

ECHO IDAHO

Cancer Survivorship

Survivorship Care Planning for Every Patient and Every Stage

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Learning Objectives

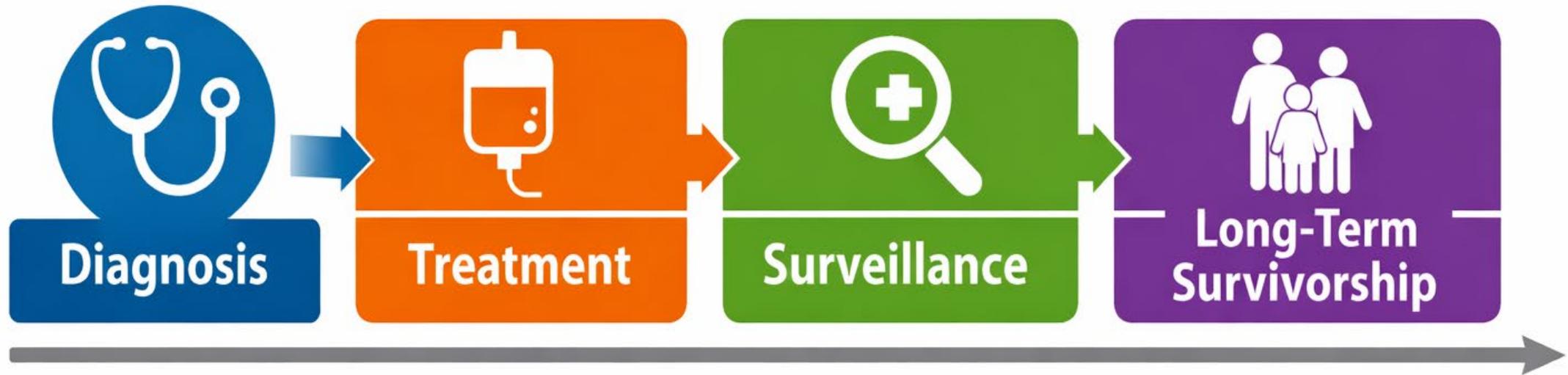
- To understand why and how survivorship planning requires multidisciplinary care
- To understand how the various elements of survivorship plans interconnect at various stages
- To understand how to overcome common pitfalls in survivorship planning

Why This Matters

Cancer is now a chronic condition for many

- Over 18 million cancer survivors in the U.S.
- Many will live years–decades after diagnosis
- Most care happens **outside the oncology clinic**

Who is a "cancer survivor"?



Why Survivorship Care Often Fails

Common gaps:

- Fragmented care
- Unclear roles
- Missed late effects
- “No one owns the big picture”

What Is a Survivorship Care Plan (SCP)?

A roadmap for patients and providers

- Cancer history & treatments
- Expected late/long-term effects
- Surveillance plan
- Health promotion
- Psychosocial & functional needs

Survivorship Is Not a Phase—It's a Layer

Survivorship care should occur:

- During active treatment
- During surveillance
- During recurrence or progression

Domains of Survivorship Care

Medical surveillance

Physical function

Psychosocial health

Cognitive & emotional health

Health maintenance & prevention

Medical Surveillance

Beyond recurrence monitoring

- Secondary malignancies
- Cardiotoxicity
- Endocrine dysfunction
- Bone health
- Neuropathy

Physical & Functional Survivorship

Common issues

- Fatigue
- Deconditioning
- Pain
- Lymphedema
- Balance/falls

Cognitive & Emotional Health

Often invisible, often minimized

- “Chemo brain”
- Anxiety around scans
- Depression
- Fear of recurrence
- Identity shifts

Psychosocial & Practical Needs

- Work & financial toxicity
- Sexual health & intimacy
- Family roles
- Caregiver strain

Health Promotion & Prevention

High-impact, low-tech

- Smoking cessation
- Exercise
- Nutrition
- Vaccinations
- Age-appropriate screening

Where SCPs Often Break Down

Too long

Too late

Too static

Not accessible

Practical SCP Elements That Actually Help

Focus on:

- Treatment summary (concise)
- “Red flags” for late effects
- Who to call for what
- Surveillance intervals

Survivorship Across the Disease Spectrum

Early-stage

- Cure-focused, prevention-heavy

Metastatic disease

- Function, symptom control, goals-of-care

End of life

- Dignity, comfort, legacy

What Non-Oncology Providers Can Do NOW

- Ask about cancer history
- Screen for late effects
- Normalize symptoms
- Communicate back to oncology

What Oncologists Need From You

- Feedback
- Early referrals
- Shared ownership
- Closed-loop communication

Key Points

- Survivorship starts at diagnosis
- SCPs are tools, not paperwork
- Shared care is essential
- Every discipline matters

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