



# What does survivorship mean?

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# Definition

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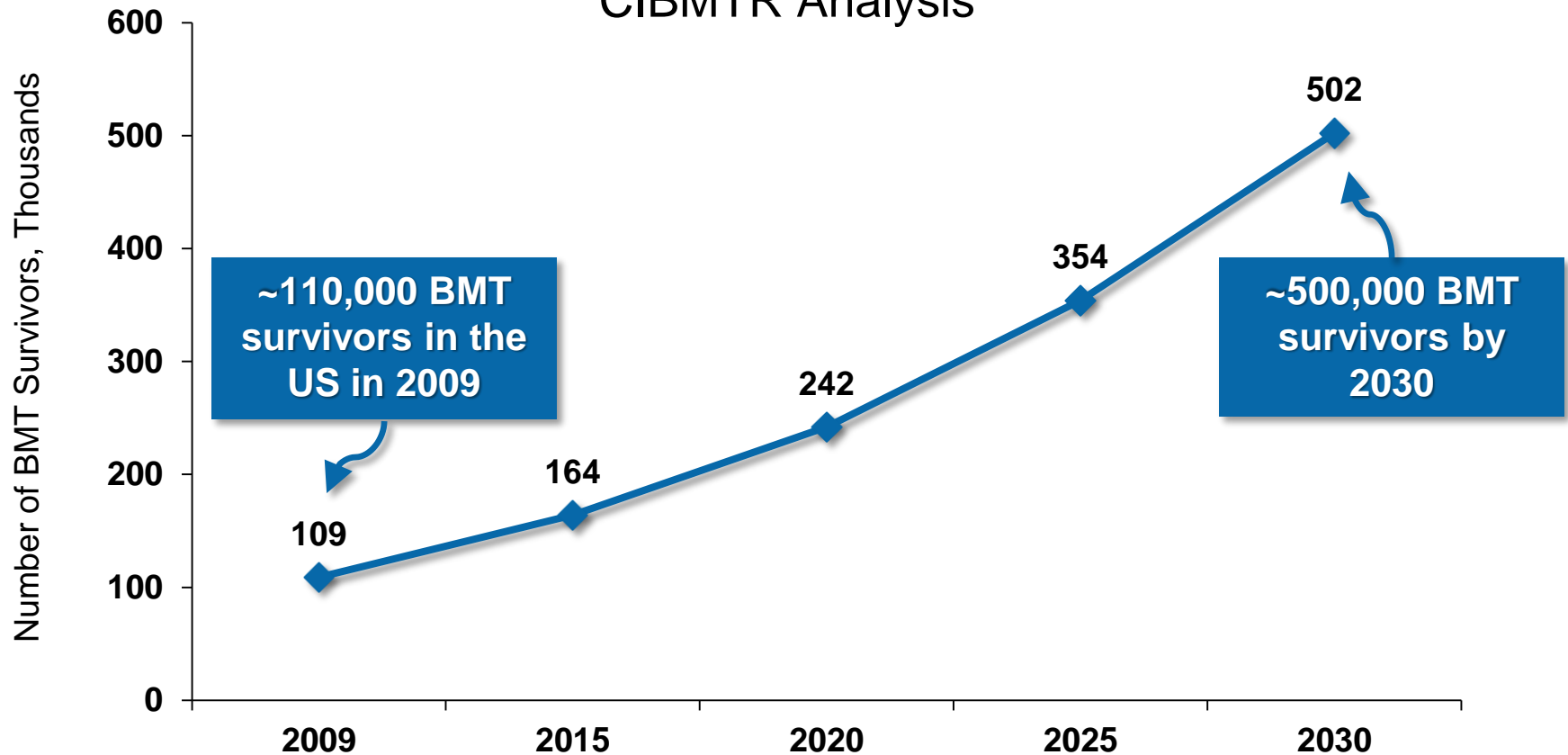
- **Survivorship**
  - **The state of being a survivor**
- **Survivor**
  - **A person who survives, especially a person remaining alive after an event in which others have died**
  - **A person who copes well with difficulties**
- **Survive**
  - **Continue to live or exist, especially in spite of danger or hardship**

[sur • vi • vor]

*to beat the odds, one with great courage and strength, a true inspiration*

# Number of HCT Survivors Is Increasing

Estimated Number of HCT Survivors in the United States, 2009-2030  
CIBMTR Analysis



# Goals for Survivorship Care

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- **EMPOWER you to take ownership of your care and long term health**
  - **Provide you with information Tools**
  - **Motivation to staying healthy**
  - **Tools to be successful**

# Goals for Survivorship Care

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- **EDUCATE** you about late effects and survivorship
  - Surveillance for disease recurrence
  - Surveillance, prevention and treatment of late complications
  - Screening and prevention of second cancers
  - Routine health maintenance
  - Psychosocial support
  - Rehabilitation
  - Financial counseling
  - Reintegration into society (return to work/school)

# Post Transplant

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- **Cardiovascular disease**
  - **Metabolic syndrome**
    - **High blood pressure, diabetes, high cholesterol**
- **Chronic lung complications**
- **Endocrine abnormalities**
  - **Thyroid function**
  - **Diabetes**
- **Gonadal hormone insufficiency**
  - **Testes and ovaries**
- **Kidney disease**

# Post Transplant

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- **Liver complications**
- **Bone complications**
- **Second cancers**
  - **Skin, oral, esophagus**
- **Chronic graft versus host disease**
- **Infections**
- **Eye complications**
- **Dental complications**
- **Gastrointestinal complications**



# Causes of late effects

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- **Chemotherapy**
- **Radiation**
- **Immunosuppression**
- **Graft versus host disease (GvHD)**
- **Treatment of GvHD**
  - **ie: prednisone**

# Victor Fazio, MD BMT Cancer Survivorship Program

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- **Currently we are seeing all allogeneic at day +100, 1 year, 2 year and 5 years after transplant**
- **Treatment Summary and Care Plan created prior to appointment**
  - **Day +100 focuses on overview of acute transplant complications and sets expectations for longer term follow up**
  - **1 year and 2 year visit will focus on long term care and coordinates testing/consults**
  - **5 year visit will focus on long term care and continue education on signs and symptoms to watch for**

# Victor Fazio, MD BMT Cancer Survivorship Program

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- **Autologous stem cell transplant patients return to their primary oncologist post transplant**
  - **Auto BMT nurse coordinator providing transplant summary and care plan**
  - **Infectious disease at 45 days post transplant**

# Day +100 survivorship visit

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- **NP visit (60 minutes)- within 100 days**
  - **Full history and physical**
  - **Photographs – range of motion**
  - **Abdominal girth, height and weight**
  - **Symptom questionnaire**
  - **Acute and chronic GVHD evaluation**
  - **Care plan treatment summary and follow up recommendations**

# Day +100 survivorship visit

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- **Consideration of earlier screening for late complications:**
  - e.g. vitamin D, bone health, bone density, cardiovascular health- lipids, DM screening

# Day +100

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- **Social work visit**
  - **Concerns about physical functioning/care**
  - **Care-partner needs/concerns**
  - **Social Well-being**
  - **Emotional status**
  - **Financial concerns**
- **Labs**
- **Bone marrow biopsy**
- **Pulmonary function tests**

# Treatment Summary

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- **Diagnosis and treatment (prior to transplant) summary**
- **Transplant information (e.g. preparative regimen, donor source, etc.)**
- **GVHD status and treatment**
- **Infection history**
- **Any complications or readmission**
- **Review of clinical trials patient has been or is currently enrolled on**
- **Any ongoing treatment/maintenance**

# Care Plan

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- **Screening recommendation**
  - **GVHD**
  - **Long term side effects**
- **Second cancer screening**
- **Disease prevention**
  - **Vaccination recommendations**
- **Lifestyle recommendations**
- **Links to on-line resources**
- **Patient education material**
  
- **PCP identification/communication**



# Care Plan for day +100

Follow-Up Item	How Often?	Who's Responsible?	Due Date
Immunizations	6 months, 8 months, 10 months, 12 months and 24 months post-transplant	Infectious Disease	Start 6 months post- transplant
Eye health	Yearly	Ophthalmology	Start at 1 year, then yearly and as needed. May need to see ophthalmology at Cleveland Clinic if signs of GVHD
Oral/Dental Care	Every 6 months	Local Dentist	Start 6 months post- transplant
Lung health- pulmonary function tests	Yearly	BMT program	Start at day 100 then 1 year post- transplant or more frequently if needed
Bone health- bone density scan	Every 2 years	BMT program	Start 1 year post- transplant or sooner if needed (eg: on steroids)
Liver health	Each visit	BMT program	Labs done with each visit. Ferritin at one year post transplant
Kidney health	Each visit	BMT program	Labs done with each visit
Endocrine health- TSH (HbgA1c if diabetic)	Yearly	BMT program	One year post- transplant
Cardiovascular health- blood pressures, lipid panel, fasting glucose, height and weight	Every 3-6 months	BMT program	Fasting labs at 6 months post discharge.

# 1 Year Post Transplant

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- **Survivorship appointment with NP (60-90 minutes)**
  - **History and Physical, Photos, review of symptom questionnaire, treatment care plan and summary,**
- **Coordination of consulting specialties**
  - **Ophthalmology**
  - **GYN (females)**
  - **Infectious disease/vaccinations**
  - **Cardiology**

# 1 Year Post Transplant

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- **Pulmonary function testing**
- **Mammogram/other relevant cancer screening**
- **Bone density**
- **Labs**
- **Social Work**
  - **Concerns about physical functioning/care**
  - **Care-partner needs/concerns**
  - **Social well-being**
  - **Emotional status**
  - **Financial concerns**

# Treatment Care Plan and Summary

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- **Summary of activity over the last year**
  - **Infectious complications**
  - **Readmissions**
  - **GVHD – acute and chronic– and treatment**
  - **Disease relapse and treatment**
  - **Any other issues/complications**

# What's next in our program

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- **More research to help you live healthier and happier lives.**
- **Integrating screening for cognition**
  - **ie: memory, chemo brain**
- **Opening survivorship appointments to those interested**



**Every life deserves world class care.**