



# Breast Cancer Survivorship

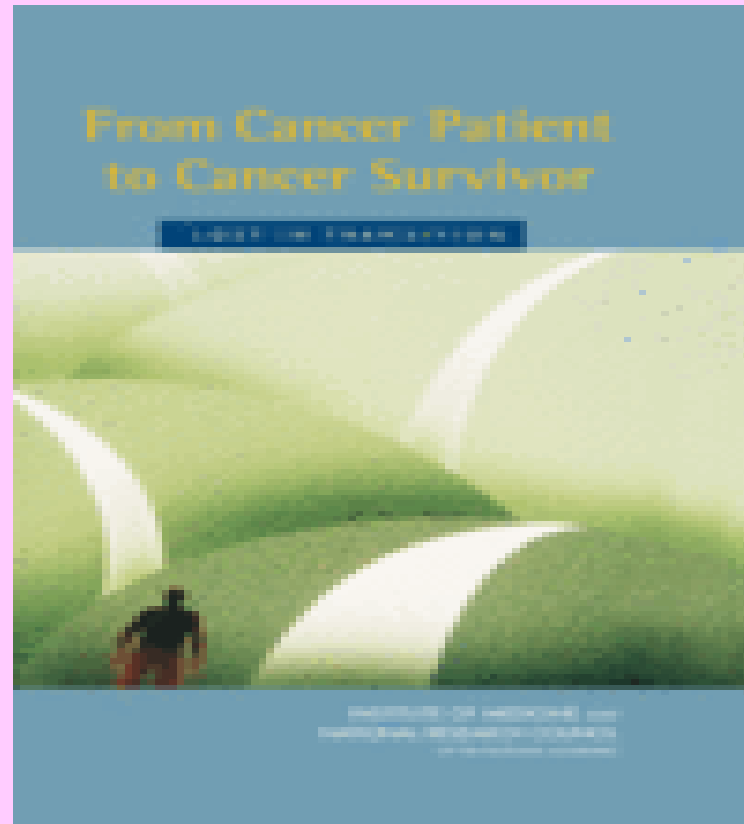
Tricia L. Cox, MS, ANP, AOCNP

# Survivorship care



- What is it?
- Why are we talking about this?
- Who is responsible for survivors' care?
- Who are the experts?

# IOM Report



# 10 Recommendations

- Raise awareness among healthcare providers
- Provide Care Plan in writing by cancer care provider
- Evidence based Guidelines & treatment protocols



# Components of guidelines

- Follow up schedule & testing
- Monitoring for second primaries; chemoprevention
- Monitoring for late effects of disease or treatments
- Genetics
- Psychosocial issues

\*\*\*Go to guideline



# 10 Recommendations cont'd

- Quality measures need to be developed
- Delivery system challenges
- Public Health concern
- Improve healthcare professional education/knowledge related to survivorship



# 10 Recommendations cont'd

- Eliminate discrimination
- Improve access to adequate health care
- Invest in research



# Eight Domains of Care

- Surveillance for recurrent disease
- Monitoring/prevention of second primary cancer
- Management of after effects of disease
- Management of late complications of treatment
- Management of psychological, social, spiritual issues
- Management of genetic issues
- Management of sexual and fertility issues
- Site of care



# Surveillance for Recurrent Disease

ACS guidelines

Mammogram every \_\_\_

Clinical breast exam annually

Self breast exam

Role of breast MRI, Ultrasound, PET

# Monitoring/Prevention

- For second cancers
- Age appropriate monitoring



# Management of After Effects

- Lymphedema
- Peripheral neuropathy
- Scar tissue
- And the list can go on



# Management of Complications

- Heart failure
- Infertility
- Chest wall tenderness/susceptibility to sunburn/”radiation recall”



# Management of “non-Medical” Issues

- Psychological issues
- Social issues
- Spiritual issues



# Management of Genetic Issues

- Worries over family members being at high risk
- Worry about your own risk... and insurability
- What about ovarian cancer?



# Management of Sexual/Fertility Issues

- Loss of Libido
- Painful intercourse
- Feelings of being unattractive
- Inability to ovulate and have children



# Site of Care

- Who is going to look after me when I finish?
- The ping-pong game



# Conclusion

- Great job caring for patients during active treatment
- Sites are springing up throughout the country
- You must be involved in your care
- We can make a difference in the overall quality of life!

