

## Survivorship

*When you have exhausted all possibilities, remember this: You haven't. —Thomas Edison.*

*It is often in the darkest skies that we see the brightest stars.*

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## Presenters

**Mary W. Dunn, NP-C, OCN** | University of North Carolina at Chapel Hill. Adult Oncology Nurse Practitioner

**Kristina Emodi, NP-C, MPH, CNS** | University of California San Francisco Health. Nurse Practitioner

**Barbara G. Regis, PA-C, MS** | Fred Hutchinson Cancer Center. APP, Survivorship and Associate Professor, UW Medicine

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### National Cancer Institute | Cancer Survivor

- Individual consider a cancer survivor from the time of diagnosis through the balance of life. Includes during and after treatment and throughout end of life.
- “Why is Survivorship Important to You?”



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### What is Cancer Survivorship?

- Thanks to early detection and new treatments, more people are living longer with cancer.
- According to the National Cancer Institute (NCI), survivorship starts the day someone receives a cancer diagnosis. *It continues during and after treatment and throughout the end of life.*
- In cancer survivorship, healthcare providers monitor and manage the changes that people experience, *from cancer diagnoses, treatment and beyond*
- Cancer survivorship emphasizes the health, well-being and quality of life of people living with a cancer – Active or Cured.
- Not everyone identifies themselves as a cancer survivor from the beginning of diagnosis and *that is ok.*

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How are those general survivorship definitions similar or different for bladder cancer patients?



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### What is the Survivorship Clinic at the Fred Hutchinson Cancer Center?



Fredhutch.org/survivorship  
Bregis@fredhutch.org



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### Survivorship - Current Offerings

Clinic Appts. are performed virtually or at the Wellness Center – Arnold Building

- The Survivorship clinic is offering appointments, both in person and Telemedicine 3 days a week.
  - The largest source of referrals currently is Self Referral.
  - There are a few referrals coming from outside PCPs, Oncologists, Specialists – UW and elsewhere.
  - Pts being seen in the clinic are at all phases of their diagnostic journeys.
  - Pts are being seen in follow up as needed varying from 3 months – 1 year
  - You are required to be in the state of Washington for your visit.
  - Most insurance plans consider this a necessary visit for individuals who have been diagnosed and received treatment for cancer; prior to appointment.

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### The history of BCAN's Survivorship Task Force?



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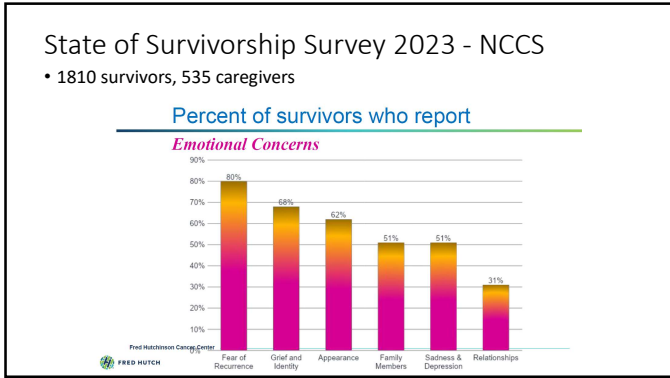
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In case you did not do it yet, it's not too late to add your thoughts...

Summit Survivorship Survey | Spring 2024

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What is addressed in a cancer Survivorship visit?

- Physical issues that present during treatment that are persisting and concerns that may present several months or years after treatment – late effects.  
Lymphedema, Neuropathy, Cognitive, Pain, Insomnia, fertility, Sexual concerns.
- Emotional and psychological concerns –  
Anxiety, Depression, Fear of recurrence.
- Social issues –  
Family, Support, Financial, Work related
- What you can do to help prevent and support your journey. – the things you can control.
- A care plan – the road map/check list –  
Individualized based on the type of cancer, treatments, age and other factors such as comorbidities and previous diagnoses.
- Next steps for support.

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What should go into a bladder cancer Survivorship Care Plan?

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Control the things you can control...  
How do you promote prevention going forward?

- Keep up with other health checks and control BP, cholesterol, blood sugar, weight
- Quit smoking
- Nutrition is vital
- Exercise
- Addressing emotional needs, managing stress
- Alcohol and substance abuse
- Sleep – critical for physical, emotional well-being, immune function and coping

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BCAN Bladder Cancer Survivorship Resources coming in 2024

- Bladder Cancer Survivorship – definition
- Bladder Cancer 101 Survivorship Fact Sheet
- BCAN dedicated Survivorship web space
- Bladder Cancer Survivorship Care Plan (BCSCP) and guidelines
- Toolkit for HCPs to bring materials to other bladder cancer patients

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## Defining Bladder Cancer Survivorship

“Bladder cancer survivorship embodies holistic, patient-centered, and comprehensive care, engaging collaboration among diverse healthcare professionals across various phases of the cancer journey or experience. This approach acknowledges the intricate and individualized experiences of each patient, addressing not only diagnostic outcomes and follow-up schedules but also encompassing health promotion, disease prevention, treatment-related side effects, and the emotional well-being of both patients and their caregivers.”

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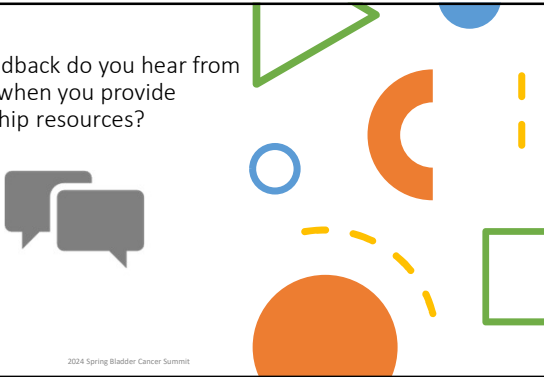
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What feedback do you hear from patients when you provide survivorship resources?



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Survivorship Questions?



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