



Survivorship Care from a Canadian Perspective

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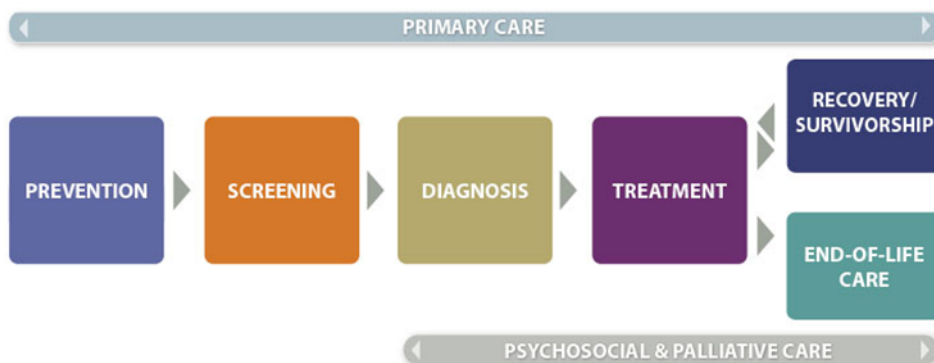
Canadian Health Care: Striving for Universal Access

Challenged by:

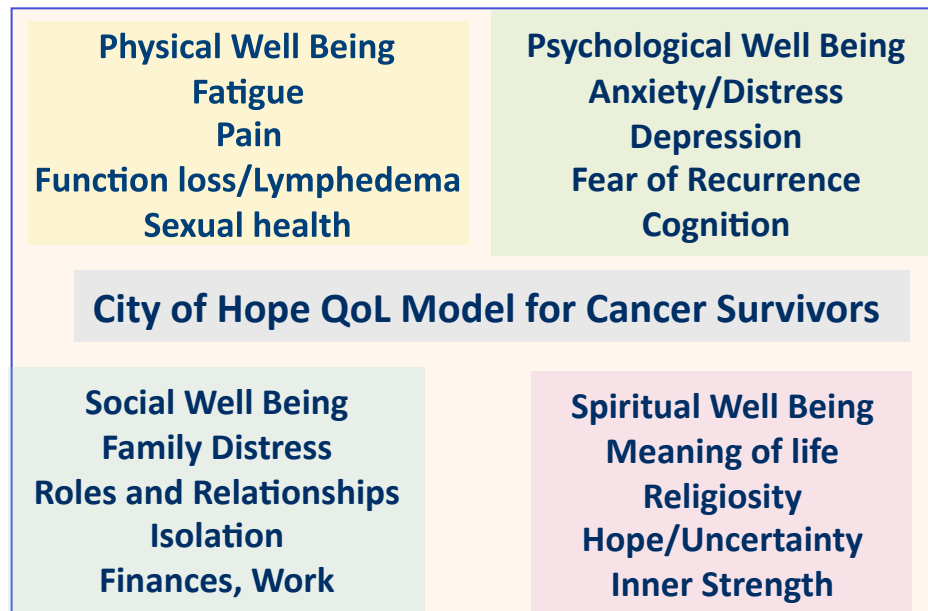
- Geography
- Urban vs rural resource inequality
- “Have” and “have-not” provinces
- Diversity of language and culture
- Low levels of health literacy
- Federal vs provincial mandates

The cancer journey

Better cancer services every step of the way

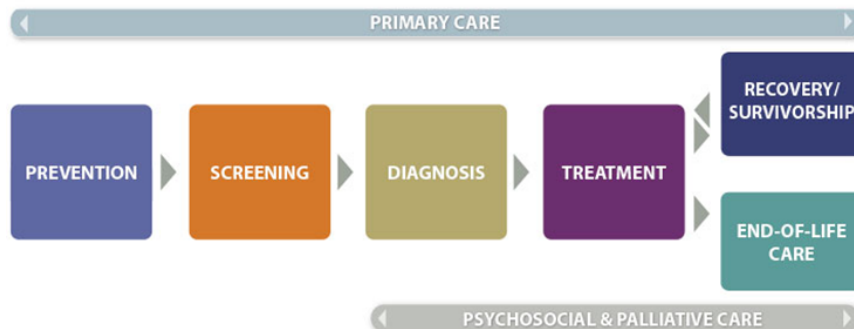


Components of Survivorship Care



The cancer journey

Better cancer services every step of the way



Identify and manage

- recurrent cancer
- 2nd primaries
- persistent/late side effects

Optimize Health

- prevent or reverse side effects
- promote healthy behaviors

Coordinated care

- Specialists, primary care and support care team
- guided by an organized plan

Survivors taking responsibility

- self management
- guided by an organized plan

Hewitt M, et al. eds. *From Cancer Patient to Cancer Survivor: Lost in Transition*. Washington DC; The National Academies Press; 2005

Breast cancer well follow-up project

Identify and manage

- Local and systemic recurrence, treatment induced second primaries (breast, lung, skin, hematological), long term medication adherence
- Treatment related complications including
 - Radiation soft tissue changes
 - lymphedema, recurrent cellulitis
 - function and mobility loss,
 - pain, fatigue, insomnia
 - distress, anxiety, fear of recurrence
 - peripheral nerve injury
 - osteoporosis
 - heart disease
 - cognitive changes

Breast cancer well follow-up project

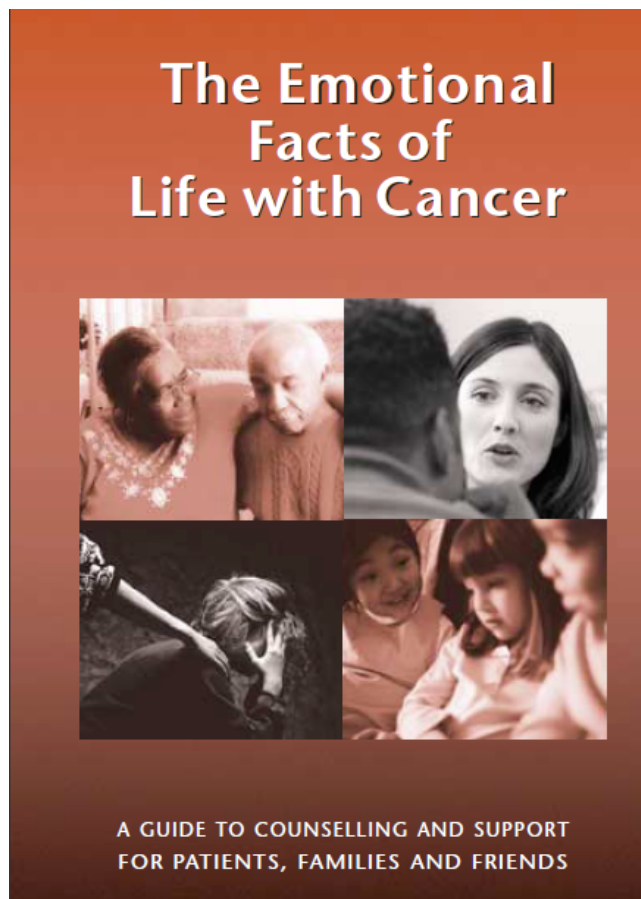
Optimize health

- Premature menopause, fertility, sexual health and body image issues
- Weight management, physical activity, alcohol, smoking cessation, healthy dietary choices
- Cancer screening (colorectal cancer, cervix), high risk screening in BRCA carriers.

Coordinate, communicate and document

- patient care record, treatment summary, survivorship care plan

Education and Training



Adult Cancer Survivorship A Self-Learning Resource for Nurses

Kim Chapman MScN, CON(C), Jennifer Wiernikowski, MN, NP-Adult, CON(C)

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2011



Survivors taking responsibility



Collaborative Centre for Health, Wellness and Cancer Survivorship

Activity	Facility
Research	<ul style="list-style-type: none"> • Workspaces • Observation area
Collaboration	<ul style="list-style-type: none"> • Large meeting rooms with telecom support
Clinical programs	<ul style="list-style-type: none"> • Consult Rooms
Patient programs <ul style="list-style-type: none"> • Exercise • Diet • Social support 	<ul style="list-style-type: none"> • Gym • Kitchen • Living Room



Survivorship at ELLICSR

Vision: All patients engaging in productive cancer care partnerships to improve their health, wellbeing, and the overall delivery of cancer care.

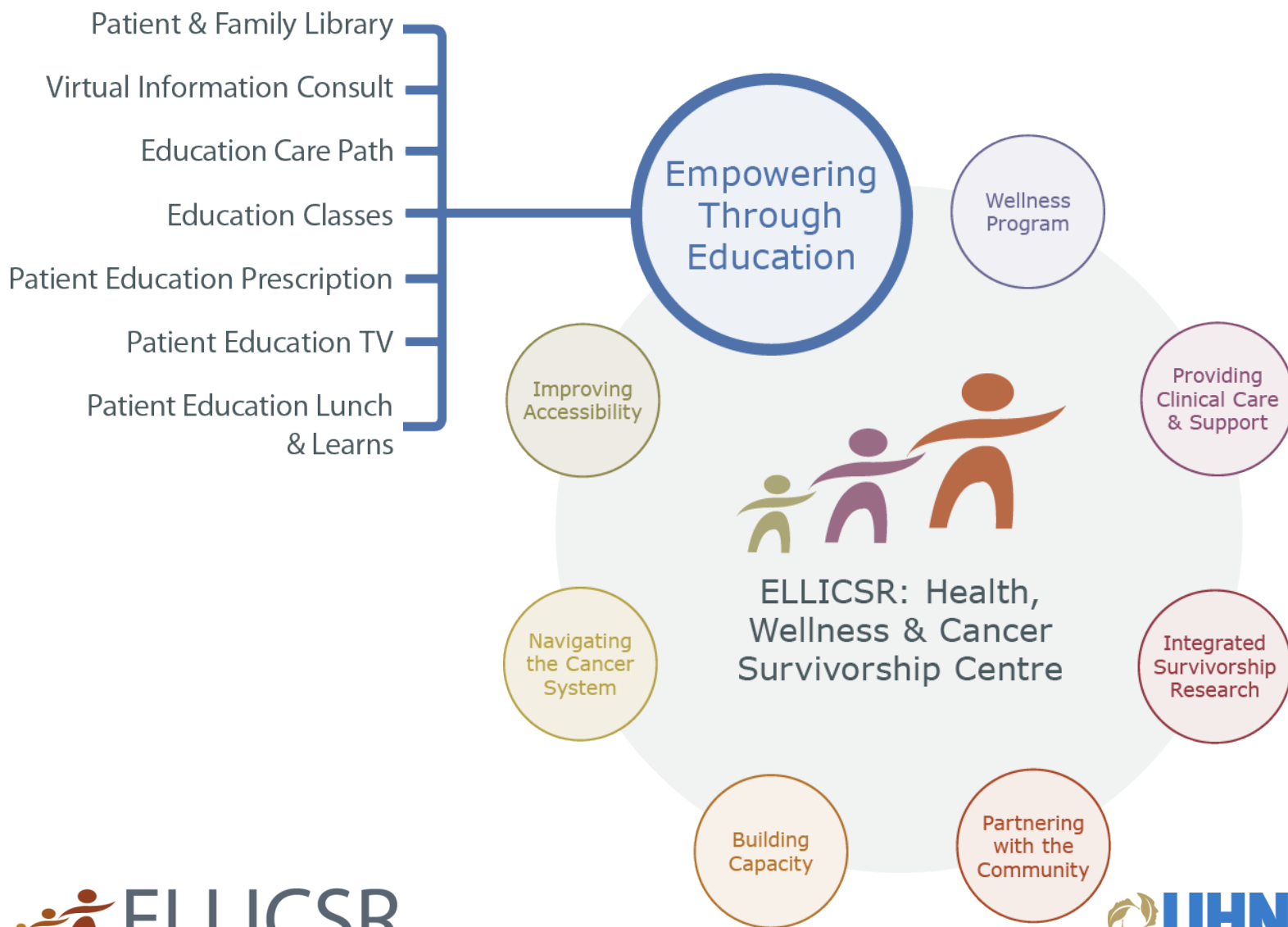
Mission: To improve the health and quality of life of all cancer survivors

Goals: To empower cancer patients and their families to become experts in the management of their own symptoms, health, and wellness

To integrate effective self management support into our models of care delivery

To harness the power of survivor communities to drive and accelerate innovation in survivorship programs and services





Patient-Oriented Education Programs

Classes currently at ELLICSR

Chemotherapy Introduction for Gynecologic Patients

Getting Back On Track

Getting Back On Track: Life After Head & Neck Cancer

ELLICSR Kitchen: From Plant to Plate

Lebed Healthy-Steps

Lymphedema Awareness

Spiritual Care


Spoon Full of Laughter

Survivor's Kitchen: Cooking for Health

What You Can Do About Brain Fog



Activity	2010	2011	2012
Clinical Consults	52	569	980
Meetings	347	1147	1328
Class Attendance	458	1557	2021
Tours & General Information	95	218	291
Total Visitors	994	4009	4982



PATIENTS & FAMILIES

HEALTHCARE PROFESSIONALS

RESEARCH

EDUCATION

Clinics & Centres

The Cancer Journey

Patient & Family Services

Patient & Family Library

Guide to Princess Margaret

[Home](#) > [EN](#) > [Patients & Families](#) > [Patient & Family Services](#) > [GBOT](#) > [Endometrial](#)

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GETTING BACK ON TRACK

Select a cancer type

After Endometrial Cancer


- Recurrence
- Ongoing & late side effects
- Emotional well-being
- Overall health

ENDOMETRIAL

At the end of treatment many people expect to be ready to go back to 'normal', to life as it was before cancer. However, the end of treatment is not a clean break from the effects cancer had and continues to have on you, your family and friends. You may have expected to feel relief at the end of treatment and are surprised at having other intense emotions like sadness, anger, shock, etc. You may not feel well as a result of side effects from your treatment, and may fear that your cancer will come back (cancer recurrence). You may be overwhelmed knowing that some side effects and health risks may surface years from now. These are common feelings of finishing treatment.

This resource can help endometrial cancer survivors and their families know what to expect after treatment, what actions they can take to manage late side effects and health risks, and what they can do to help get their lives back on track.

For medical issues, call the Gynecologic Oncology Triage Nurse line:
416 946 2220



Hear from another survivor

QUICK LINKS

- Getting around UHN
- About the Princess Margaret
- Finding information online

FIND A DOCTOR

[More search options >](#)

CLINICAL TRIALS

Search clinical trials at Princess Margaret.

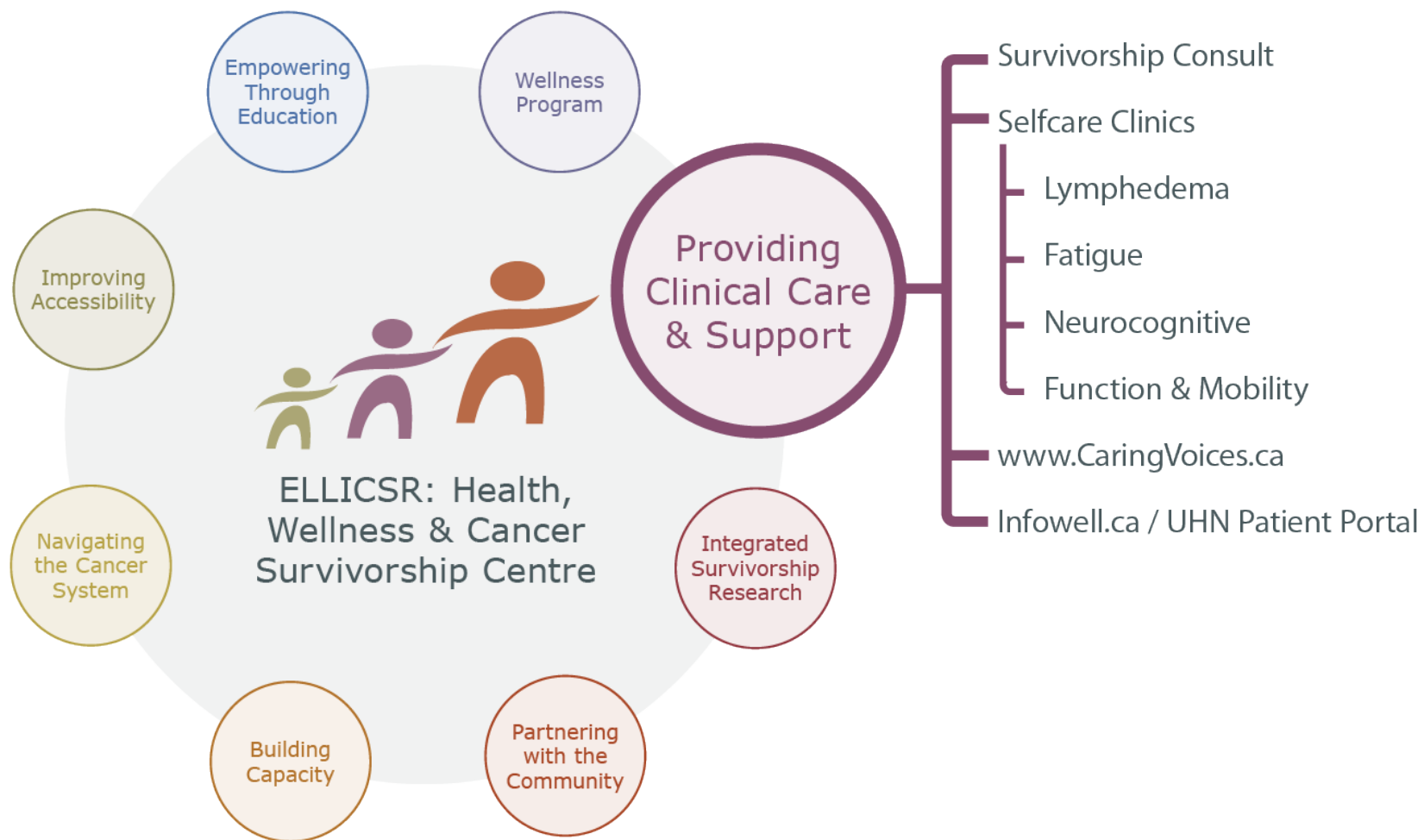
ELLICSRkitchen.ca

- Recipes
- Demo videos
- Nutrition tips
- Blogging with ELLICSR

Analytics	2012
Unique Visits	3 876
Page Views	7 881
Video Plays	2 383



The screenshot shows the ELLICSR Kitchen website. At the top is the UHN Princess Margaret Cancer Centre header with navigation links like 'About UHN', 'Maps & Directions', 'Ways You Can Help', 'News', 'For Media', 'For Staff', 'Careers', 'Contact Us', and 'Text Size'. Below this is a search bar and a main navigation menu with categories: PATIENTS & FAMILIES, HEALTHCARE PROFESSIONALS, RESEARCH, and EDUCATION. The 'PATIENTS & FAMILIES' section is expanded, showing links for Clinics & Centres, The Cancer Journey, Patient & Family Services, Patient & Family Library, and Guide to Princess Margaret. The main content area is titled 'THE ELLICSR KITCHEN' and features a video titled 'BREAKING GROUND: THE FIRST SIGNS OF SPRING' with Christy-Brissette (Registered Dietitian) and Jeremy Capone (Wellness Chef). To the right of the video are 'QUICK LINKS' (Getting around UHN, My first appointment, How do I get referred?, About the Princess Margaret) and a 'RECIPE OF THE WEEK' (Vanilla Almond Butter). Below the video are three small images of food: a salad, a bowl of soup, and a piece of bread. At the bottom right, there is a 'FIND A RECIPE' search bar and a 'CLINICAL TRIALS' link.

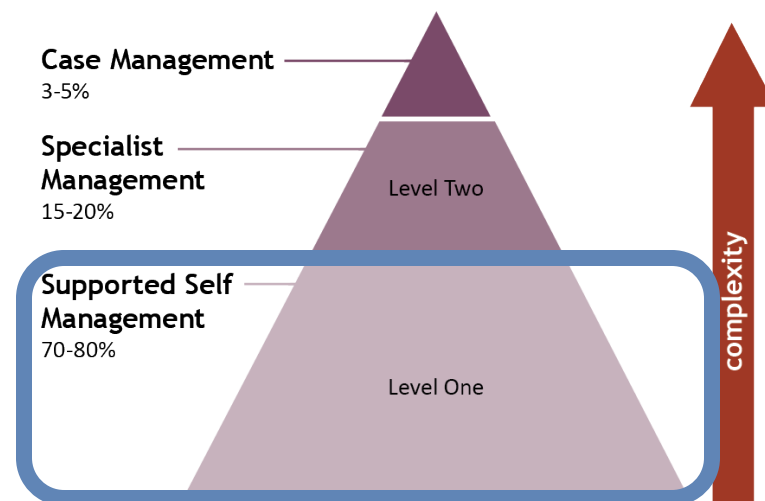


Challenges Identified

73% Physical (465/639)					
Fatigue	Pain	Fertility	Function/ Strength	Sleep and Rest	
56.9%	53%	3.4%	71.9%	37.9%	
71% Psychosocial(456/639)					
Anxiety	Distress	Cognition/ Memory	Depression	Fear of recurrence	Overwhelmed
59.90%	35.5%	49.4%	26.50%	45.8%	10.7%
37% Social (289/639)					
Sexual health	Appearance	Family distress	Isolation	Finances	Work
13.80%	23.90%	31.50%	21.50%	36.7%	38.40%
19% Spiritual (121/639)					
Hope	Inner Strength	Meaning of Illness	Spirituality	Uncertainty	
18.90%	11.60%	18.20%	48.80%	33.10%	

Target Level One Needs

Class	Clinic
Lymphedema Awareness	Lymphedema
Reclaim Your Energy	Fatigue
What You Can Do About Brain Fog	Neurocognitive



Kaiser Permanente Population Health Risk Pyramid

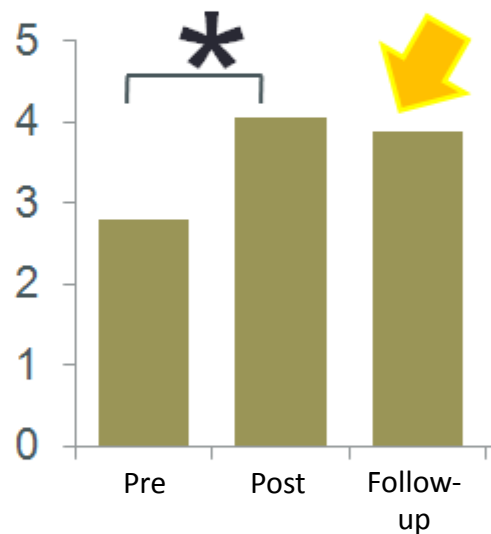
Case Study: Neurocognitive Clinic

	What You Can Do About Brain Fog Class	Neurocognitive Clinical Consult
For	<ul style="list-style-type: none"> Any cancer diagnosis Any stage of treatment 	<ul style="list-style-type: none"> Anyone experiencing change in cognition due to cancer
Goals	<ul style="list-style-type: none"> Understand why cognition changes happen Understand what to expect after treatment Get general tips for daily living 	<ul style="list-style-type: none"> Increase knowledge Improve confidence to self-manage Create a plan Decrease emotional impact
Format	<ul style="list-style-type: none"> 1 hour class 	<ul style="list-style-type: none"> 1 hour one-on-one session

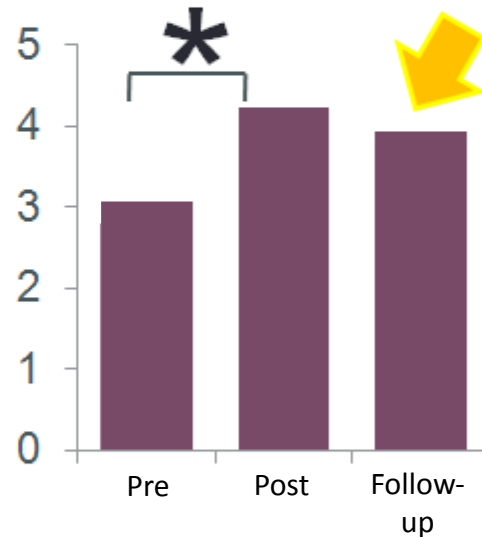
Case Study: Neurocognitive Clinic

Interim Analysis of Primary Outcome Measures

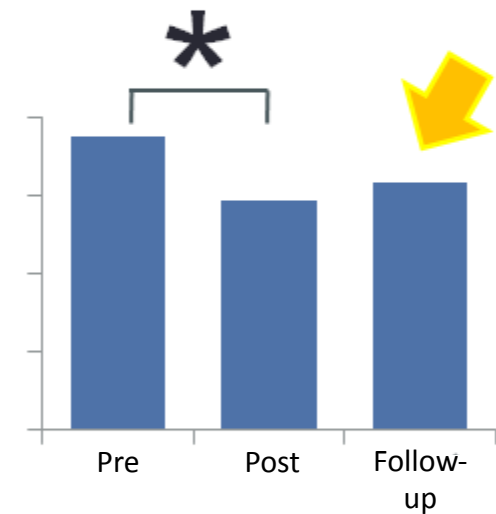
Increased Knowledge

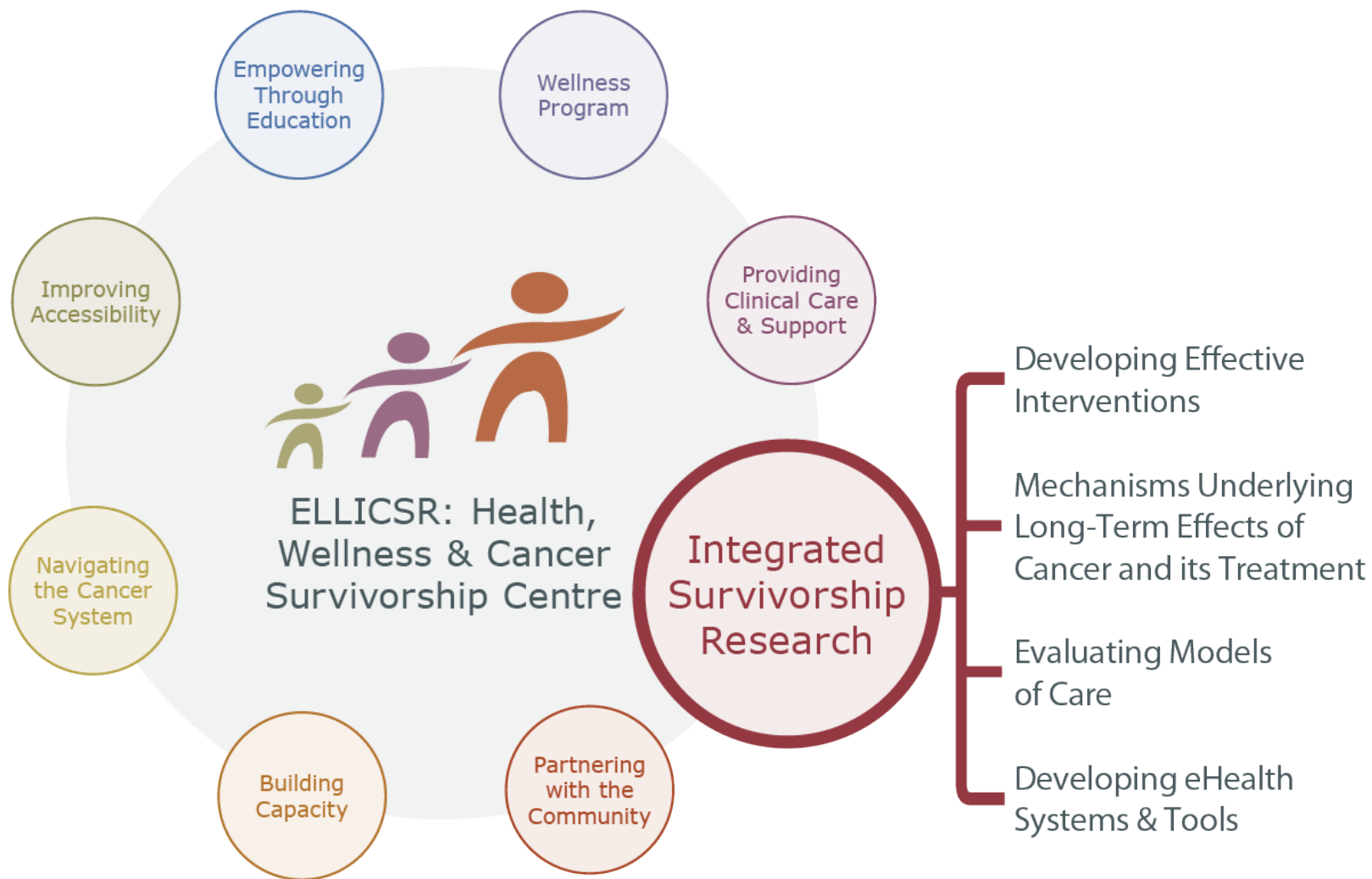


Increased Self-Efficacy



Decreased Distress





ELLICSR Team



The Patient Education and Survivorship Programs are supported by The Princess Margaret Cancer Foundation.

