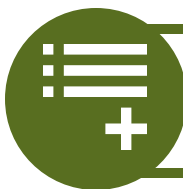

Kentucky Cancer Consortium Cancer Survivorship Series

A series of data, information and resources about cancer survivorship in Kentucky.





February 2022

An introduction of the Survivorship Series



April 2022

Cancer Survivorship Definitions and Kentucky Data



June 2022

Quality of Life Challenges



August 2022

Quality of Life Opportunities



October 2022

Patient Navigation Perspectives



December 2022

KCC Partner Needs and Resources

What Is Health-Related Quality of Life?



“

"The overall enjoyment of life; an individual's sense of well-being and ability to carry out activities of daily living."

source: <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/quality-of-life>

—

Physical Well-Being

- Functional status
- Fatigue and sleep
- Overall physical health
- Fertility
- Pain
- Symptom burden
- Comorbidity



Psychological Well-Being

- Control
- Sense of worry
- Denial
- Avoidance
- Anxiety
- Depression
- Fear of recurrence
- Cognition/attention



Social Well-Being

- Family distress
- Roles and relationships
- Affection/sexual function
- Appearance
- Isolation
- Finances/employment



Spiritual Well-Being

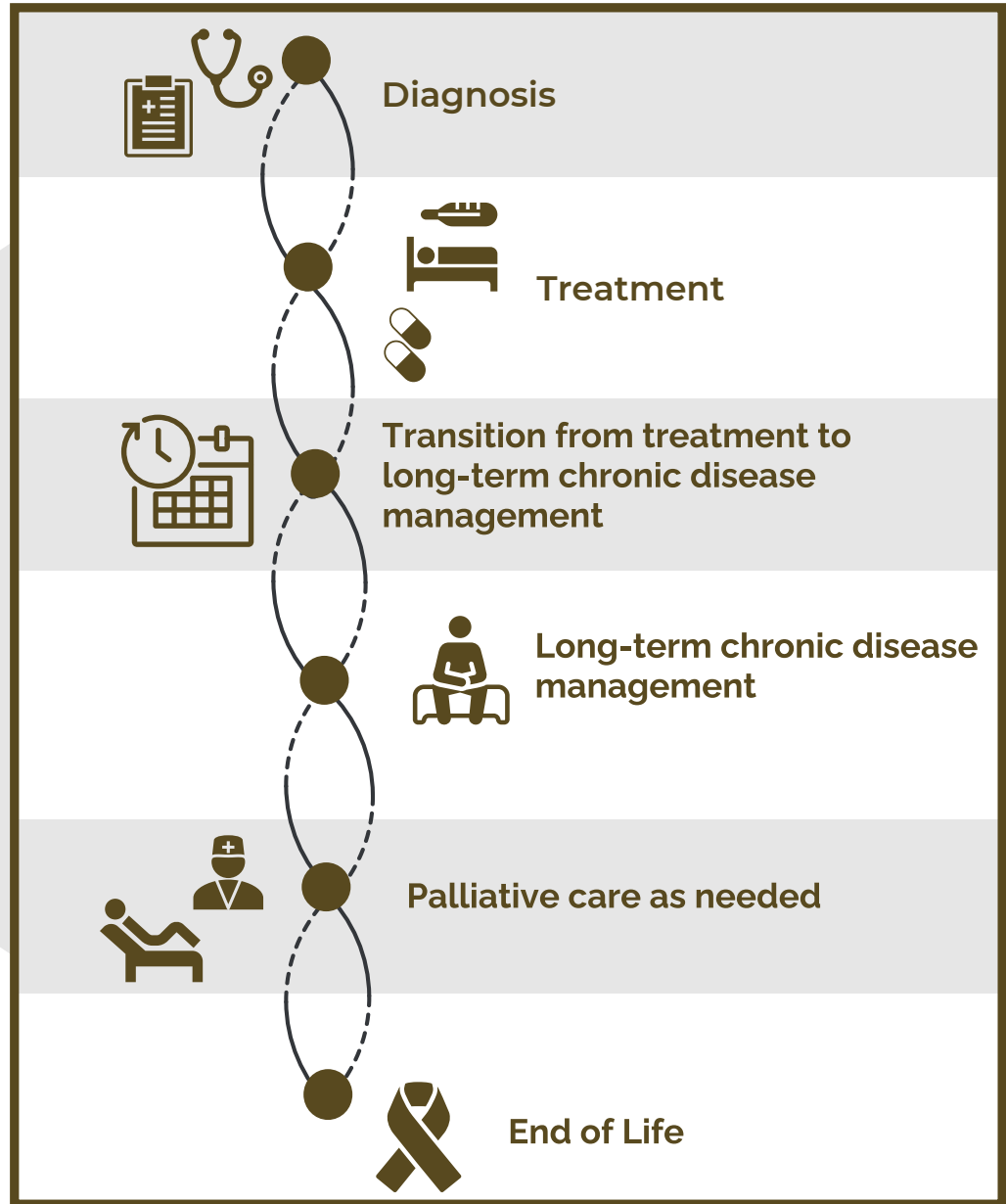
- Meaning of illness
- Religious strain
- Strength of faith
- Transcendence
- Hope
- Uncertainty
- Inner Strength



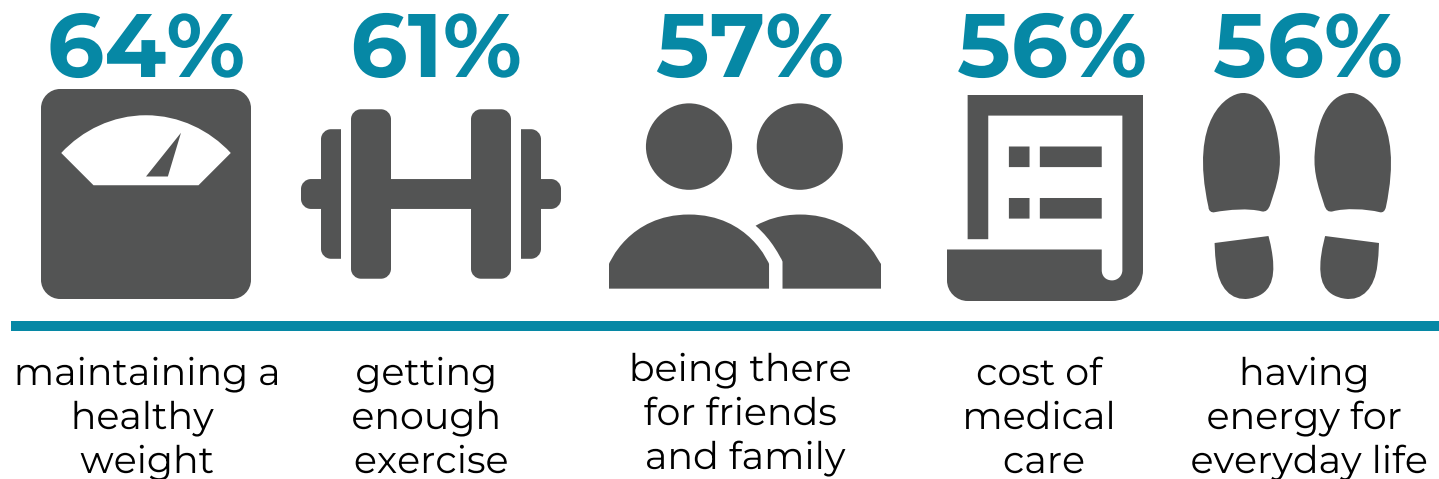
Quality
of Life

Phases of Cancer Survivorship

Individuals may go in and out of phases. This is not a linear process. Quality of Life needs may vary in each phase.



Top Concerns That Impact Quality of Life Among Cancer Survivors in the U.S.



Source: 2020 State of cancer survivor survey <https://www.curetoday.com/view/nccs-unveils-survivorship-data-from-nationwide-survey-of-cancer-survivors>

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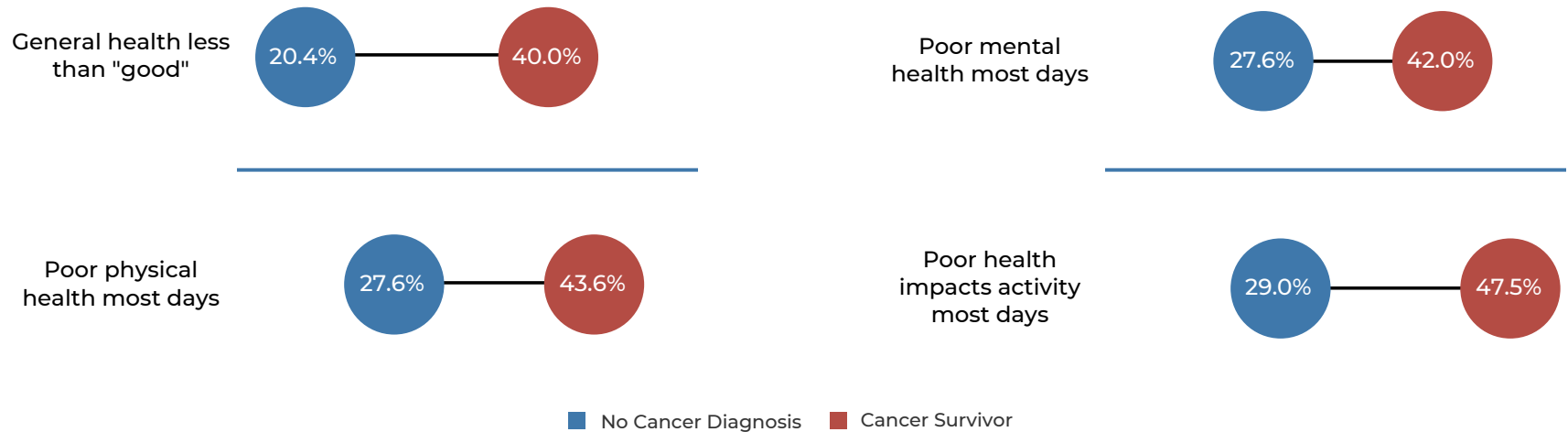
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Health-Related Quality of Life Among Kentucky Cancer Survivors



Risk Factors for Kentucky Cancer Survivors



20.5% currently smoke



9.4% with unhealthy drinking habits



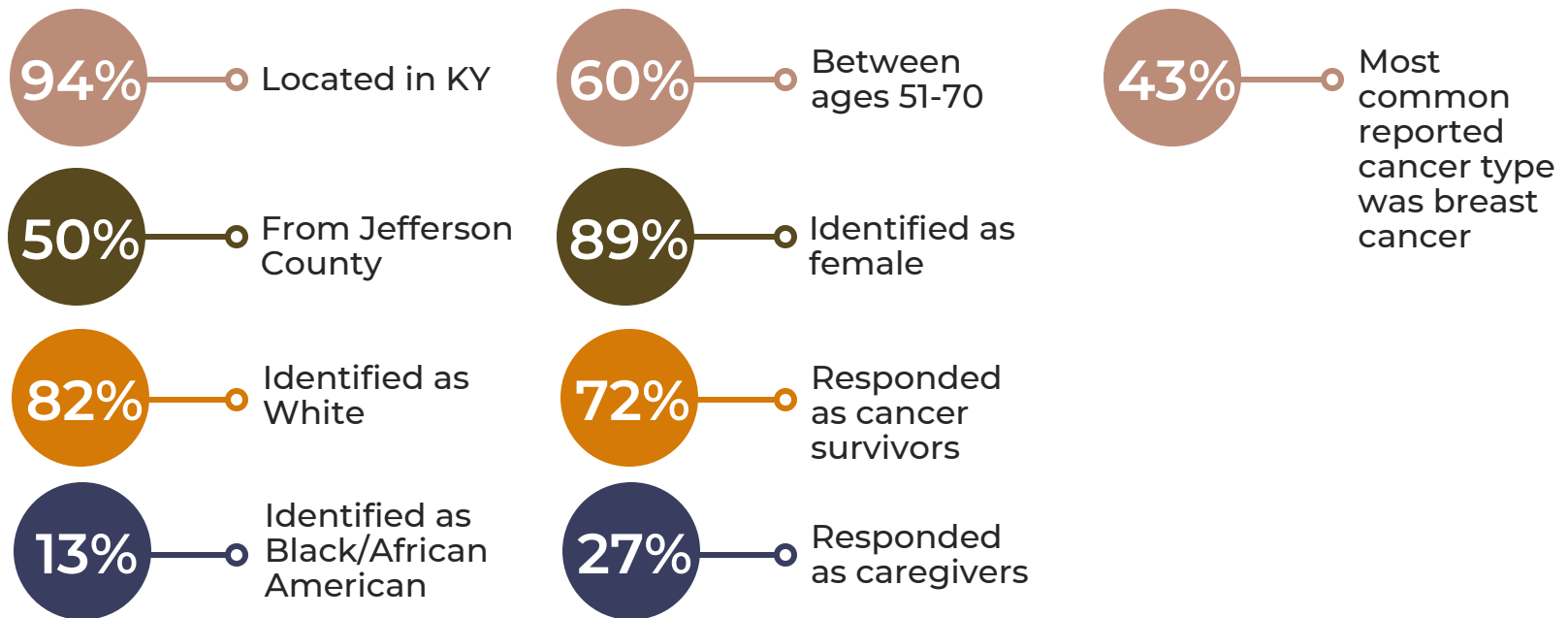
16.6% sleep less than 6 hours a night



71.2% currently overweight or obese

Source: 2021 Kentucky Cancer Needs Assessment
Data: Ky BRFSS, 2018-2019

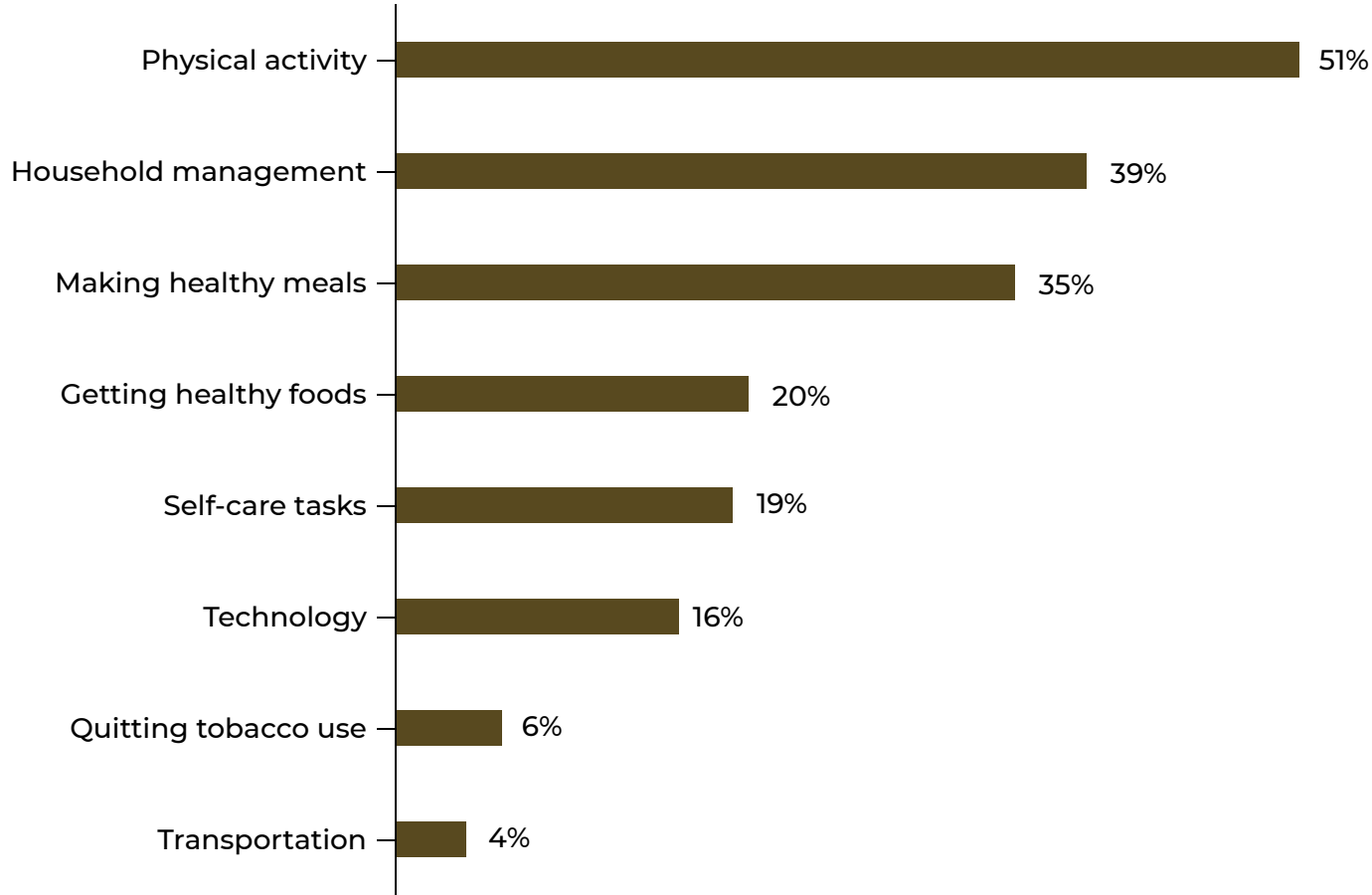
COVID-19 Pandemic Survey of Kentucky Cancer Survivors and Caregivers: Who Responded



Highlights from the 79 Kentucky cancer survivors and caregivers who responded to the survey conducted in Spring 2021 by the Kentucky Cancer Program and the Kentucky Cancer Consortium.

COVID-19 Pandemic Survey of Kentucky Survivors and Caregivers: Top Concerns

Percent of respondents who reported a need for support and resources



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American Cancer Society Cancer Survivorship Care Guidelines



Use of Guidelines May Vary

Depending on who you are and where you are working, you may be using these differently to meet the needs of cancer survivors.

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How Can Partners Use the Survivorship Series?

We encourage you to use the information in the series to increase your understanding of cancer survivors' quality of life and share it with your staff, colleagues, and other partners interested in learning more about cancer survivorship.

Have ideas, information, or recommendations on cancer survivorship data?

Contact Jennifer Knight at
Jennifer.Knight@uky.edu



Next Series Topic:

Quality of Life Opportunities
