

Tomorrow is Today Survivorship Care Plans

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Survivorship Care Plans

Billy Joel – Tomorrow is Today

I've been livin' for the moment
But I just can't have my way
And I'm afraid to go to sleep
'Cause tomorrow is today

People tell me life is sweeter
But I don't hear what they say
Nothing comes to change my life
So tomorrow is today

I don't care to know the hour
'Cause it's passing anyway
I don't have to see tomorrow
'Cause I saw it yesterday

So I listen for an answer
But the feeling seems to stay
And what's the use of always dreaming
If tomorrow is today

Survivorship Care Plans

It's cancer!

The words set your world spinning and fill you with fear. Soon your life is centred on doctors, tests and treatment.

You learn what comes next and who to go to with questions.

Then comes your last big treatment and you are left wondering, what next?

A survivor care plan would have helped me with this question. A care plan is a history of your cancer journey. It is a place to note the stages of your treatment, long-term side effects and what to expect from follow up care.

It's been 11 years for me, and the exact treatment dates have faded from memory. With a care plan, I could find these details without having to go through all my records.....

Survivorship Care Plans

A survivorship care plan is for the future - an empowering reminder that you still have control in your life.

Cancer happened to you but doesn't have to define who you are.

*Karen Karls - Cancer Survivor
(Minnesota Cancer Alliance)*

Survivorship Care Plans

Background

- The number of cancer survivors continues to rise
- Implications of aging population and successful cancer treatment
- Patient driven
- The care and wellbeing of cancer survivors is becoming a greater priority for health care to be included in policy development.
- Supportive Care Guidelines (2010)
- Cancer Society Manawatu Centre Inc. Survivorship Forum 2010

Survivorship Care Plans

A Survivorship Care Plan is:

A comprehensive, concise and individualised summary and follow up plan commenced at the completion of acute cancer treatment

Owned by the survivor

Developed in partnership with health care professionals

Provides the survivor with a tool for communicating with health care providers, managing follow up medical care and self care

Survivorship Care Plans

What is in Survivorship Care Plan?

A summary of the survivor's cancer history and treatment in order to help survivors better understand their medical history.

A personalised risk assessment with medical surveillance guidelines to instruct the survivor regarding the monitoring for a potential recurrence, a second malignancy, and the long-term and late effect consequences of cancer and their specific treatments.

Survivorship Care Plans

Preventive practice recommendations specifically for cancer survivors that promote personal health such as lifestyle modifications, diet, physical activity, and smoking cessation.

Navigation to appropriate health care providers, community-based resources and services, as well as regional and national programs addressing all aspects of survivorship including fertility, lifestyle, psychosocial issues, insurance, employability, and legal protection.

Survivorship Care Plans

A survivor notebook to consolidate all records and resources, which becomes a portable detail of records, resources and information that survivors may choose to share with other health care providers.

Survivorship Care Plans

• Elements of a Survivorship Plan

- Treatment Summary
 - Details of the cancer diagnosis
 - Diagnosis date
 - Type of cancer
 - Location
 - Stage
 - Histology
- Names and contact information of providers and treatment centres
- Treatment administered
 - Chemotherapy/biotherapy, regime, drugs, dose, cycles, clinical trial information
 - Radiation - type, dose, site
 - Surgery - procedure

Survivorship Care Plans

- Follow up Plan
 - Specific recommendations for ongoing care
 - Schedule of visits with oncology specialist
 - Schedule of visits with other relevant specialists (i.e. breast care surgeon)
 - Surveillance tests for recurrence
 - Identify and manage long term and late effects
- Health Promotional Strategies
 - Smoking cessation
 - Alcohol and dietary modifications
 - Regular weight bearing exercise

Survivorship Care Plans

- Depending on specific needs it may include:
 - Referrals to fertility specialists
 - Psychological services
 - Genetic Services and counselling
 - Financial services, insurance information, estate planning

Survivorship Care Plans

- Models of Survivorship Care Plans
- American Society of Clinical Oncology – Provide (ASCO) care plan templates, guidelines for breast and colorectal cancer follow up
- Journey Forward – Tool for developing care plans based on the ASCO recommendations
Free software to help create custom survivorship care plans based on ASCO treatment summary templates and surveillance guidelines is available from <http://journeforward.org/>

Cancer Survivorship Care Plan Builder

Breast Survivorship Care Plan

General Information | Background Information | Treatment plan | Treatment summary | Follow-up care

Care Plans: New, Open, Save, Print

Tools: Regimens, Library, Preferences, User Guide, Contact Us

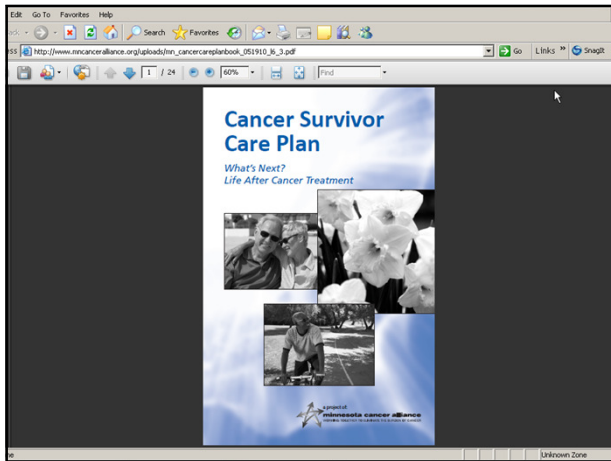
Journey Forward

Care plan prepared by: _____
 Care plan prepared on: _____
 Practice site: _____
 Patient name: _____
 Medical record number: _____
 Patient phone (home): _____
 Patient phone (cell): _____
 Patient email: _____
 Age at diagnosis: _____
 Date of birth: _____

Care Teams

	Name	Phone	Email
Support contact			
Hematologist/oncologist			
General/breast surgeon			
Radiation oncologist			

Next >



Survivorship Care Plans

- Resources for Survivorship Planning
- National Comprehensive Cancer Network (NCCN) Disease – specific treatment follow up guidelines
- LiveStrong Care Plan
Powered by Penn Medicine's OncoLink Patients can develop their own care plan to be reviewed by their healthcare team
- Prescription for Living Plan
Downloadable care plan template
- Memorial Sloan-Kettering Cancer Centre Treatment summary plan

Summary of Cancer Treatment and Follow-up Plan

Diagnosis: _____ Pathology: _____
 Site of diagnosis: _____
 Additional information: _____

TREATMENT SUMMARY

Surgery: _____
 Chemotherapy: _____
 Radiation Therapy: _____

Other Therapy (Bio Therapy, Biological Treatment): _____
 Other: _____

Follow-up Therapy: _____
 Radiation Therapy: _____

FOLLOW-UP PLAN

Visit Schedule: _____
 Diagnostic: _____
 Chemotherapy: _____
 Radiation Therapy: _____
 Other: _____

Other: _____

Check Behavior Recommendations:

- _____ (Indicate if already within recommended)
- _____ (Need to be considered)
- _____ (Need to be considered)
- _____ (Need to be considered)
- _____ (Need to be considered)
- _____ (Need to be considered)
- _____ (Need to be considered)
- _____ (Need to be considered)
- _____ (Need to be considered)
- _____ (Need to be considered)

See your local primary physician annually or as needed.

SP _____ Date: _____

1/2007



Survivorship Care Plans

- **References**

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