-patient.pdf \(nccn.org\)](#)
  - [survivorship-crl-patient.pdf \(nccn.org\)](#)

# Transitioning from Oncology to Survivorship



# Transition of care

- Efforts to improve the transition from oncology to primary care, as survivors move from acute cancer care to ongoing preventative care, have focused on survivorship care plans. (Mayer, et. al. 2012)
- The Institute of Medicine advises that each cancer survivor receive a survivorship care plan summarizing his or her cancer diagnosis, treatment, and recommendations about follow-up care.
- This helps define the roles, who is taking care of what, when and how.



# 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 Provider/PCP Role in Cancer Survivorship Care

Surveillance for recurrence, metastatic disease, 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





National  
Comprehensive  
Cancer  
Network®

# NCCN Guidelines Version 1.2023 Survivorship

[NCCN Survivorship Panel Members](#)

[NCCN Survivorship Sub-Committee Members](#)

[Summary of the Guidelines Updates](#)

## General Survivorship Principles

- [Definition of Survivorship \(SURV-1\)](#)
- [Standards for Survivorship Care \(SURV-2\)](#)
- [General Principles of the Survivorship Guidelines \(SURV-3\)](#)
- [Screening for Subsequent New Primary Cancers \(SURV-4\)](#)
- [Principles of Cancer Risk Assessment and Counseling \(SURV-5\)](#)
- [Assessment by Health Care Provider at Regular Intervals \(SURV-6\)](#)
- [Survivorship Assessment \(SURV-A\)](#)
- [Survivorship Resources for Health Care Professionals and Survivors \(SURV-B\)](#)
- [Principles of Screening for Treatment-Related Subsequent Primary Cancers \(SURV-C\)](#)

## Preventive Health

- [Healthy Lifestyles \(HL-1\)](#)
  - [Physical Activity \(SPA-1\)](#)
  - [Nutrition and Weight Management \(SNWM-1\)](#)
  - [Supplement Use \(SSUP-1\)](#)
- [Immunizations and Infections \(SIMIN-1\)](#)

## Late Effects/Long-Term Psychosocial and Physical Problems

- [Cardiovascular Disease Risk Assessment \(SCVD-1\)](#)
- [Anthracycline-Induced Cardiac Toxicity \(SCARDIO-1\)](#)
- [Anxiety, Depression, Trauma, and Distress \(SANXDE-1\)](#)
- [Cognitive Function \(SCF-1\)](#)
- [Fatigue \(SFAT-1\)](#)
- [Lymphedema \(SLYMPH-1\)](#)
- [Pain \(SPAIN-1\)](#)
- [Hormone-Related Symptoms \(SHRS-1\)](#)
- [Sexual Health \(SSH-1\)](#)
- [Fertility \(SF-1\)](#)
- [Sleep Disorders \(SSD-1\)](#)
- [Employment and Return to Work \(SWORK-1\)](#)

# Children's Oncology Group Guidelines

- <http://www.survivorshipguidelines.org/>
- Long-term follow up
- Health Links
  - General and Psychosocial
  - Cardiac
  - Endocrine
  - GI
  - Immune
  - MSK
  - Neurological
  - Pulmonary
  - Reproductive
  - Subsequent Cancers

# Cancer not just an Oncologist's problem

- The incidence of cancer continues to increase in patients over the age of 50 years.
- These patients often have multiple chronic conditions.
- Cancer patients with co-morbidities experience worse disease free and overall survival. (Park et.al. 2006)

# PCP perspective

- Suboptimal communication and coordination of care for cancer survivors remain as public health challenges that need to be addressed as efforts are made to transition survivorship care to primary care settings. (Bober et. al. 2009)
- PCPs have expressed a desire for additional information with sufficient detail and guidance in order to provide sufficient care to cancer survivors.

We need to be clear on who's got it.

