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Department of Medicine

Multidisciplinary Survivorship Care

Sue N. Gardner RN, MSN, CRNP, AOCNP Lehigh Valley Health Network, N.Susan.Gardner@lvhn.org

Gregory Harper MD, PhD

Lehigh Valley Health Network, Gregory.Harper@lvhn.org

Dorothy Morrone RNC, MS, OCN

Lehigh Valley Health Network, Dorothy.Morrone@lvhn.org

Jennifer Brennan RD, CSO

Lehigh Valley Health Network, Jennifer.Brennan@lvhn.org

Andrea Geshan RN, MSW Lehigh Valley Health Network

See next page for additional authors

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Authors Sue N. Gardner RN, MSN, CRNP, AOCNP; Gregory Harper MD, PhD; Dorothy Morrone RNC, MS, OCN; Jennifer Brennan RD, CSO; Andrea Geshan RN, MSW; Diane Brong LCSW; and Jennifer Roeder MSPT, MBA

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Diane Brong, LCSW; Jennifer Roeder, MSPT, MBA

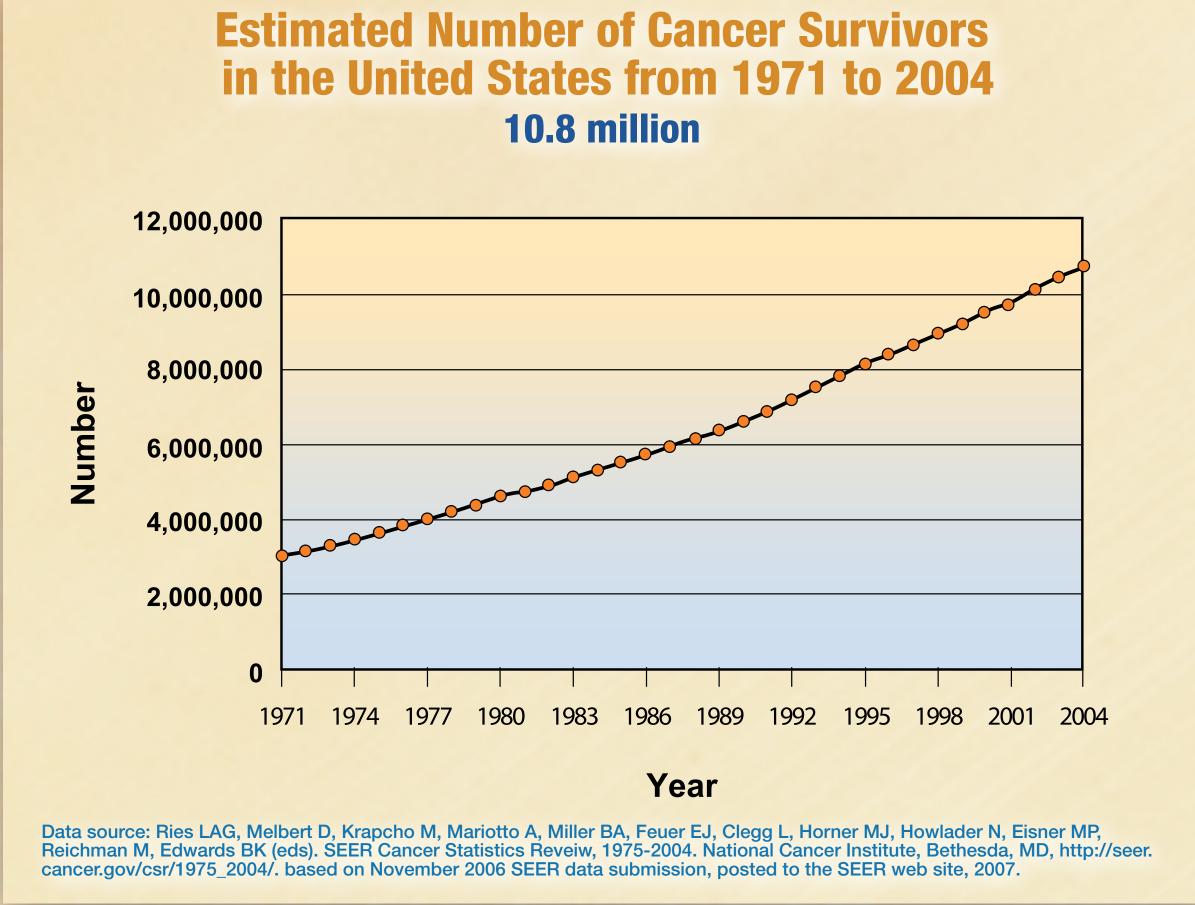
Lehigh Valley Health Network, Allentown, Pennsylvania

Significance and Background:

There are more than twelve million cancer survivors in the United States, and as treatments improve, this number will grow. Because there are positive and negative effects of cancer treatment, and concerns about residual treatment toxicities, recurrence, and secondary malignancies, there is increased need for specialized care of this population once active treatment is complete.

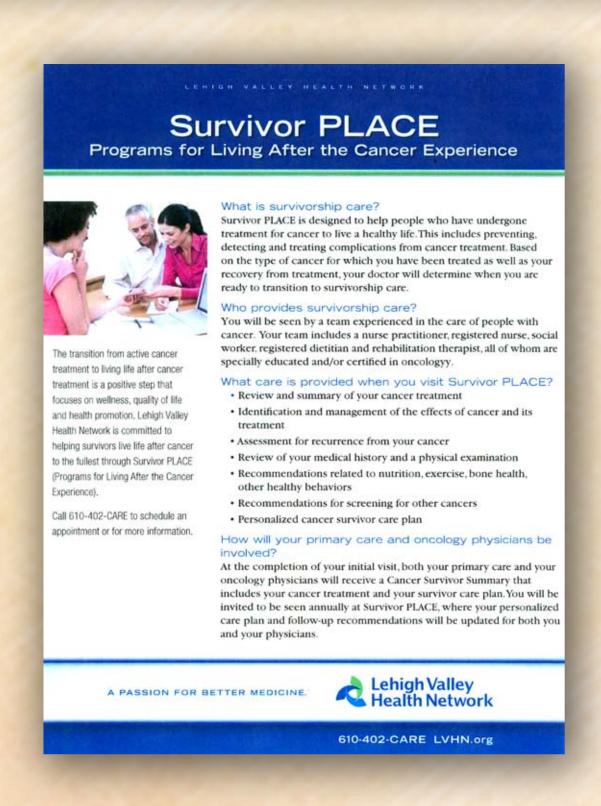
Increased likelihood or greater severity of treatment related to toxicity

- Acute side effects
- Persistent side effects
- Late effects



Purpose:

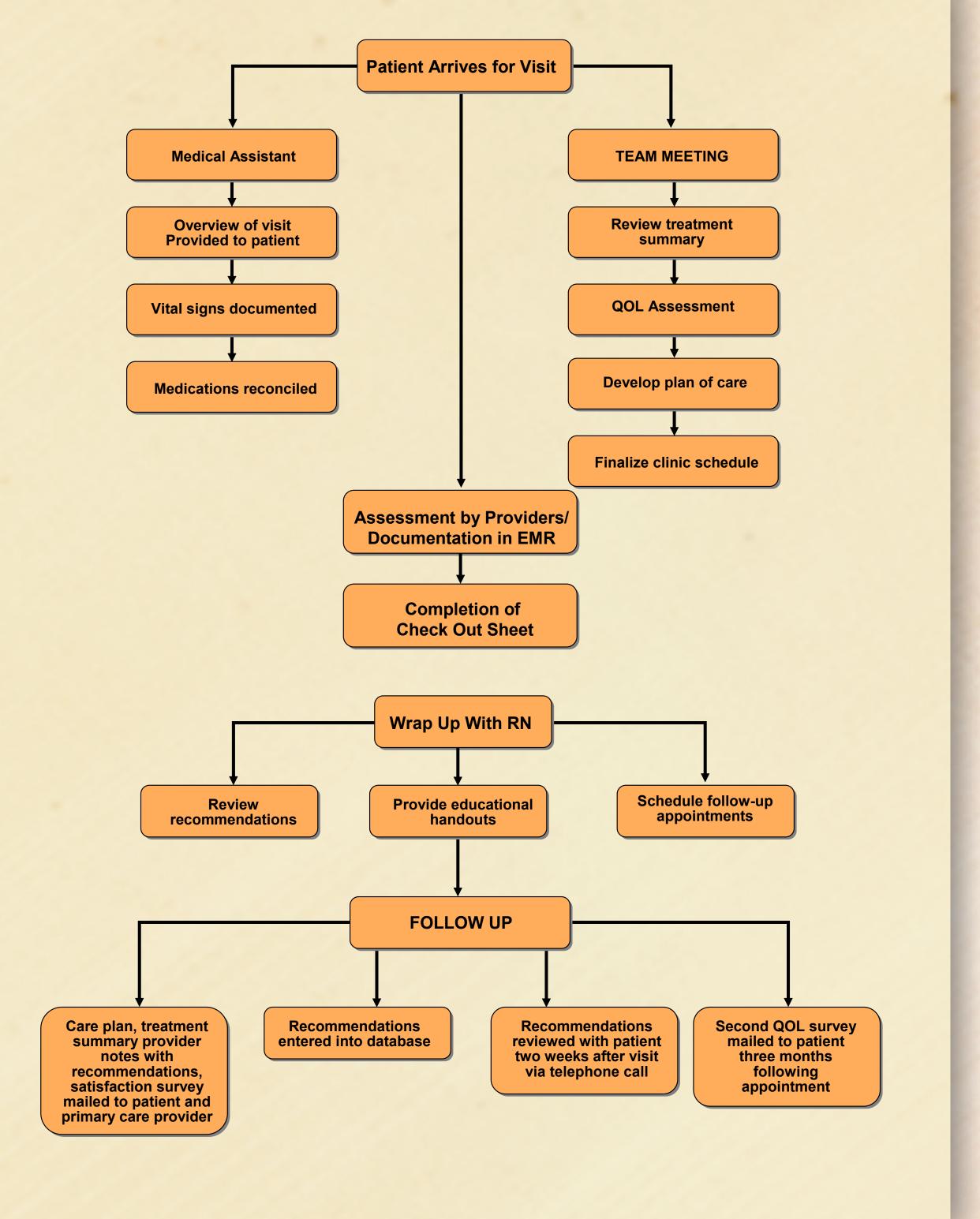
At Lehigh Valley Health Network, a multidisciplinary clinic, Survivor PLACE (Programsfor Living after the Cancer Experience) was devised to meet the needs of patients who completed treatment, but still had physical, emotional, or rehabilitative concerns. The goal of Survivor PLACE is to ease transition from focused oncology care to primary care, with emphasis on surveillance, support, and advocacy.



Interventions:

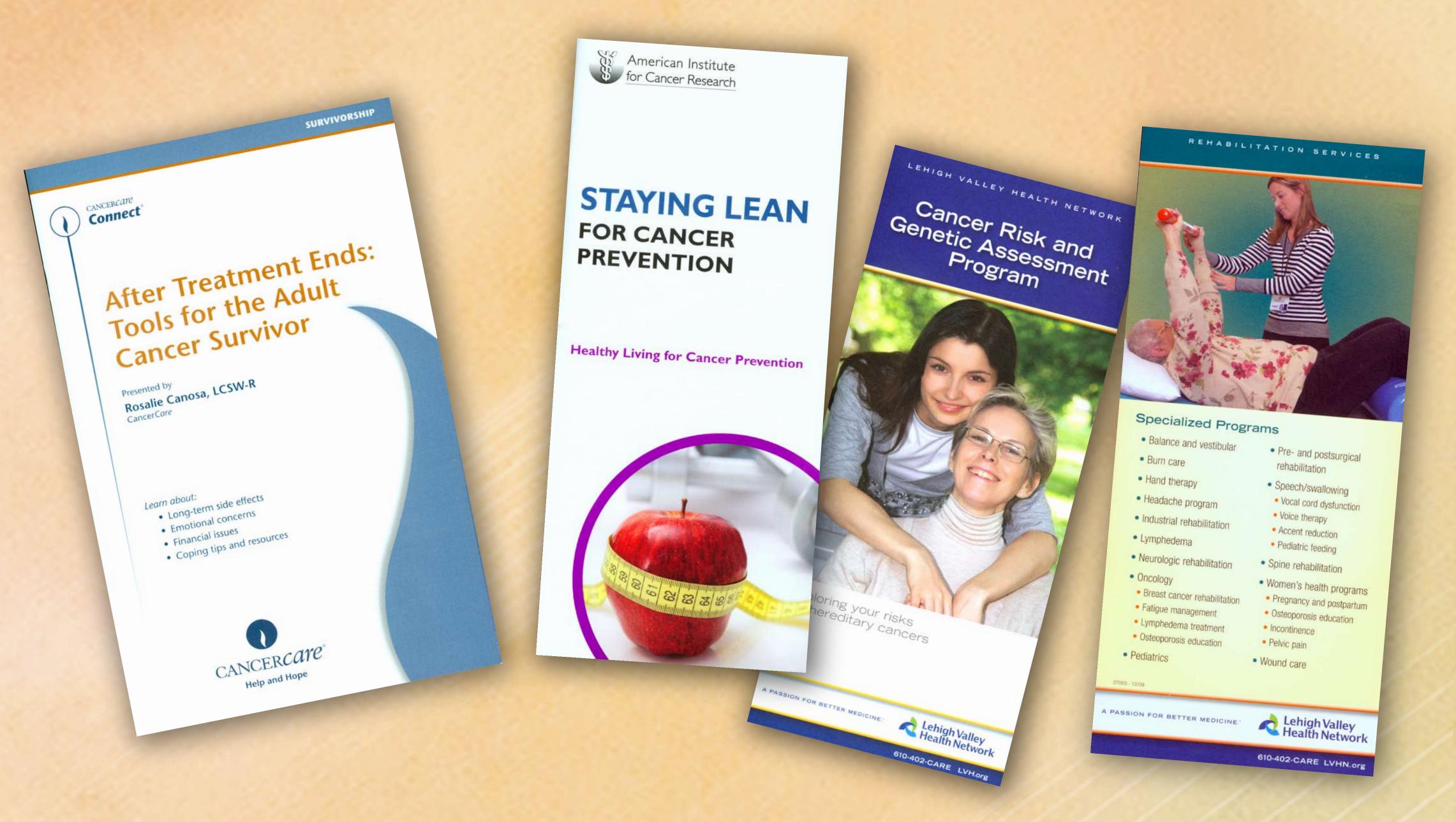
Patients referred to Survivor PLACE received a pre-visit quality of life questionnaire. This was reviewed by the team: oncology nurse practitioner, registered dietician, physical therapist, social worker and oncology

nurse who summarized the session. Having the assessment in advance allowed inclusion of genetics counselors, sex therapist, or financial counselors if needed. At an initial two hour visit, patients had a history and physical examination, discussion of nutrition, bone health, exercise and psychosocial concerns. Each patient received a disease specific treatment summary, listing staging, procedures, treatments, and complications of therapy. Summary copies were sent to designated care providers. The team then devised a survivorship care plan listing recommendations for surveillance and follow up care. The entire packet, with each team member's assessment, was given to the patient and copied to the primary care providers.



Survivor Care

- Quality of life questionnaire
- Treatment summary
- History and physical
- Plan of Care
- Recommendations from interdisciplinary team
- Information sent to primary care physician



Evaluation:

Feedback from pilot patients was unanimously positive. Many patients felt they would have benefited from survivor services soon after treatment completion. Several felt that a cancer diagnosis, although stressful, helped them focus on a healthy lifestyle. There were requests for smoking cessation, weight management, yoga, acupuncture, meditation and exercise programs.

Discussion:

Survivorship is a challenging part of the cancer experience continuum. After treatment completion, patients have a road to recovery that is traveled much easier with support. A multidisciplinary survivorship program can address the myriad issues facing today's survivors, and help them achieve and maintain physical and emotional wellness.

A PASSION FOR BETTER MEDICINE.

