



Survivor Support

When it comes to cancer, the right information and guidance are critically important for successful survivorship

- How can cancer recurrence be prevented?
- What might be the delayed effects of cancer treatment?
- What other conditions are cancer survivors prone to develop?
- What can survivors do to help themselves?
- How can CAREpath help cancer survivors?
- Who else should take care of their needs?

Cancer survivors are at an elevated risk of developing a recurrence of their original cancer, a different cancer at the original site, or a new cancer at a different site. Survivors are also prone to developing other chronic conditions as well as late complications from cancer treatment. Survivors may find themselves personally changed in ways which may cause ongoing physical and emotional concerns.

Cancer survivors are typically strongly motivated to remain well. They are concerned about how to avoid the recurrence of their disease, and need to understand and reduce the factors which might cause that recurrence. They also must find a meaningful personal route to better manage their lives, and how to access informed caregivers for the rest of their lives.

CAREpath's Survivor Support Service addresses each of these issues. Risk of cancer recurrence is assessed, preventive measures are identified, delayed side effects from cancer treatment are addressed, and advice is provided on where to go with subsequent medical problems.

CAREpath Survivor Support – How it Works

The client's personal **CAREpath** oncology nurse care manager, backed by leading oncologists, analyze the survivor's initial course of cancer treatment to determine what delayed side effects might occur. The survivor is interviewed to determine general health status and identify specific issues.

Survivors complete a comprehensive **Risk Assessment Questionnaire** (electronic), which was developed in collaboration with experts at leading universities.

The questionnaire responses are entered into a continuously updated database. The results indicate the client's risk for developing another cancer, a recurrence of the original cancer, heart disease, stroke, diabetes, and osteoporosis. Mental health also is assessed. The lifestyle changes required to reduce each of these risks are identified, and a determination is made of what the new risk levels would be if the required changes were implemented.

The questionnaire results are explained to the survivor by the client's personal CAREpath oncology nurse care manager, who also provides advice on implementing the recommendations. Information is provided on the delayed side effects from previous cancer treatment, and advice is given regarding personal issues likely to be encountered as a survivor.

Up-to-date, scientifically accurate educational materials are provided that address lifestyle issues relating to prevention of cancer and chronic disease. A session with a registered dietician may be arranged, and resources are provided regarding psychosocial concerns.

Finally, a written plan is provided that outlines which category of medical professional the survivor might seek out for each variety of medical problem which could arise in the future.

