

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

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



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

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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

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

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



[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.

