



## ECHO Idaho: Cancer Survivorship CASE RECOMMENDATION FORM

ECHO Session Date: 4/22/26

Presenter Credential: LCSW

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

**Summary:** This case involves a youth patient diagnosed with acute myeloid leukemia in 2023, who is covered by Medicaid and receiving treatment across multiple facilities, including one out of state. The patient and their primarily Spanish-speaking family face significant challenges including rural location, transportation barriers, financial strain, and language differences, all of which have been addressed through a robust support network that includes fuel and food gift cards, bus vouchers, accommodation assistance, and connections to social work services and community health centers. The patient's goal is to remain at home with family as much as possible throughout treatment, and an extensive array of supportive services has been put in place, including palliative care, mental health support, nutritional support, financial navigation, caregiver support, and spiritual care. Educationally, the patient has been accommodated through online schooling, weekly home teacher visits, hospital-based instruction, a 504 plan, a homebound school plan, and an exemption from state testing.

**Question:** How can healthcare systems better communicate points of support for patients and families across inpatient, ambulatory, and outside treating systems, recognizing the complexity of coordinating care for a medically fragile pediatric patient in a rural setting?

**You have done a great job of connecting this patient and family to the resources.**

**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:**

### **Rehabilitation & Physical Health**

- Connect with rehab resources (inpatient and outpatient) to address muscle weakness and physical deconditioning
- Monitor for steroid-induced myopathy and muscle wasting (common in AML patients)
- Watch for avascular necrosis and joint-related issues long-term
- Provide exercises and guidance to work on at home given rural location



## ECHO Idaho: Cancer Survivorship CASE RECOMMENDATION FORM

### **Mental Health & Psychosocial Support**

- Ensure ongoing mental health support for the patient, particularly as they transition out of active treatment and begin processing what they've been through
- Regular check-ins to monitor emotional wellbeing, as needs will shift over time
- Connect with a child life specialist (available through St. Luke's Children's Cancer Institute) to support the patient, family, and even classroom peers

### **Development & Peer Connection**

- Monitor for puberty-related developmental changes, as treatment may delay or affect them
- Connect with peer support resources such as Camp Rainbow Gold, where the patient can relate to others with similar experiences
- Address loss of normative, age-appropriate social and play activities

### **Nutrition**

- Establish care with a dietitian, ideally weekly at first, to build a structured meal plan
- Focus on weight maintenance, energy levels, and strength-supporting foods
- Telehealth dietitian access would be a viable option given their location
- Consider budget and grocery planning given financial strain

### **Financial & Caregiver Support**

- Explore caregiver reimbursement through a Medicaid waiver (Idaho Department of Health and Welfare) for the family member staying home to provide care

### **Education & Care Coordination**

- Create a one-page medical summary in both English and Spanish covering diagnosis, treatments, medications, and toxicities that can be shared with other healthcare providers
- Ensure the patient and family have clear, firsthand understanding of the diagnosis, using professional medical interpreters
- Revisit patient education as the child grows into adulthood and can better process what they experienced
- There are several resources on YouTube (e.g. American Cancer Society) that can help describe disease processes and long-term toxicities of treatments in simple terms.