

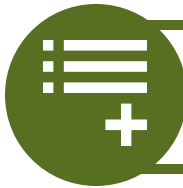
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# Kentucky Cancer Consortium Cancer Survivorship Series

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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 Optimization



October 2022

Patient Navigation Perspectives



December 2022

KCC Partner Needs and Resources

# Quality of Life: Optimization

Survivorship starts from the time of diagnosis and quality of life needs vary throughout the survivorship journey. For more information about quality of life, revisit last month's Survivorship Series: [Quality of Life Challenges](#).

It is helpful for cancer survivors to have a plan to address the [challenges](#) to their well-being. This series provides resources for those supporting cancer survivors.

# Supporting Cancer Survivors



Screen



Ask Questions



Connect With  
Resources



Follow Up



Continued Care

These are common steps that patient navigators take when assessing and supporting cancer survivors. This process can be used in the community or the clinic.

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## Screen



Ask Questions



Connect With  
Resources



Follow Up



Continued  
Care

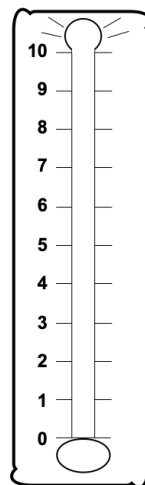
The first step is to screen, score, and understand the cause of distress. Being diagnosed with cancer and going through treatment can be stressful.

One tool that could be used is the [National Comprehensive Cancer Network Distress Thermometer](#)

### NCCN Distress Thermometer

**Distress** is an unpleasant experience of a mental, physical, social, or spiritual nature. It can affect the way you think, feel, or act. Distress may make it harder to cope with having cancer, its symptoms, or its treatment.

Extreme distress



No distress

Additional tools are:

[Patient-Reported Outcomes Measurement Information System \(PROMIS\)](#)

[Patient Health Questionnaire \(PHQ\) Screeners](#)

[PhenX Toolkit](#)

02



Screen



Ask  
Questions



Connect With  
Resources



Follow up



Continued  
Care

Asking questions is the second step that is often used to help understand which area(s) are causing the most distress.

- Ask questions that help prioritize which area(s) are the biggest distress concern that needs to be addressed first.
- Consider using the second step of the [NCCN Distress Thermometer](#) as a guide.

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Screen



Ask Questions



Connect with  
Resources



Follow Up



Continued  
Care

Developing a plan to connect to resources is the third step. Many resources are available at free or reduced cost for cancer survivors.

- These resources will support their physical, psychological, social, spiritual, financial, and other needs.
- Specific examples are provided in the rest of the document.



Screen



Ask Questions



Connect With  
Resources

04



Follow Up



Continued  
Care

Follow-up for cancer survivors is important because there are long-term physical, psychological, social, spiritual, and financial challenges that impact quality of life.

- Ensure you have provided and obtained good contact information.
- Provide continued support and be available when they have questions.
- Find out if the resources you provided meet their needs.
- Check-in and rescreen for distress to see if they need additional resources.

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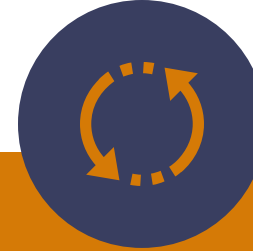
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Ask Questions



Connect With  
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Follow Up

05



**Continued  
Care**

After treatment, cancer survivors need continued care. The [ACS guidelines](#) reflect current evidence and expert consensus to help primary care clinicians and other health care professionals provide comprehensive clinical follow-up care.



Surveillance for  
Recurrence



Screening for  
New Cancers



Physical and  
Psychosocial  
Long-Term and  
Late Effects  
Management



Health  
Promotion



Care  
Coordination

# Resources to Address Quality of Life

- The following slides list resources that are available to survivors and highlight the quality of life needs that they address.
- Look for the color guide on each slide to determine which needs the specific resource addresses.



## Some state-level resources include:

- Cancer Support Community Greater Cincinnati-NKY
- American Cancer Society
- KY African Americans Against Cancer
- Kentucky Cancer Link
- Friend for Life Cancer Support Network
- Gilda's Club
- Kentucky Cancer Program – Pathfinder

# Physical

Here are some State and National resources to help cancer survivors with physical well-being.



## Physical Well-Being

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



[More: Quality of Life Challenges](#)

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# Physical: Health Promotion



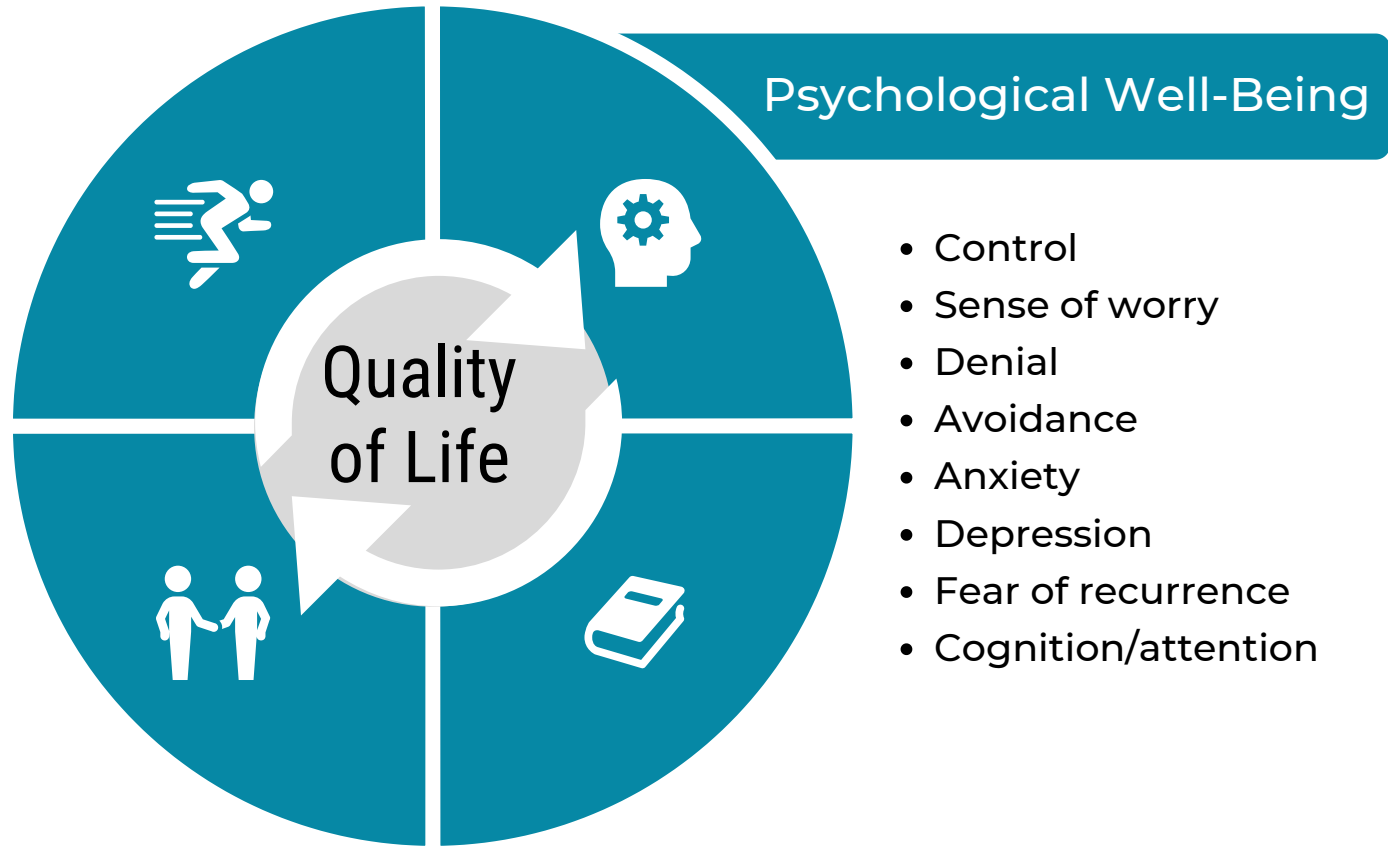
Here are some State and National resources to help cancer survivors with physical health promotion.

- Minimal alcohol use
- Abstinence from tobacco use
- Cardiovascular activity and strength training
- 150 minutes of cardio
- 2 days of strength training
- Healthy diet and nutritious foods
- Variety of fresh fruits and veggies
- Limit intake of processed and red meat
- Consume whole grains rather than refined grains



# Psychological

Here are some State and National resources to help cancer survivors with psychological well-being.



[More: Quality of Life Challenges](#)

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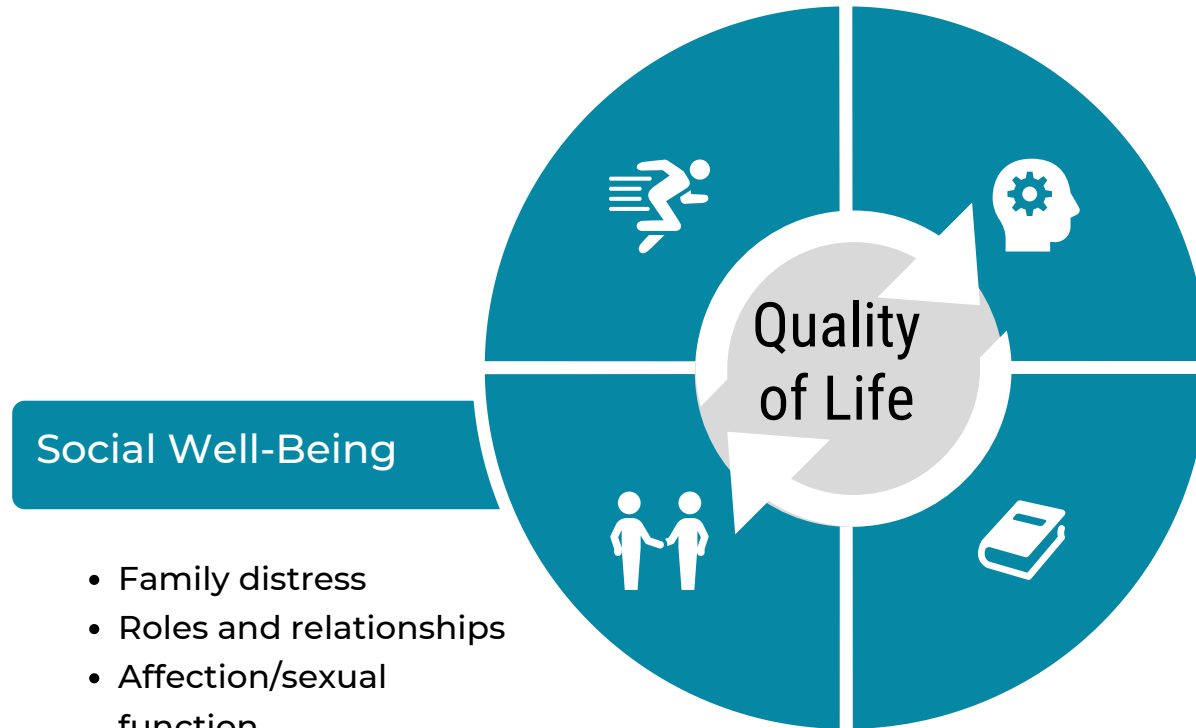
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# Social

Here are some State and National resources to help cancer survivors with social well-being.



## Social Well-Being

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

[More: Quality of Life Challenges](#)

# Financial



Here are some State and National resources to help cancer survivors with financial well-being.

Cancer survivors may experience financial issues that impact quality of life in multiple ways:

- Income
- Debt
- Loss of income
- Out-of-pocket costs
- Impact on mental health (financial toxicity)

This may result in avoiding treatment or medications due to cost.

Source: Altice CK, Banegas MP, Tucker-Seeley RD, Yabroff KR. Financial Hardships Experienced by Cancer Survivors: A Systematic Review. J Natl Cancer Inst 109:2017. PMID: PMC6075571

# Spiritual

Here are some State and National resources to help cancer survivors with spiritual well-being.



[More: Quality of Life Challenges](#)

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# How can partners use the Cancer 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 about cancer survivorship.**

**If you have a resource that was not included in this series, please let us know.**

Contact Jennifer Knight at  
[Jennifer.Knight@uky.edu](mailto:Jennifer.Knight@uky.edu)



## Next Series Topic:

[Patient Navigation Perspectives](#)

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