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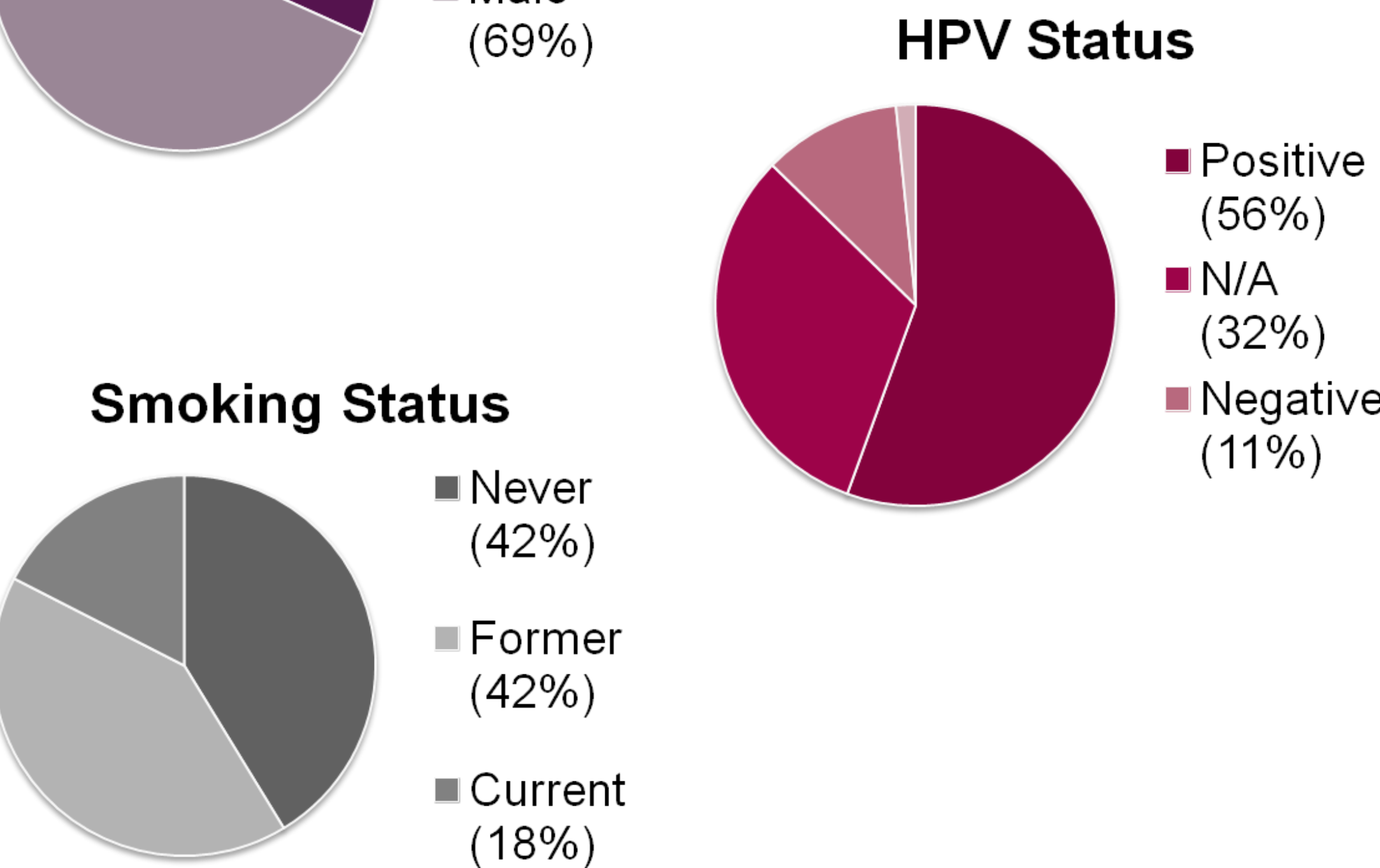
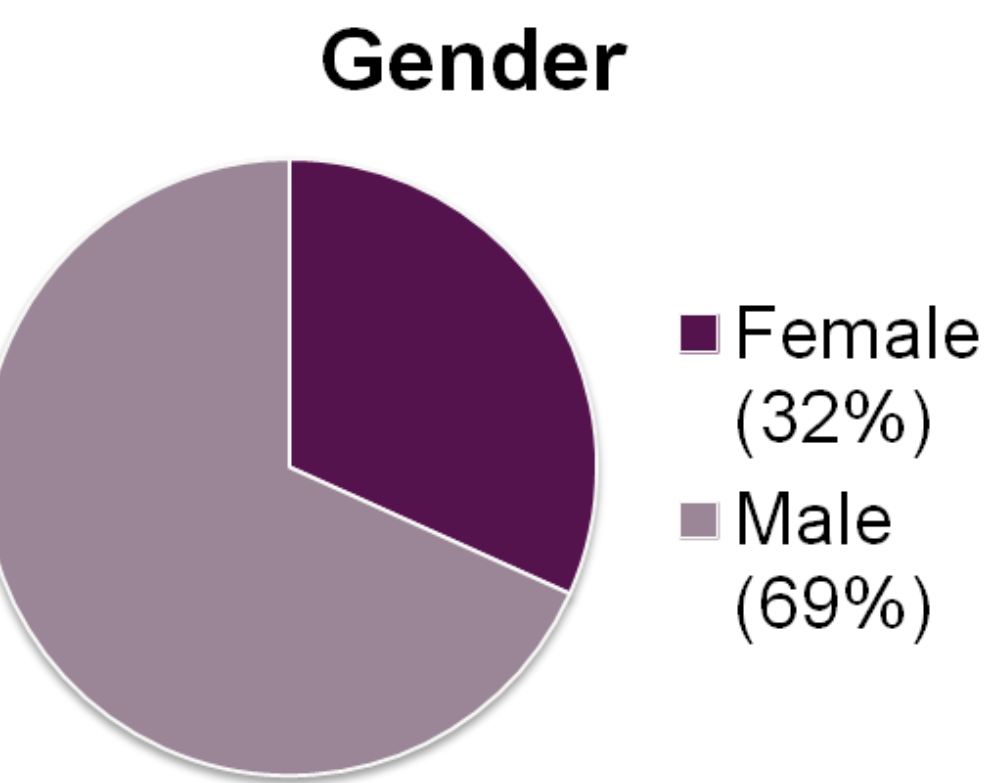
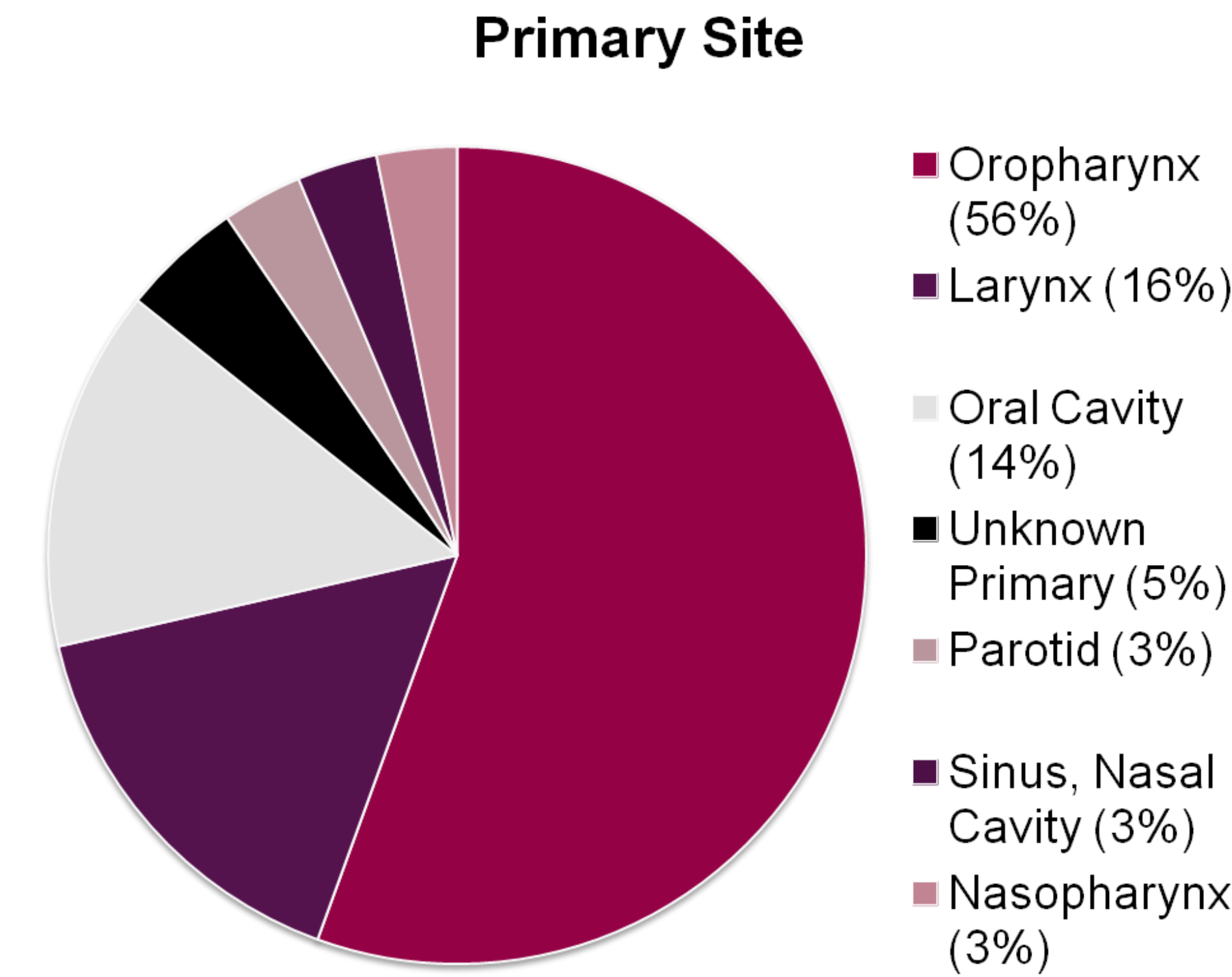
Purpose

- Survivorship care is an important part of post-treatment cancer care
- In 2013, a Head and Neck survivorship program was created at the Cleveland Clinic
- In 2017, the NCCN recommended incorporating assessment of late and long-term effects
- Significant challenges exist in terms of implementing such screening
 - How to address identified needs
 - Creation of standardized management algorithms

Methods

- Institution-wide survivorship steering committee decided to adopt the NCCN questionnaire
- A sub-committee of nurse practitioners was created to develop content
- The 27-item questionnaire from NCCN was adopted and modified into a 33-item questionnaire
- Practice recommendations for clinicians were developed
- Patient education content was created
- Working with IT, this was digitized and made into smart documentation phrases, order sets and patient education
- Sample of 63 head and neck cancer patients who completed definitive treatment, including radiation, and a survivorship visit were surveyed and analyzed

Results



Survivorship Questionnaire Since completing treatment, do you/ do you have:	YES	NO
Shortness of breath	1.5%	98.4%
Chest pain	3.2%	96.8%
Little interest or pleasure in activities	6.3%	93.7%
Inability to stop or control worry	15.9%	84.1%
Trouble coping with diagnosis	17.5%	82.5%
Fear of recurrence	39.7%	60.3%
Financial difficulty	12.7%	60.3%
Difficulty in relationships	6.3%	93.7%
Trouble multitasking or paying attention	17.5%	82.5%
Trouble remembering	25.4%	74.6%
Slowed or trouble thinking	19.0%	81%
Persistent fatigue	12.7%	87.3%
Fatigue interfering with usual activities	9.5%	90.5%
Trouble falling or staying asleep	20.6%	79.4%
Frequent snoring	9.5%	90.5%
Persistent swelling	19%	81%
New pain	11.2%	88.9%
New hot flashes	1.6%	98.4%
Menopause related symptoms	0%	100%
Difficulty with sexual function or sex life	1.6%	98.4%
Fertility difficulties	0%	100%
Engage in regular physical activity	87.3%	12.7%
Eat 2.5 cups of fruit/vegetables per day	82.5%	17.5%
Weight concerns	19%	81%
Use tobacco products	6.3%	93.7%
Drink more than 2alcoholic drinks per day	9.5%	90.5%
Use or know someone who uses drugs	4.8%	95.2%
See PCP within the last year	85.7%	14.3%
Received flu shot (during flu season)	70.3%	29.7%
Up to date on other vaccines	90.5%	9.5%
Up to date on wellness screenings	90.5%	9.5%

Results

- Patients identified 0-13 concerns [on 33-item questionnaire] , with mean 3.55 concerns
- 49% identified 0-2 concerns
- Most patients rated their health as “good” (76%) compared with “excellent” (8%) or “fair” (16%)
- No significant difference in responses were found by gender or HPV positivity
- Less than 5% of sample identified concerns with:
 - Shortness of breath
 - Chest pain
 - Hot flashes or night sweats
 - Menopause related symptoms
 - Sexual dysfunction
 - Fertility issues
 - Drug use

Conclusions

- Not surprisingly, many patient identified long-term concerns that were directly related to treatment including:
 - Persistent swelling (lymphedema)
 - Weight concerns
 - Nutritional concerns
- Emotional and cognitive function were also areas that many patients identified concerns including:
 - Fear of recurrence
 - Trouble remembering
 - Difficulty multitasking
 - Slowed thinking
 - Difficulty coping
 - Unable to stop worrying