

# Cancer Survivorship Workgroup

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# Work Group Members

- Project Director support: Rosi Vogel and Tomas Nuño – University of Arizona
- 49 members; 8 centers, CDC and 3 affiliates
- Approved June 9, 2020
- 8 zoom calls

# Workgroup Purpose

*To advance interdisciplinary research collaborations and the knowledge base that supports cancer survivorship and promotes health equity for cancer survivors*

- **Cancer Survivor Defined:** An individual is considered a cancer survivor from the time of diagnosis, through the balance of their life.
- **Secondary Survivors:** Caregivers and family members of those diagnosed with cancer.
- **Cancer Survivorship Research:** Encompasses physical, psychological, social, economic and spiritual health of survivors across the cancer continuum.

# Workgroup Interest

- Advancing knowledge related to cancer health disparities in cancer survivorship
- Leveraging the use of evidence-based programs and validated measures for greater impact
- Bridging research and clinical care
- Advancing dissemination and implementation of high-quality cancer survivorship science

# Year 1 Accomplishments

## American Cancer Society Diet, Physical Activity Guideline

- **Selected writing groups to include CPRN members:** Crane, Garcia, Overholster, Thomson
- **Completed umbrella systematic review:** Diet, PA, anthropometrics and alcohol in cancer survivorship

## COVID and Cancer Survivorship Manuscripts

- **AJPM manuscripts** - Several members of the WG actively engaged in developing two manuscripts to address: a) clinical care, b) public health for cancer survivorship

**Surveillance/Prevention for Recurrent or New Cancers**

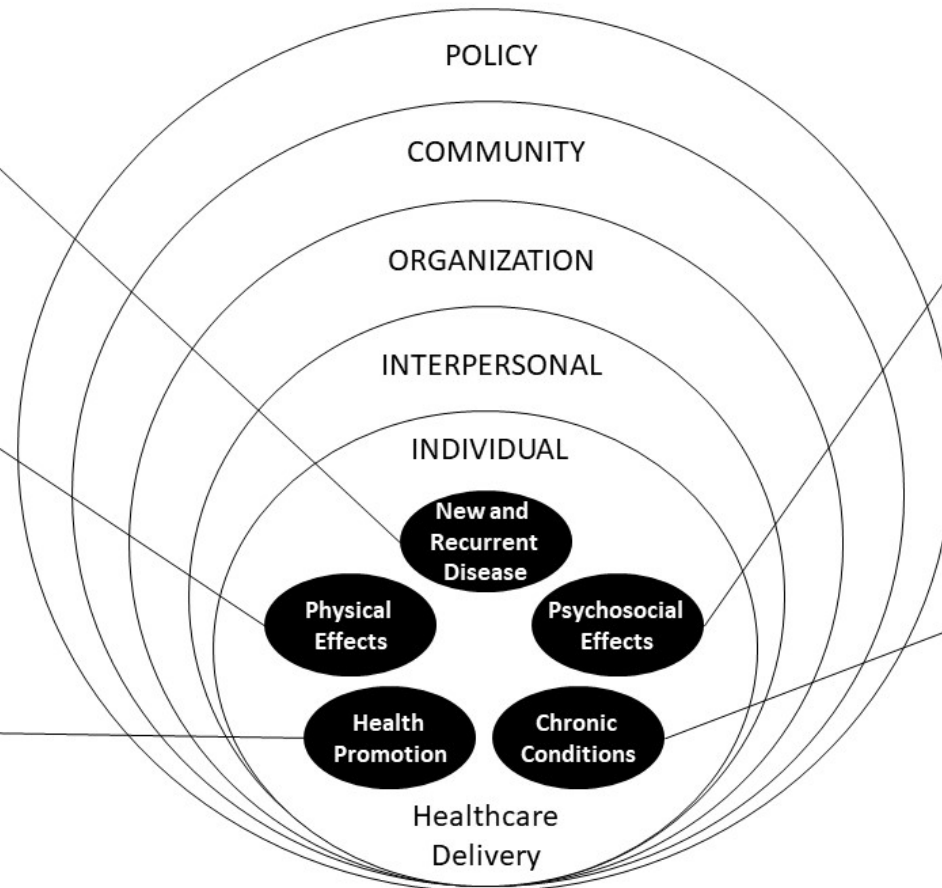
- Prevention education and contact tracing for COVID exposure
- Surveillance and screening virtual, home or mobile clinic “visits”
- Virtual/limited contact strategies for shared decision-making re: cancer screening, health tests

**Surveillance/Management of Physical Effects**

- Assessment/imaging of cancer recurrence with delayed or limited on site visits
- Adjustment in medications to reduce COVID risk or in response to changing health status post-COVID

**Health Promotion and Disease Prevention**

- Digital health delivered health promotion programs
- Smoking cessation support (QUITLines)
- Vaccination
- Immune-enhancing lifestyle prevention support/education
- Addressing/assessing misinformation
- Promoting health of healthcare team



**Surveillance/Management of Psychosocial Effects**

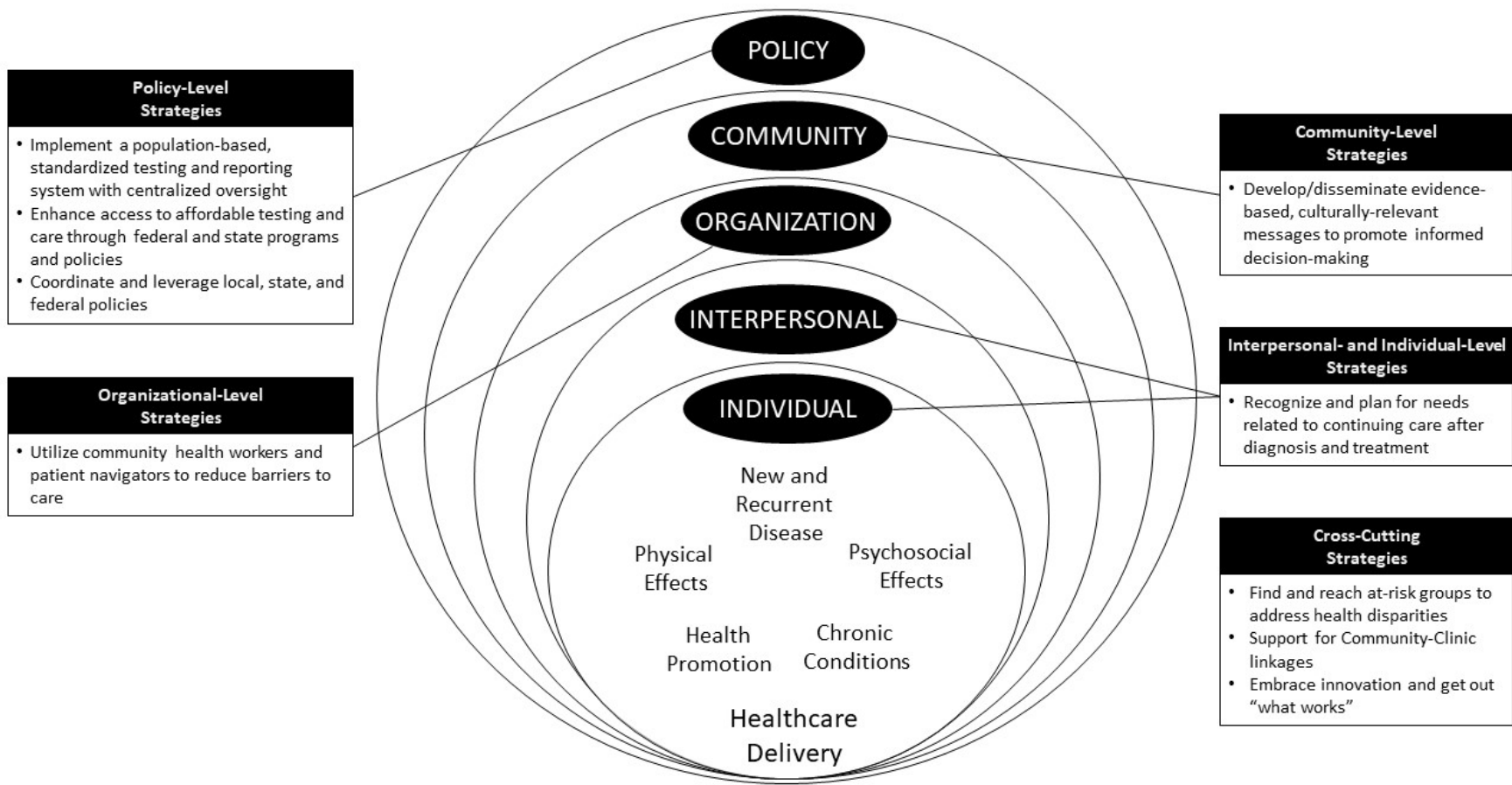
- Proactive assessment of psychosocial well-being in post-COVID era
- Financial toxicity related to job or insurance loss
- Building survivor-healthcare provider trust

**Surveillance/Management of Chronic Medical Conditions**

- Evaluation of COVID-induced or exacerbated co-morbidity
- Virtual strategies to assess symptoms/patient-reported outcomes
- Communication of risks re: comorbidity after cancer and/or delays in testing
- Addressing provider burn-out
- Ensuring discussions re: goals of care

**OUTCOMES: COVID incidence, Cancer Survival and Prevention, Health-related QOL, Healthcare utilization, Costs, Mortality**

Adapted from: Nekhlydov, L, *JNCI*, 2019



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# Year 1 Accomplishments

## Chronic Disease Model

**Goal:** *To describe the state of implementation of survivorship programs, including evidence-based programs across CCSGs in the CPCRNC*

- Identified validated quantitative measure –Assessment of Chronic Illness Care or ACIC – to be used to evaluate and describe program elements.
- Focused on connection to community and addressing health disparities.

## Psychosocial Subgroup

- Developed and refined survey of mental health services/grants/programs for distribution to all sites.



# Year 1 Accomplishments

- **Staying Well under COVID-19: Guidance for Cancer Survivors**
  - This is a one page resource that the WG prepared, drawing on reliable resources to promote physical, emotional, and psychosocial well-being during COVID-19 times  
<https://azprc.arizona.edu/sites/default/files/u22/Staying%20Well-%20Cancer%20Survivors-3-31-20.pdf>
- **Publications**
  - **Title:** Quality of life and the negative impact of comorbidities in long-term colorectal cancer survivors: a population-based comparison.
    - **Authors:** [Amy Pate](#)<sup>1</sup>, [Jan Lowery](#)<sup>2</sup>, [Kristin Kilbourn](#)<sup>3</sup>, [Patrick J Blatchford](#)<sup>4</sup>, [Monica McNulty](#)<sup>4</sup>, [Betsy Risendal](#)<sup>5,6</sup>
  - **Title:** Impact of Cancer Survivorship Care Training on Rural Primary Care Practice Teams: a Mixed Methods Approach
    - **Authors:** [Betsy Risendal](#)<sup>1</sup>, [John M Westfall](#)<sup>2</sup>, [Linda Zittleman](#)<sup>2</sup>, [Carol Hodgson](#)<sup>3</sup>, [Timothy Garrington](#)<sup>4</sup>, [High Plains Research Network Community Advisory Council](#); [Christin Sutter](#)<sup>2</sup>, [Lori Jarrell](#)<sup>2</sup>, [William LeBlanc](#)<sup>2</sup>, [Linda Overholser](#)<sup>5</sup>

# Impact of COVID-19

- COVID influenced priorities for WG activity (manuscripts)
- Start WG meetings with time to reflect
- Remain flexible in terms of time commitments and new opportunities

# Timeline for Activities

- **ACS Cancer Survivorship diet and Physical Activity Guidance**
  - Writing team content Jan-April; final publication by August 2021
- **Systematic Review on Cancer Survivorship and Resilience**
  - Anticipated by Fall 2021
- **Chronic Care Model**
  - Develop questions regarding the impact of COVID on cancer survivorship programming to describe adaptations as well engage stakeholders in sharing of timely information on this topic.
  - Draft the interview guide, which is now in process of review. A few centers already have recruited program leaders and ADs to participate. Complete survey by May, 2021
  - Conduct qualitative research to expand insight from survivorship program leaders and AD of Community Engagement by Summer 2022
- **Psychosocial Subgroup**
  - Administration of the survey in early 2021

# Opportunities for Synergies within the Network

- Engage CPCRN Scholars in WG activities
  - Co-authors, data management/analysis, etc.
- Invite various WG members to develop and implement current or new WG activities
  - Annual meeting WG presentations as foundation for identifying synergy
- Evaluate opportunities to expand survey instruments/items to co-administer across WG with synergistic / complementary goals



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And ALL the WG Members!