

Cancer Survivorship Improving Cardiovascular Outcomes



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Agenda & learning objectives

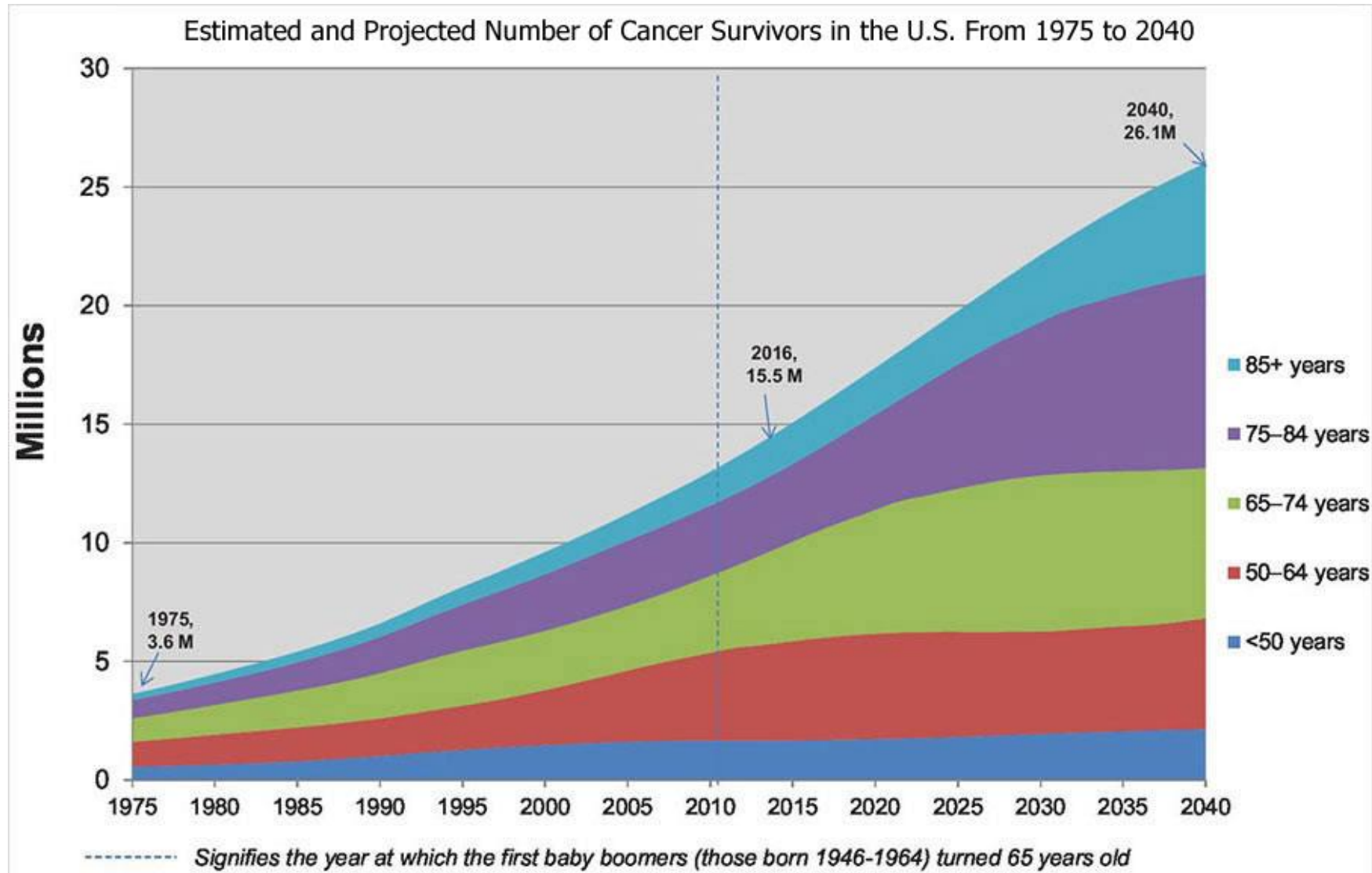
- Provide an understanding of current gaps in care and a roadmap for how to improve outcomes for cancer survivors
- Address opportunities to integrate cardio-oncology in survivorship care

Common challenges

- How can we advocate for our patients in a more effective manner?
- How do we design an interprofessional cardio-oncology care team and a framework to improve the overall cardiovascular care of cancer patients and survivors?
- How do we promote preventive cardio-oncology in a way that is scalable, sustainable and equitable?

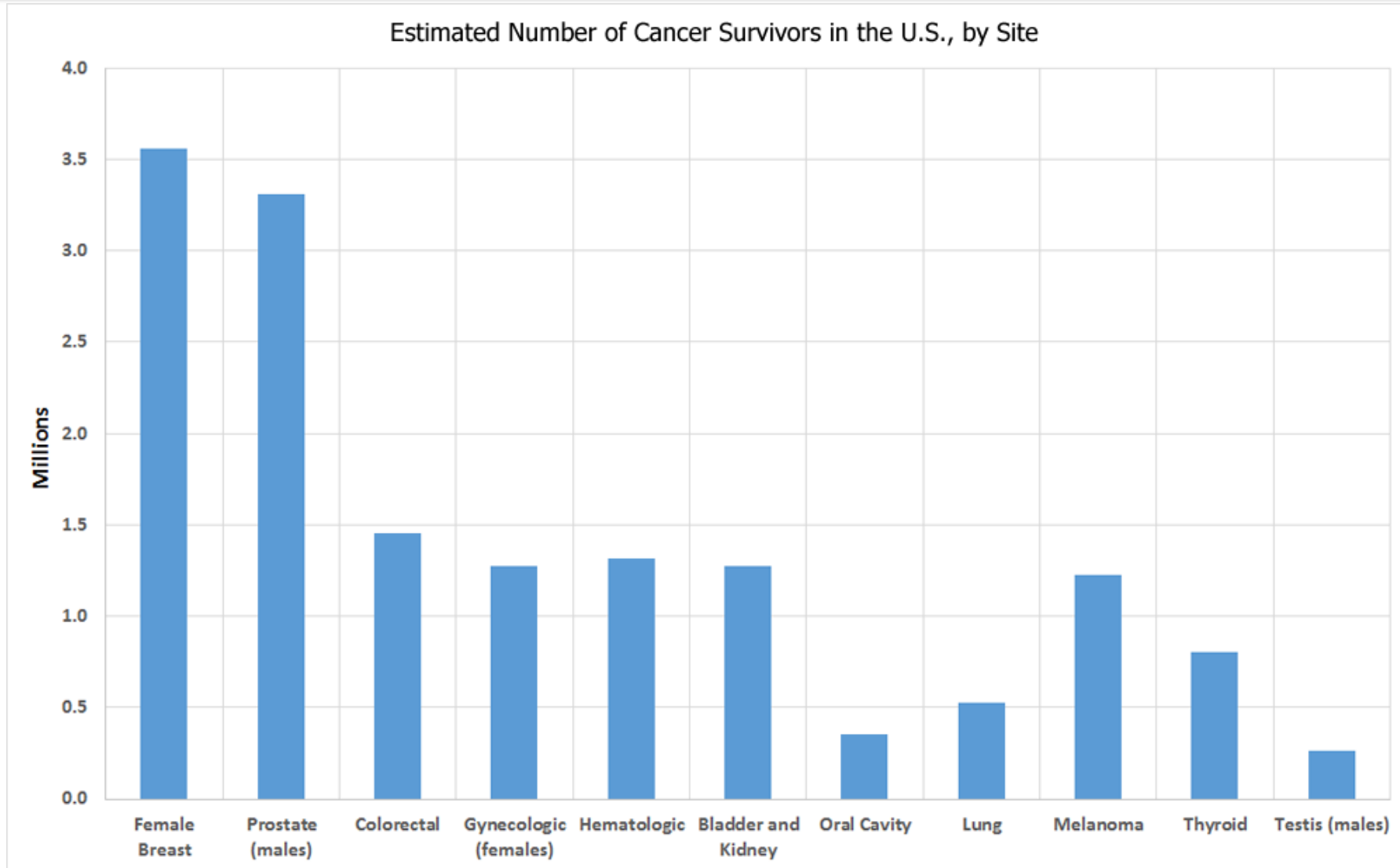
Cancer survivorship focuses on the needs and experiences of any person living with, through and beyond a cancer diagnosis: **palliation, prevention & health promotion, P. Ganz**

Projected Number of Cancer Survivors in the US: The Silver Tsunami



Bluethmann SM et al
CancerEpidemiol
Biomarkers Prev
2016;25:1029-36.

Cancer Survivors by Cancer Type in the US



Survivorship Care Clinical Elements

- Surveillance for recurrence of cancer
- Risk assessment/reduction through behavior changes
- Genetic risk update
- Screening for second primary cancers
- Assessment of long-term effects of cancer therapies
- Monitoring/education for late effects
- Psychosocial functions & patient/caregiver support
- Care coordination between specialists and primary care clinicians

The NEW ENGLAND JOURNAL of MEDICINE

REVIEW ARTICLE

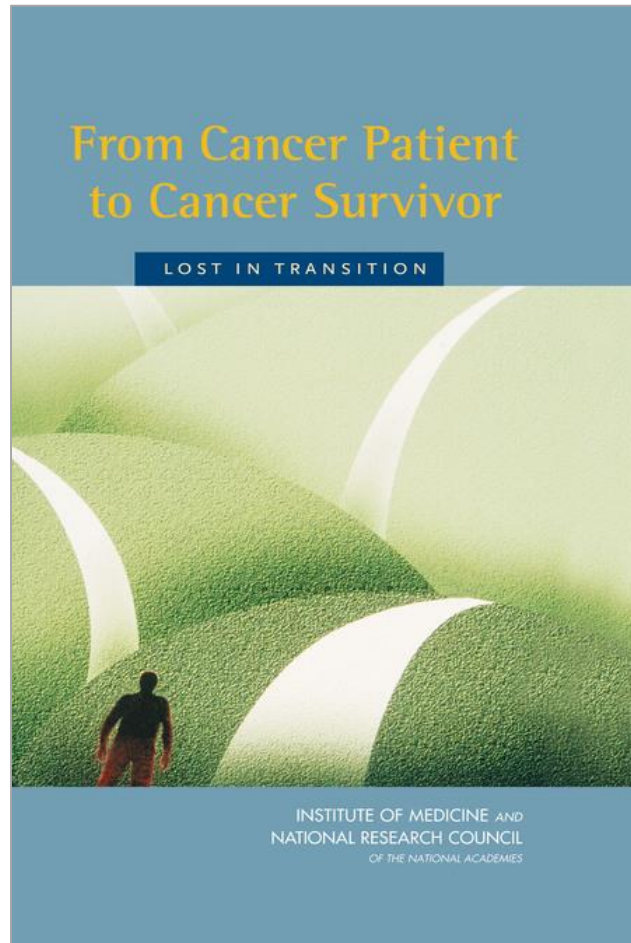
Dan L. Longo, M.D., *Editor*

Cancer Survivorship

Charles L. Shapiro, M.D.

ADVANCES IN CANCER SCREENING AND EARLY DETECTION, IMPROVEMENTS in therapeutics, and supportive care all contribute to decreasing cancer mortality. Figure 1 shows the changing demographic characteristics of the cancer population from 1975 through 2040. There will be an estimated 26 million survivors in 2040, the majority of whom will be in their 60s, 70s, or 80s.¹ **Nearly every health care provider will encounter cancer survivors.** This review is primarily intended for primary care physicians, obstetrician–gynecologists, midlevel providers, and subspecialists who have patients who are cancer survivors. The review also serves as a primer for surgeons, radiotherapists, and medical oncologists who

Adapting models of care for adult survivors of cancer



Based on models of care for survivors of childhood cancers with emphasis on provision of a treatment summary that detailed prior exposures and care plan

2005 From Cancer Patient to Cancer Survivors, IOM: care plans, research, advocacy

2005-18: Survivorship clinics responded to accreditation requirements to provide care plans (SCP) and treatment summaries

2018-present: Less emphasis on SCP and more on program development, care coordination & self-management

Innovations in cancer survivorship care

- Risk stratified care
- Clinical group education sessions
- Disease specific survivorship clinics
- Symptom specific referrals
- Shared care models (nurse, APP, generalist, specialist – primary care & specialist)
- Integration of PRO's
- Behavioral modifications using digital devices
- Focus on self-management: building confidence, providing resources & tools, grounding practices
- Health navigators
- Health coaches

Integration of cardio-oncology in cancer survivorship care

- Little guidance on best strategies to proactively monitor adult cancer survivors for late CV manifestations of cancer therapies (? novel therapies)
- Long-term follow up guidelines from COG for survivors of childhood cancers & AYA's
- Need risk and host stratified guidelines especially since older adults have CV risks & comorbidities...and it is the older population of cancer survivors that is expanding and will overwhelm our capacity to provide care

How will cardio-oncologists provide guidance to oncology teams and primary care clinicians? How will they provide education and support for patients to prevent/ mitigate late cardiovascular toxicities?

Innovation through research & professional education

Active areas of research to improve health outcomes

- De-escalation of cancer therapies
- Precision oncology
- Tracking long-term and late effects of novel therapies
- Understanding mechanisms of toxicity
- Targeting behaviors with wise interventions
- Early referrals to supportive services (e.g. fertility preservation)
- Co-management (cardio-oncology-primary oncology team for patients on cardiotoxic drugs, e.g. ibrutinib)
- Empowering patients through connection, information and timely access to primary and specialty care



Changing Mindsets of Newly Diagnosed Patients with Cancer

A two-armed parallel group unblinded randomized controlled trial (RCT) to compare the efficacy of the EMBRACE intervention (vs. treatment-as-usual control) in supporting the wellbeing of recently diagnosed patients with non-metastatic cancer. The duration of the study was 10 weeks from baseline to post-intervention with a follow-up at 14 weeks. The total duration of the intervention was approximately 2-2.5 hours.

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Targeting Mindsets, Not Just Tumors

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Abstract

Mindsets - beliefs about the nature and workings of things the world - are a critical but relatively understudied variable that can influence psychological wellbeing and physiological health in patients with cancer. Precise, targeted psychological interventions aimed at shifting patient mindsets have the potential to transform supportive care in oncology.

Diagnosed With Cancer?

You're invited to participate in a new online study at Stanford University

Is This Study Right For You?

- You are eligible if you:
 - Are over 18 years old.
 - Have been diagnosed with cancer in the last 6 months.
 - Are being treated with curative intent.

This study investigates the mindsets (thoughts, beliefs, expectations) and health of patients with cancer.

Participating involves answering questions and/or watching short videos on your phone or computer.

You can earn up to \$250 and help us improve patient care!

EMBRACE
Exploring Mindsets, Beliefs, & Resilience
Across the Cancer Experience

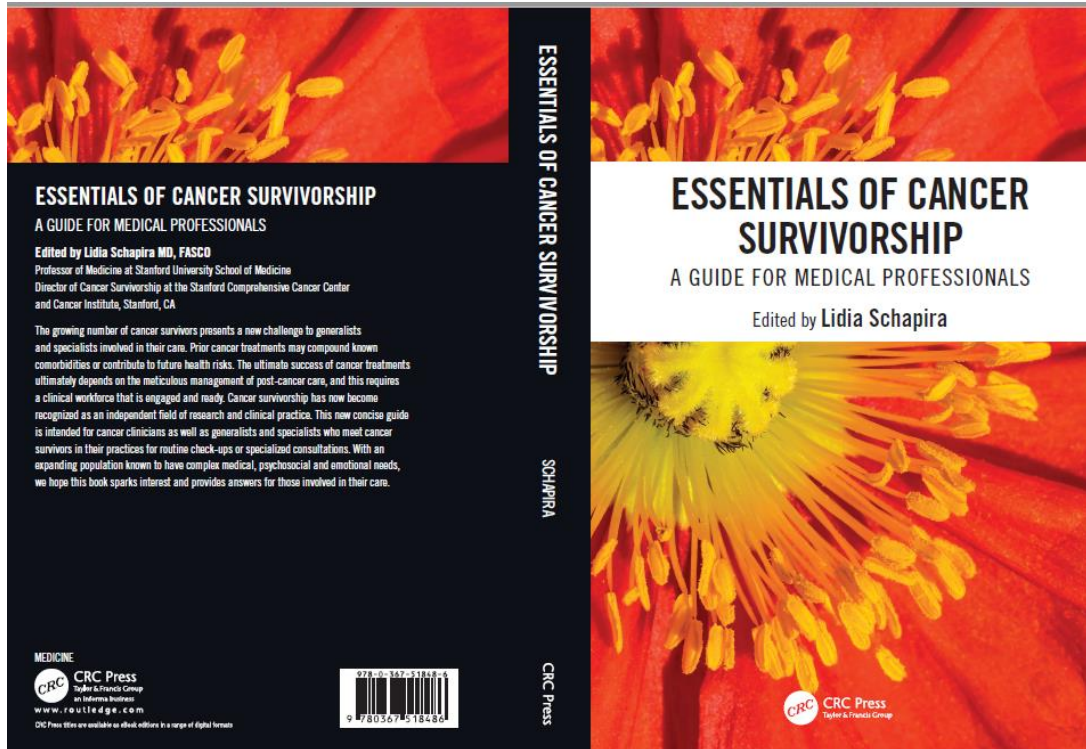
Online Cancer Study at Stanford University

We are interested in the experiences of recently diagnosed cancer patients.

Participants can earn \$250 and help improve patient care!

EMBRACE
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Across the Cancer Experience

Professional Education: Survivorship for Primary Care



<https://mededucation.stanford.edu/courses/health-after-cancer/>

Health After Cancer Cancer Survivorship for Primary Care



Cardio-oncology education for clinicians and patients?

Thank you for your attention
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