

# CANCER SURVIVORSHIP AND PRIMARY CARE

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# Definitions

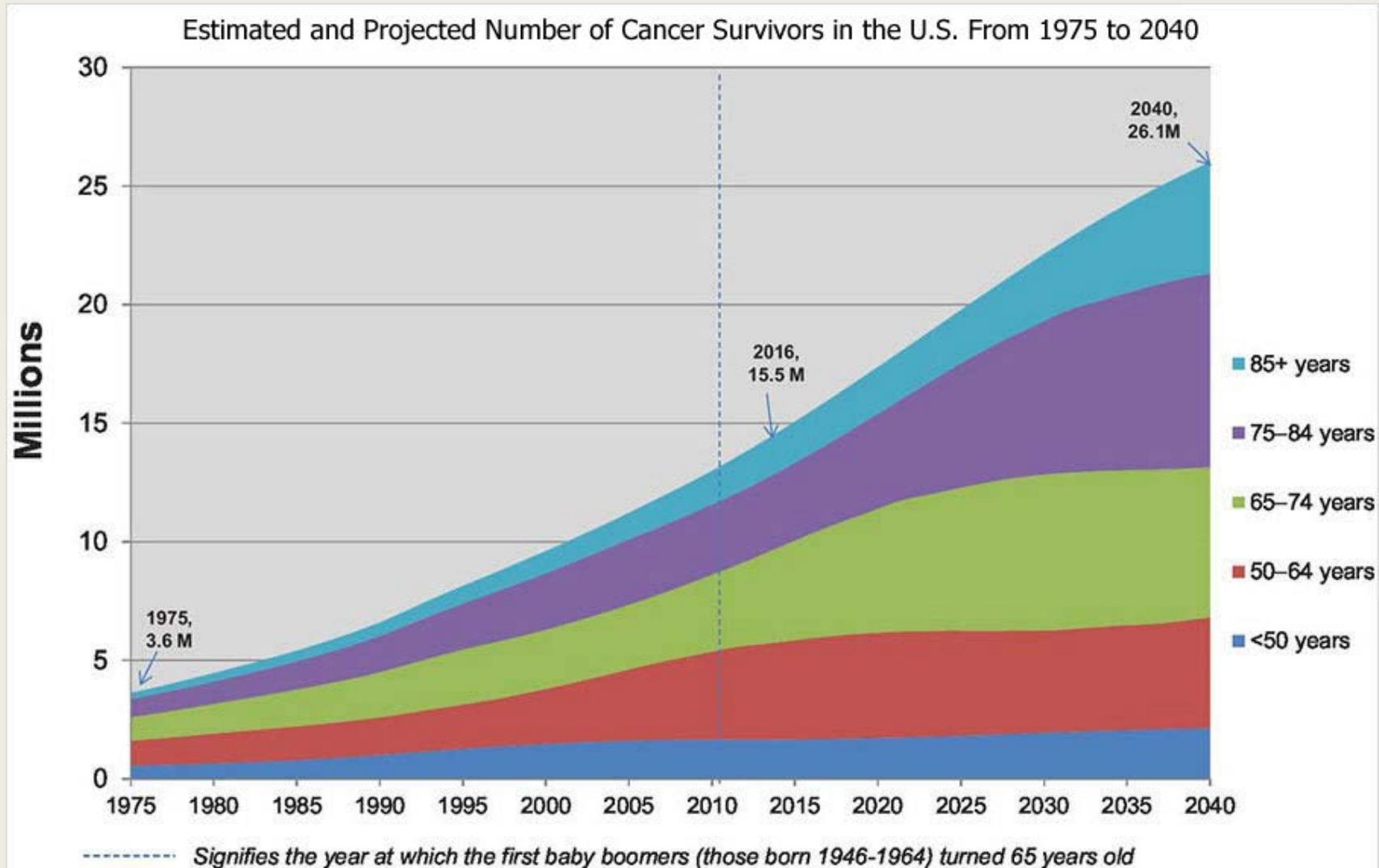
- Who is a cancer survivor?
  - *The moment you are diagnosed with cancer*
- What is cancer survivorship?
  - *Living before, during, and after cancer treatment*

# Statistics

- As of January 2019, there are approximately 16.9 million cancer survivors in the US
  - *5.0% of the population*
  - *Projected to increase by 29.1% to 21.7 million by 2029*
  - *Projected to grow to 26.1 million by 2040*
- In 2019, 67% of survivors (10.3 million) have survived 5 or more years after diagnosis
  - *45% have survived 10 or more years*
  - *18% have survived 20 or more years*
  - *Over the next decade, the number of survivors who have lived 5 or more years after diagnosis is set to increase by almost 33%, to 15.1 million*
- 64% of survivors are currently 65 years of age or older
  - *By 2040, it is estimated that 73% of cancer survivors in the US will be 65 or older*
- Most common cancer sites
  - *Female breast (23%, 3.6 million)*
  - *Prostate (21%, 3.3 million)*
  - *Colorectal (9%, 1.5 million)*
  - *Gynecological (8%, 1.3 million)*
  - *Melanoma (8%, 1.2 million)*

Office of Cancer Survivorship /National Cancer Institute/NIH

# Graph of Cancer Survivors

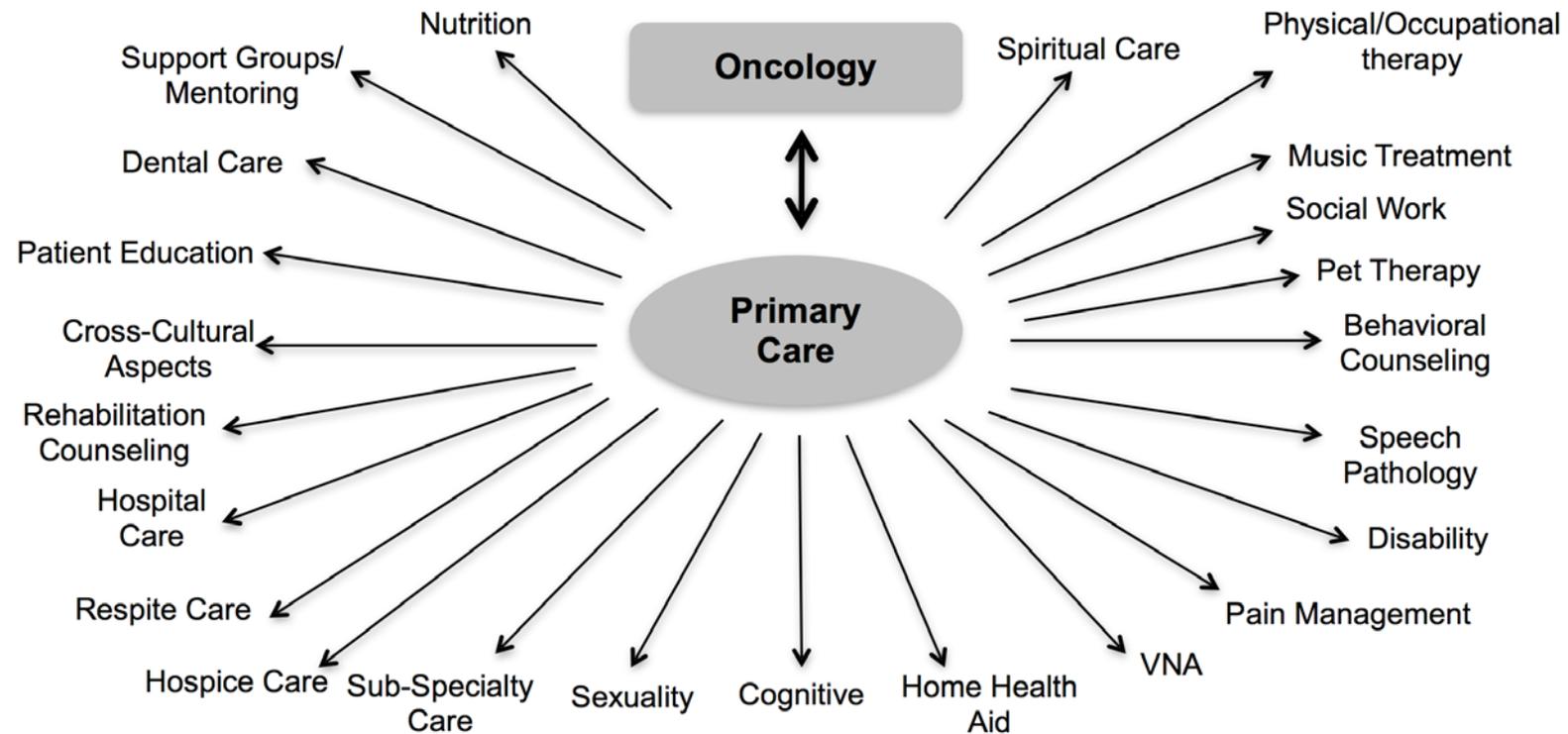


# Challenges for Providing Primary Care Cancer Survivorship Services

1. Create Awareness about Cancer Survivorship
2. Educate Yourself about Cancer Survivorship
3. You Can't Do This Alone

# Essence of Primary Care Cancer Survivorship

## The Essence of Primary Care Cancer Survivorship



# Basic Tenets of a Cancer Survivorship Care Program

- Expressing passion for providing high quality cancer survivorship care
- Educating yourself and colleagues about cancer survivorship
- Understanding the medical components of cancer survivorship care (the easy part)
- Understanding the psychosocial, spiritual, and economic experiences of the cancer survivor (the hard part)
- Enlisting the cooperation of the practice administrator
- Educating all staff about basic cancer survivorship
- Educating cancer survivors, their caregivers and families about primary care cancer survivorship
- Enlisting cooperation and collaboration from oncology colleagues.
- Salesmanship
- Collaborating with other care providers
- Networking
- Developing infrastructure
- Identifying and developing relationships with community mental health professionals
- Developing cancer-specific support systems within the practice and/or community.
- Connecting with or develop a mentoring program

# Framework for Developing a Cancer Survivorship Program

1. **Establish a work group of key stakeholders, including cancer survivors, primary care staff, administrators, oncology team members and community leaders**
  - a) *What do cancer survivors want?*
  - b) *What do cancer survivors need?*
  - c) *Who is the target population – all survivors or specific groups*
  - d) *What is the anticipated volume of survivors for the practice?*
2. **Conduct an internal and external needs assessment**
  - a. *Identify strengths and weaknesses of current programs*
  - b. *Identify gaps between current conditions and ideal services for cancer survivors*
  - c. *What resources are currently available in the practice and in the community?*
  - d. *What additional services and resources are feasible in this setting?*

# Framework for Developing a Cancer Survivorship Program

## 3. Develop a written plan

- a. *Define the program's purpose and mission.*
- b. *Identify specific services to provide and who can provide them.*
- c. *Select a model that best fits the needs of survivors and the available resources*
- d. *Develop written program goals and specific outcome measures.*
- e. *Develop a plan to coordinate and communicate with oncology practices and other partners essential to the program.*
- f. *Identify the educational needs for health care providers, patients and the public*
- g. *Determine short, intermediate and long-term outcome measures*
- h. *Develop a marketing plan*

# Framework for Developing a Cancer Survivorship Program

## 4. Pilot the plan

## 5. Evaluate and revise the program

- a. *Which activities and services were effective in meeting survivor needs?*
- b. *Which elements of the program are most effective?*
- c. *What changes would participants recommend?*
- d. *Measure patient satisfaction and knowledge, adherence to clinical recommendation for follow-up and lifestyle changes, and quality of life*

## 6. Expand the program

Acknowledgement:

George Washington University Cancer Center. (2013). Guideline for Developing Quality Survivorship Care. Washington, D.C.: GWU Cancer Institute; ASCO.org. (n.d.) Needs Assessment Questionnaire.; American Cancer Society and the George Washington Cancer Institute. (nd.) Moving Beyond Patient Satisfaction: Tips to Measure Program Impact.

# Essential Elements of the Past Medical History of the Primary Care Chart of a Cancer Survivor

1. Cancer Diagnosis
2. Cancer Treatment
3. Complications of Cancer/ Treatment
4. Surveillance

# Resources

- Cancer Survivorship: Transdisciplinary, Patient-Centered Approach, Chapter 3  
Developing a Primary Care Cancer Survivorship Program; Oncology Nursing Society  
(In Publication)
- [www-survivorjourneys.org](http://www-survivorjourneys.org) → Resources → PCCSP
- Cancer Survivorship E-Learning Series for Primary Care Providers
- [cancer.net](http://cancer.net)