



ECHO Idaho: Cancer Survivorship CASE RECOMMENDATION FORM

ECHO Session Date: 2/25/26

Presenter Credential: PT, DPT, OncCS, CLT-LANA

Thank you for presenting your patient at ECHO Idaho –Cancer Survivorship.

Summary:

A 38-year-old woman with private insurance was diagnosed in January 2026 with stage IIb triple-negative invasive ductal carcinoma of the left breast, identified after she palpated a lump and an abnormal mammogram revealed findings in class C dense breast tissue; biopsy showed Ki67 46% and one suspicious lymph node. She has undergone a left mastectomy with sentinel lymph node biopsy (1/4 positive) and is preparing to begin adjuvant AC-T chemotherapy followed by planned nodal radiation. Her history includes anxiety and depression, and she is receiving broad supportive care services including rehabilitation, integrative therapies, nutrition, mental health support, and fertility counseling. Genetic testing revealed no actionable mutations. A young mother of three with limited local family support, she aims to maintain time with her children and remain active in recreational activities while pursuing long-term goals such as completing her undergraduate degree.

Question:

How might the team best coordinate care based on the patient's progression through treatment?

After review of the case presentation and discussion of this patient's case among the ECHO Community of Practice, the following suggestions have been made:

Early Social Work & Mental Health Support (start now)

Don't wait for emotional distress to "bubble up."

- Refer to oncology social work early—before or at the start of chemotherapy
- Proactively address anxiety and prior postpartum depression
- Normalize emotional support before distress escalates
- Consider:
 - Individual counseling
 - Couple's counseling
 - Caregiver support for husband (young male caregiver groups if available)
- **Local/Structured Options:**
 - St. Luke's Cancer Institute – *Navigating Together Support Group* (younger adults 18–50 with advanced cancer; patients and support persons).
 - Cancer Support Community – Resources for families, including guidance for talking with children about cancer.
 - Female Sexual Health Education & Support Group (via St. Luke's; virtual option available)
- Book: [What To Expect When You Weren't Expecting Metastatic Breast Cancer](#)



ECHO Idaho: Cancer Survivorship CASE RECOMMENDATION FORM

Support for Children (early)

- Connect to age-appropriate cancer support groups:
 - [Bright Spot Network](#)
 - [Pickles Group](#)
 - [Club Kesem](#)
- Provide structured, honest, age-appropriate conversations about diagnosis and treatment.
- Use therapeutic tools:
 - [My Special Aflac Duck](#) (emotion expression tool)
 - Children's books such as:
 - [The Adventure Jar](#)
 - [The Cancer That Wouldn't Go Away](#)
 - [What Happens When Someone I Love Has Cancer?](#)
 - [The Big Discovery](#)
 - [Butterfly Kisses and Wishes on Wings](#)

Support for Caregiver

Timing: Early, ideally before or at start of chemo.

- Encourage caregiver support groups
- Consider young male-specific peer groups
- Offer couples therapy proactively
- Acknowledge increased relational stress that can occur during cancer treatment and proactively offer support

Nutrition Support

- Consider dietitian referral to maintain strength during chemotherapy and reduce stress related to meal prep
- Utilize meal train support
- Address grocery planning and household food burden

Exercise & Physical Activity Planning

Timing: Education before chemo; adjust throughout treatment.

- Set realistic expectations about chemo cycles and help her plan activities around better weeks
- Encourage continued movement (even if reduced)
- Validate variability in tolerance

Physical Therapy & Lymphedema Education

- Early post-mastectomy PT for range of motion and recovery support
- Stagger education:
 - Range of Motion- now
 - Provide anticipatory lymphedema education given node removal and planned radiation but deliver detailed instruction closer to risk window to prevent overload.
 - Rehab/recovery planning - post-treatment

Appearance & Body Image Support

- Prepare for hair loss
- Provide wig resources (community partnerships)
- May involve children in this process



ECHO Idaho: Cancer Survivorship CASE RECOMMENDATION FORM

Utilize Navigation & Care Coordination to deliver phased, structured support aligned with treatment milestones

- Create “checkpoints” at critical transitions:
 - Diagnosis
 - Post-surgery
 - Start chemo
 - Transition to radiation
 - Post-treatment recovery