

Insights Into Survivorship Care

Providing Care for Cancer Survivors

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Learning Objectives



Review the importance of cancer survivorship care

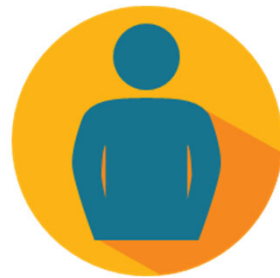


Discuss the impact of adverse events and role of palliative care for long-term cancer patients



Discuss the utility of a survivorship care plan in clinical practice

Importance of Cancer Survivorship Care



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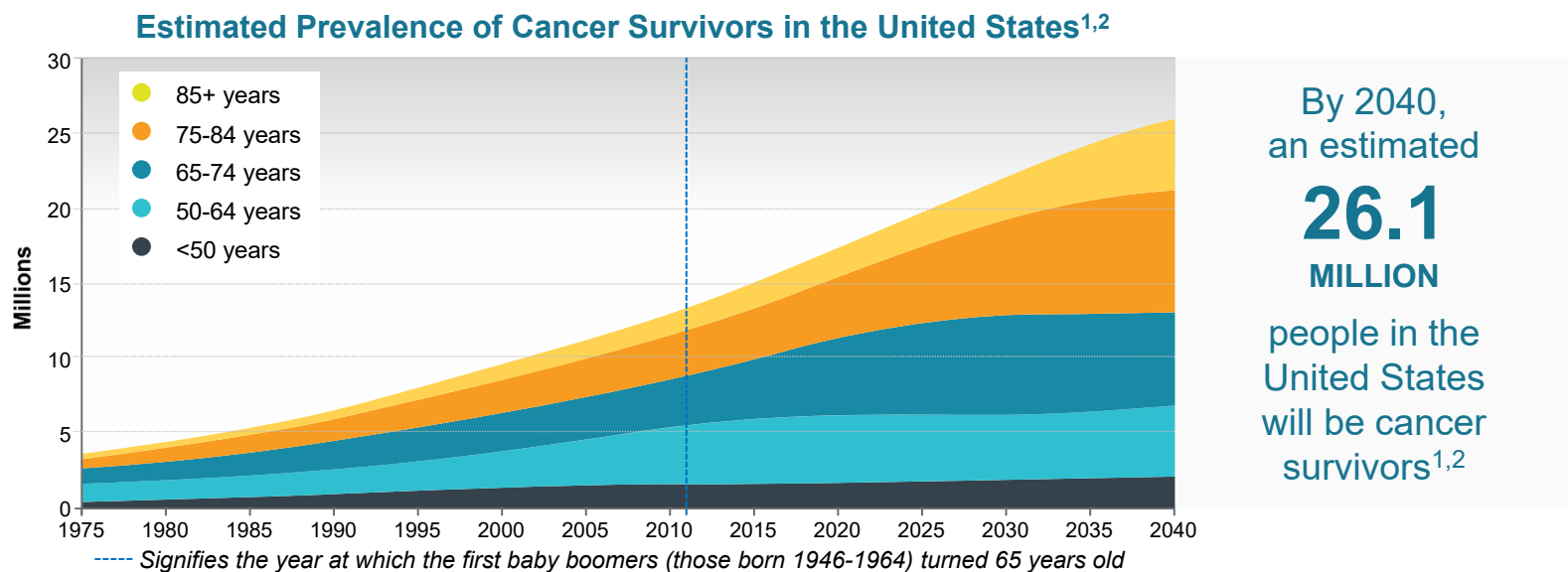
Survivorship in the 21st Century



- The population of cancer survivors is rapidly growing^{1,2}
- Ensuring that cancer survivors receive planned and coordinated care during the transition from active treatment to post-treatment care is critical to their long-term health^{3,4}

1. Bluethmann SM et al. *Cancer Epidemiol Biomarkers Prev.* 2016;25(7):1029–1036. 2. Shapiro CL. *N Engl J Med.* 2018;379(25):2438–2450.
3. Institute of Medicine and National Research Council. *From Cancer Patient to Cancer Survivor: Lost in Transition.* The National Academies Press; 2006.
4. NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) Survivorship V1.2022. National Comprehensive Cancer Network. March 30, 2022. Accessed April 11, 2022. nccn.org

Proprietary The Population of Cancer Survivors in the United States Is Growing^{1,2}



Adapted from Cancer Epidemiology Biomarkers & Prevention, 2016, 25(7), 1029–1036, Bluethmann SM, Mariotto AB, Rowland JH, *Anticipating the “Silver Tsunami”: Prevalence Trajectories and Comorbidity Burden among Older Cancer Survivors in the United States*, with permission from AACR.

- **68% of cancer patients have survived ≥ 5 years after their cancer diagnosis^{3,a}**

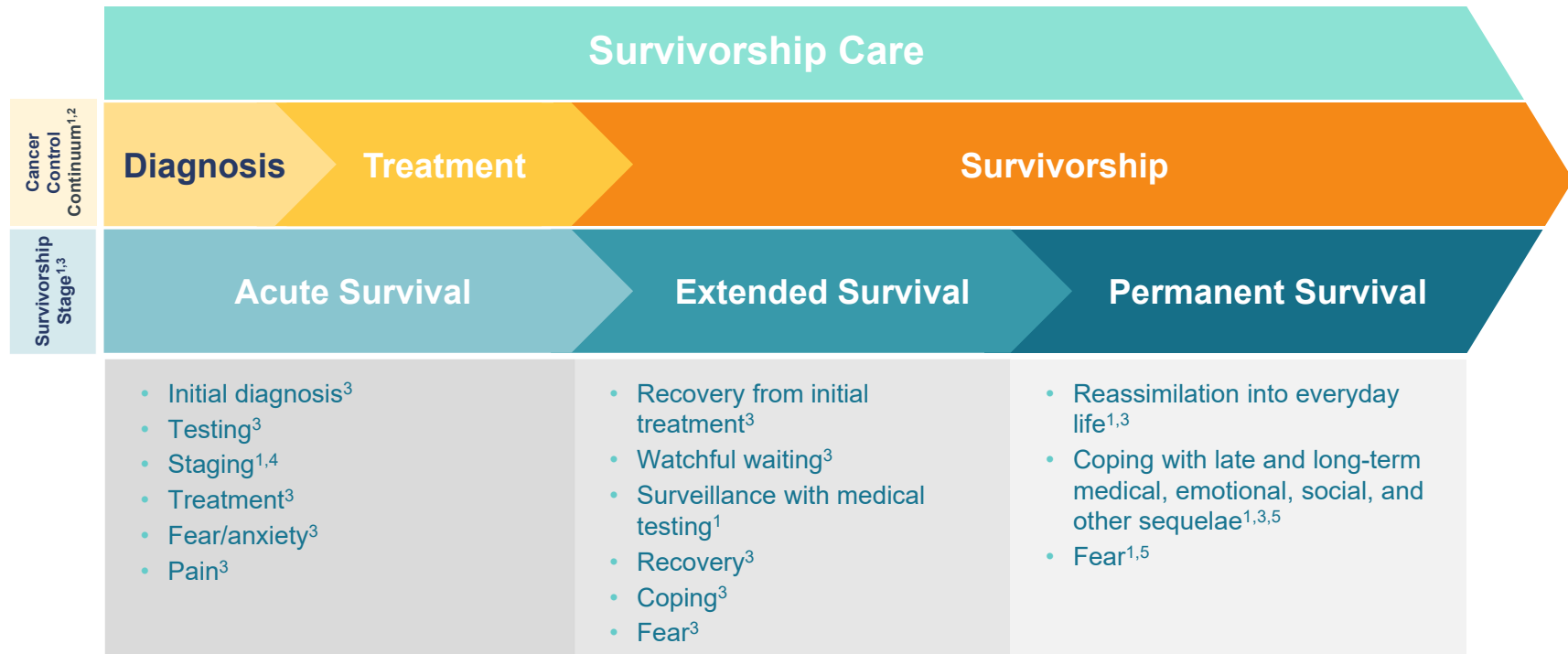
^aEstimated in the United States as of January 2019.

1. Bluethmann SM et al. *Cancer Epidemiol Biomarkers Prev.* 2016;25(7):1029–1036.
2. Shapiro CL. *N Engl J Med.* 2018;379(25):2438–2450.
3. Miller KD et al. *CA Cancer J Clin.* 2019;69(5):363–385.



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Survivorship Care Begins at Diagnosis and Encompasses the Cancer Patient's Journey^{1,2}



1. Institute of Medicine and National Research Council. *From Cancer Patient to Cancer Survivor: Lost in Transition*. The National Academies Press; 2006.

2. NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines[®]) Survivorship V1.2022. National Comprehensive Cancer Network. March 30, 2022. Accessed April 11, 2022. nccn.org 3. Duijts SFA. *Curr Opin Support Palliat Care*. 2018;12(1):80–85. 4. Hill RE et al. *The Oncologist*. 2020;25(2):e351–e372. 5. Götze H et al. *Psycho-Oncology*. 2019;28(10):2033–2041.

Adverse Events and Palliative Care for Long-Term Cancer Patients



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Factors to Assess Regularly in Cancer Survivors



Some factors that should be assessed at regular intervals in cancer survivors¹:

-  Current disease/performance status
-  Medication use
-  Comorbidities and family history
-  Healthy lifestyle behaviors
-  Prior cancer treatment history and modalities
-  Subsequent cancers

A periodic assessment, at least annually, is recommended for all cancer survivors to determine any needs and/or necessary interventions.¹

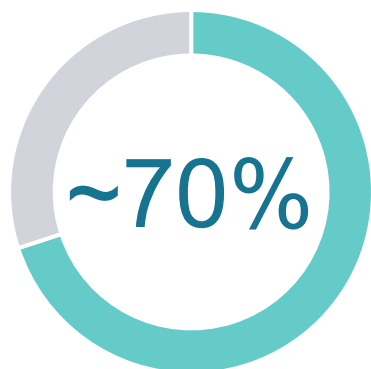


Beyond survivorship-specific care, achieving high-quality care for your patients also requires general health promotion (eg, weight management, healthy diets, etc) and assessment of psychological well-being.²

1. NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) Survivorship V1.2022. National Comprehensive Cancer Network. March 30, 2022. Accessed April 11, 2022. nccn.org 2. Shapiro CL. *N Engl J Med.* 2018;379(25):2438–2450.

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Comorbid Conditions in Cancer Survivors



of cancer survivors have comorbid conditions, with more than 30% having ≥ 2 comorbid diseases.¹



Coordinated care among health care providers is encouraged and is essential for prevention of illness and treatment of complications and comorbid conditions in cancer survivors.^{1,2}

1. Wilbur J. *Am Fam Physician*. 2015;91(1):29–36. 2. NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) Survivorship V1.2022. National Comprehensive Cancer Network. March 30, 2022. Accessed April 11, 2022. nccn.org

Adverse Events Associated With Cancer Treatment Span Multiple Organ Systems

System ¹	Example Adverse Events ¹
Gastrointestinal	Diarrhea Nausea Vomiting Colitis Constipation Oral mucositis
Endocrine	Hyperglycemia Hyperthyroidism Hypothyroidism Hypophysitis Hypopituitarism Adrenal insufficiency
Renal	Changes in renal function Nephritis
Respiratory	Pneumonitis
Dermal	Alopecia Rash
Hematologic	Anemia Febrile neutropenia Thrombocytopenia
Neurologic	Peripheral motor neuropathy Peripheral sensory neuropathy

Cancer treatment–related adverse events can impact multiple organ systems and may occur months or years after treatment.^{1,2}

It is important to consider potential complications associated with specific cancer types.^{2,3}

1. Common Terminology Criteria for Adverse Events (CTCAE). U.S Department of Health and Human Services Version 5.0. Published November 27, 2017. Accessed October 12, 2021. ctep.cancer.gov/protocoldevelopment/electronic_applications/ctc.html 2. Cancer survivorship. The Cancer Atlas. Accessed July 6, 2021. canceratlas.cancer.org/the-burden/cancer-survivorship/ 3. Wilbur J. *Am Fam Physician*. 2015;91(1):29–36.

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Impacts of Adverse Events on Long-Term Cancer Patient and Survivor Quality of Life



Cancer treatment-related adverse events (AEs) can^{1,2}:

- Degrade patients' and survivors' overall health status including mental health
- Cause financial strain
- Limit ability to meet family obligations, work, or pursue fitness or hobbies

1. Pettit SD, Kirch R. *Cardio-Oncol.* 2018;4(5):1–16. 2. Cancer survivorship. The Cancer Atlas. Accessed July 6, 2021. canceratlas.cancer.org/the-burden/cancer-survivorship/ 3. NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) Survivorship V1.2022. National Comprehensive Cancer Network. March 30, 2022. Accessed April 11, 2022. [nccn.org](https://www.nccn.org)

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Supportive care may require patients to^{1,3}:

- Procure a broad range of pharmacologic treatments and undergo monitoring/testing
- Change diet and exercise practices and seek out rehabilitation services
- Pursue complementary alternative medicine approaches

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A multidisciplinary team approach is important and may help to address potential AEs^{1,4}

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Importance of Palliative Care in Cancer Survivorship

What is palliative care?



Palliative care is medical and related care provided to a patient with a serious, life-threatening, or terminal illness. It is not intended to provide curative treatment, but rather to manage symptoms, improve quality of life, and meet the emotional, social, and spiritual needs of the patient.¹

How does palliative care work?



Palliative care focuses on improving the quality of life by helping patients and caregivers manage the symptoms of a serious illness and side effects of treatment.¹

When should palliative care start?



Palliative care can be started at any stage of treatment, including diagnosis.^{1,2}

1. Palliative care. World Health Organization. Published August 5, 2020. Accessed February 15, 2022. [who.int/news-room/fact-sheets/detail/palliative-care](https://www.who.int/news-room/fact-sheets/detail/palliative-care)
2. Smith CB et al. *Am Soc Clin Oncol Educ Book*. 2017;37:714–723. 3. Taber JM et al. *PLoS ONE*. 2019;14(8):e0219074.

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What are some benefits of palliative care?



Palliative care, if available, can help improve symptoms and quality of life and reduce health care costs for patients.^{1,3}



Palliative care can provide an “extra layer of support” for patients, their families, and informal caregivers.³



Palliative care can help to facilitate a team approach that maintains the central focus on the patient and family.¹

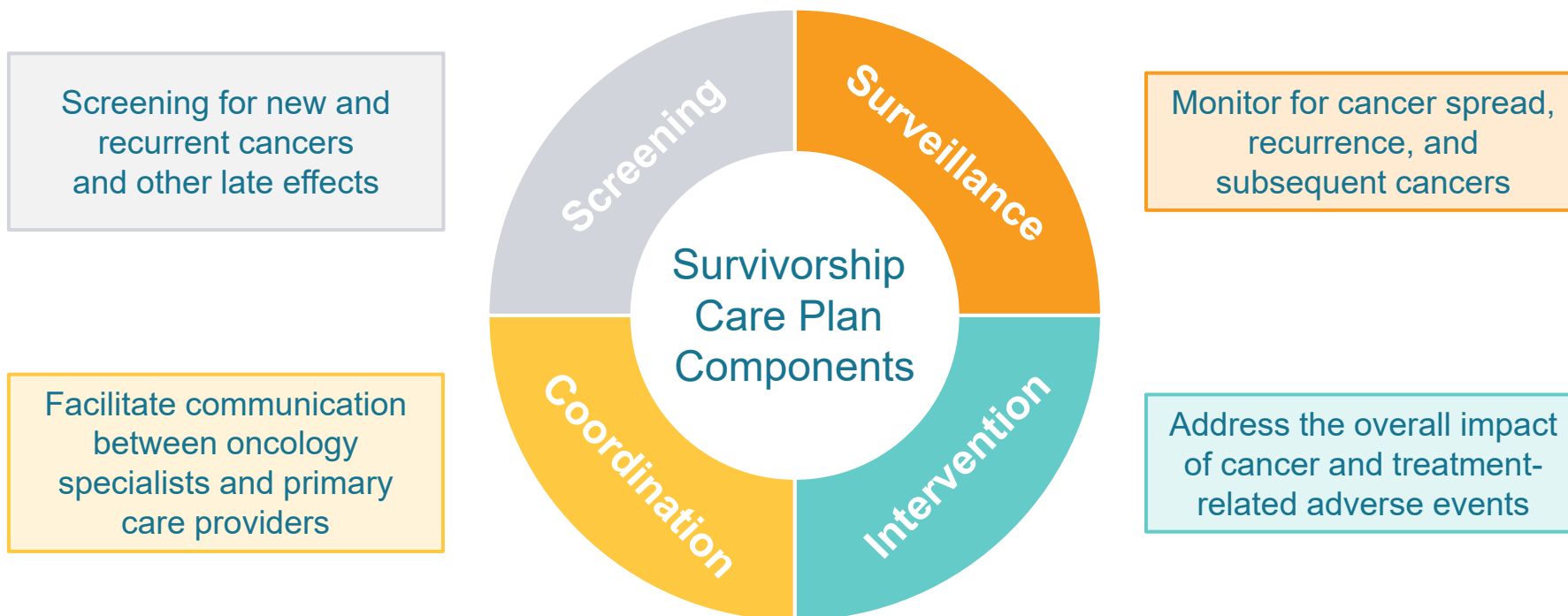
1. Palliative care. World Health Organization. Published August 5, 2020. Accessed February 15, 2022. [who.int/news-room/fact-sheets/detail/palliative-care](https://www.who.int/news-room/fact-sheets/detail/palliative-care)
2. Smith CB et al. *Am Soc Clin Oncol Educ Book*. 2017;37:714–723. 3. Taber JM et al. *PLoS ONE*. 2019;14(8):e0219074.

Utility of Survivorship Care Plans in Clinical Practice



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Components of a Survivorship Care Plan¹⁻³



1. NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) Survivorship V1.2022. National Comprehensive Cancer Network. March 30, 2022. Accessed April 11, 2022. nccn.org 2. Institute of Medicine and National Research Council. *From Cancer Patient to Cancer Survivor: Lost in Transition*. The National Academies Press; 2006. 3. Key components of survivorship care. American Society of Clinical Oncology. Accessed February 4, 2022. asco.org/news-initiatives/current-initiatives/prevention-survivorship/survivorship-compendium/key-components

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Clinical Issues Experienced by Survivors

SCP Component ^{1,2}	Patient Challenges and Considerations
Screening and detection of new and recurrent cancers	<ul style="list-style-type: none">• Risk of secondary cancers may be increased due to lifestyle factors.¹
Surveillance for cancer spread, recurrence, or second cancers	<ul style="list-style-type: none">• Overuse and/or underuse of imaging and lab testing.¹• Evidence-based clinical practice guidelines when available should be used to guide testing for surveillance.^{1,2}
Intervention for consequences of cancer and its treatment	<ul style="list-style-type: none">• Comorbidities and late effects can vary by cancer type, treatment modality, and the individual characteristics of each patient.^{1,3}• The most common comorbidities for survivors across tumor types include obesity, diabetes, dyslipidemia, osteoporosis/osteopenia, hypothyroidism, and hypertension.^{1,4,5}
Coordination between specialists and primary health care providers to ensure health needs are met	<ul style="list-style-type: none">• Cancer survivors are often referred back to their PCPs for periodic assessment of needs.^{2,3}• Coordination of care is particularly important for high-needs survivors (eg, with comorbid conditions or high risk of serious late effects).^{2,6}

PCP = primary care provider; SCP = survivorship care plan.

1. Institute of Medicine and National Research Council. *From Cancer Patient to Cancer Survivor: Lost in Transition*. The National Academies Press; 2006.

2. NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) Survivorship V1.2022. National Comprehensive Cancer Network. March 30, 2022.

Accessed April 11, 2022. nccn.org 3. Shapiro CL. *N Engl J Med*. 2018;379(25):2438–2450. 4. Roy S et al. *J Clin Med Res*. 2018;10(12):911–919.

5. Petrova D et al. *Cancers (Basel)*. 2021;13(13):3368. 6. Taberna M et al. *Front Oncol*. 2020;10(85):1–16.



Barriers to Survivorship Care Plan (SCP) Development Encountered by Providers

SCP Component ¹	Corresponding HCP-Related Clinical Considerations
<p>Screening and detection of new and recurrent cancers</p>	<ul style="list-style-type: none"> • Patient's fear of another cancer diagnosis may prevent them from seeking proper screening.²
<p>Surveillance for cancer spread, recurrence, or second cancers</p>	<ul style="list-style-type: none"> • Asymptomatic survivors may not realize the importance of ongoing follow-up care.² • Providers may be unfamiliar with the ongoing needs of cancer survivors including cancer-related health risks and risk reduction methods.² • Providers may encounter barriers to reimbursement for tests.²
<p>Intervention for consequences of cancer and its treatment</p>	<ul style="list-style-type: none"> • Providers may not be comfortable evaluating for and managing late effects.²
<p>Coordination between specialists and primary health care providers to ensure health needs are met</p>	<ul style="list-style-type: none"> • Providers may: <ul style="list-style-type: none"> – Lack sufficient knowledge of cancer survivor issues.² – Find it difficult to obtain medical records for patients who receive care in multiple health settings without shared information systems.^{2,3,4} – Have limited resources to provide follow-up care.^{2,4} – Experience barriers to communication with the oncology team.^{2,4} – Lack clarity regarding required tests, follow-up care, and delineation of responsibilities for tests and care due to lack of standardized guidance.²

HCPs prefer SCPs to offer concise information on treatments received and surveillance recommendations, and provide clear direction about responsibilities.^{1,3,4}

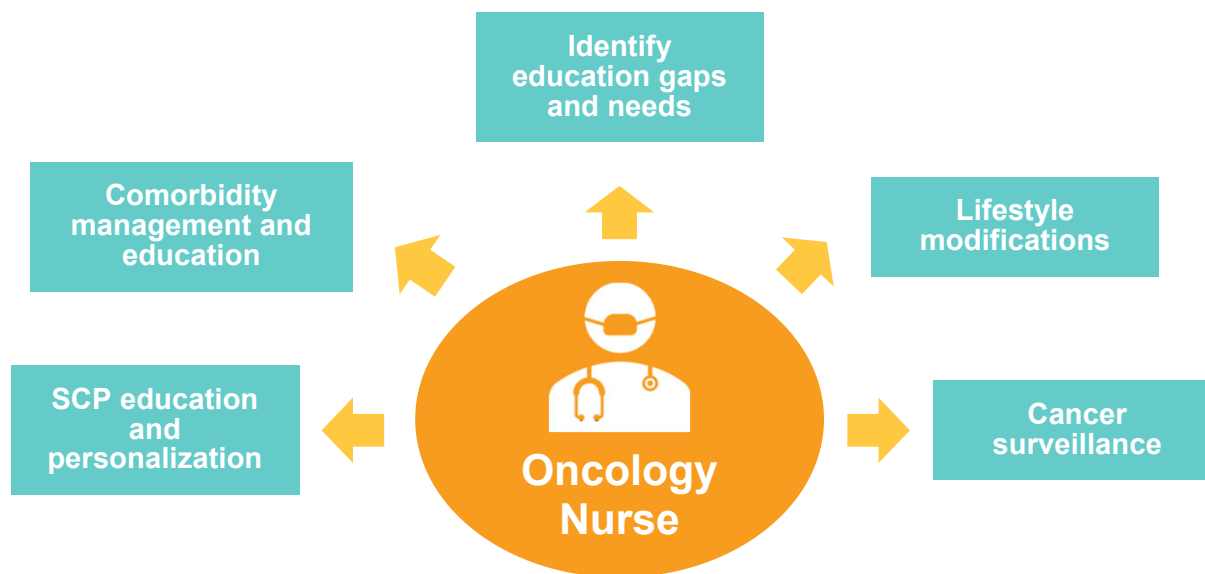
HCP = health care provider.

1. Institute of Medicine and National Research Council. *From Cancer Patient to Cancer Survivor: Lost in Transition*. The National Academies Press; 2006.
 2. Challenges to implementing a survivorship program. American Society of Clinical Oncology. Accessed January 6, 2022. [asco.org/node/6486/](https://ascopubs.org/doi/10.1200/JCO.2021.39.15.15) 3. Rubinstein EB et al. *JAMA Intern Med.* 2017;177(12):1726–1732. 4. McGrath EB et al. *J Adv Pract Oncol.* 2019;10(5):461–468.



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Oncology Nurses Can Help Address Clinical Barriers and Gaps in Survivorship Care



SCP = survivorship care plan.

2017 Oncology nurse navigator core competencies. Oncology Nursing Society (ONS). 2017. Accessed May 24, 2021. [ons.org/sites/default/files/2017-05/2017_Oncology_Nurse_Navigator_Compentencies.pdf](https://www.ons.org/sites/default/files/2017-05/2017_Oncology_Nurse_Navigator_Compentencies.pdf)



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Additional Survivorship Care Resources

Resource	Website
American Association for Cancer Research (AACR)	aacr.org
American Cancer Society: Cancer Survivors Network	csn.cancer.org
American Institute for Cancer Research	aicr.org/patients-survivors
American Society of Clinical Oncology (ASCO)	asco.org/news-initiatives/current-initiatives/prevention-survivorship/survivorship-compendium
ASCO Cancer Treatment and Survivorship Care Plans	cancer.net/survivorship/follow-care-after-cancer-treatment/asco-cancer-treatment-and-survivorship-care-plans
CancerCare	cancercares.org
Centers for Disease Control and Prevention: Cancer Survivorship	cdc.gov/cancer/survivors/index.htm
National Cancer Institute: Office of Cancer Survivorship	cancercontrol.cancer.gov/ocs
Oncology Nursing Society (ONS)	ons.org/learning-libraries/survivorship

Survivorship Care Plan Key Takeaways



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Survivorship Care: Key Takeaways



Survivorship care:

- Allows patients to better identify and receive help for any adverse events from their cancer treatment.^{1,2}
- Provides educational tips about follow-up, surveillance for disease activity, and possible prevention of recurrent and new cancers through lifestyle modifications.¹
- Facilitates communication between the oncology team and the primary care physician.^{1,2}

Discussing survivorship care with your patients may help guide them in their cancer journey, help them adapt to lifestyle changes, plan for life as a cancer survivor, and coordinate goals for continuity of care.^{1,2}

1. Institute of Medicine and National Research Council. *From Cancer Patient to Cancer Survivor: Lost in Transition*. The National Academies Press; 2006.

2. NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) Survivorship V1.2022. National Comprehensive Cancer Network. March 30, 2022. Accessed April 11, 2022. [nccn.org](https://www.nccn.org)