

## Improving Outcomes

# LIFE Survivorship Program Proven To Be Valuable Patient Resource

The Institute of Medicine and National Research Council 2005 report, *From Cancer Patient to Cancer Survivor: Lost in Transition*, recommends that patients with cancer who are completing their course of treatment be “provided with a comprehensive care summary and follow-up plan that is clearly and effectively explained.” The recommendation suggested that these plans would help cancer survivors avert getting “lost” in the transitions from the oncology care they received during treatment to the next phases of their life or stages of their disease course.

Our Living in the Future (LIFE) Cancer Survivorship Program at NorthShore University HealthSystem, established by Carol Rosenberg, MD, in 2007, is the first comprehensive survivorship program to be developed and implemented in northern Illinois. The LIFE Survivorship Program was initially offered to breast cancer patients, but has since encompassed all cancer survivors in our cancer care continuum.

In 2014 Dr. Rosenberg conducted a retrospective study of all 1,713 patients (2007-2014) who had received a risk adapted visit (RAV) and a survivorship care plan (SCP) to evaluate the degree to which a RAV promotes individualized healthcare and self-management as survivors transition from active treatment to follow-up care.

Patients anonymously completed a post-RAV evaluation on the day of their visit and then another evaluation at least one year after their RAV. Respondents to the immediate post-RAV survey scaled statements as strongly agree/ agree/ disagree/strongly disagree. The results of these evaluations were reviewed with the following results:

- 94 percent felt more confident in their ability to communicate information about their cancer treatments to other members of their healthcare team

- 90 percent felt more comfortable recognizing signs and symptoms to report to their healthcare provider
- 98 percent had a better appreciation for potentially helpful community programs and services

*(Percent represents strongly agree and agree)*

In reviewing the evaluation of the program after at least one year, respondents were asked if the survivorship care plan had been useful in any of the five following ways:

1. To summarize medical information
2. To reinforce follow-up care
3. To recognize symptoms to report
4. To identify lifestyle practices that promote health
5. For assistance in identifying local resources for support

- 100 percent responded that it had been useful in at least 1 way
- 97 percent responded that it had been useful in at least 2 ways
- 93 percent responded it had been useful in at least 3 ways
- 91 percent responded that it had been useful in at least 4 ways
- 85 percent responded that it had been useful in all 5 ways

Also, 72 percent of respondents reported that they had discussed their SCP with their primary care physician or other healthcare provider, 97 percent stated they made at least one positive lifestyle change, 89 percent attended at least one LIFE health promotion seminar, and 80 percent continue to work on wellness goals.

Participation in a LIFE survivorship visit following treatment helps survivors construct a useful understanding of their cancer experience to guide self-care behavior and has proven to be a valuable patient resource.

## Oncology Conferences

### Breast Cancer Conferences

NorthShore Evanston Hospital  
Kellogg Room G868, Mondays, 7 a.m.

NorthShore Glenbrook and Highland Park  
Hospitals Videocast

### Colorectal Cancer Conference

NorthShore Evanston Hospital  
Kellogg Room G868, Fridays, 7 a.m.

NorthShore Glenbrook and Highland Park  
Hospitals Videocast

### Genitourinary Cancer Conferences

NorthShore Evanston Hospital  
Kellogg Room G868

1st and 3rd Thursdays, 5:30 p.m.

NorthShore Glenbrook and Highland Park  
Hospitals Videocast

### Gynecology Cancer Conferences

NorthShore Evanston Hospital  
Kellogg Room G868, Thursdays, 7 a.m.

NorthShore Glenbrook and Highland Park  
Hospitals Videocast

### Head and Neck Cancer Conferences

NorthShore Evanston Hospital  
Kellogg Room G868,

1st and 3rd Thursdays, 8 a.m.

NorthShore Glenbrook and Highland Park  
Hospitals Videocast

### Hematology/Pathology Conferences

NorthShore Evanston Hospital  
Pathology Conference Room  
Wednesdays, 8 a.m.

NorthShore Glenbrook and Highland Park  
Hospitals Videocast

### Neuro-Oncology Cancer Conferences

NorthShore Evanston Hospital  
Kellogg Room G868

2nd and 4th Wednesdays, 7:30 a.m.

NorthShore Glenbrook and Highland Park  
Hospitals Videocast

### Hepatic Biliary Pancreas Cancer Conferences

NorthShore Evanston Hospital  
Kellogg Room G868, Tuesdays, 7 a.m.

NorthShore Glenbrook and Highland Park  
Hospitals Videocast

### Sarcoma/Melanoma Conferences

NorthShore Evanston Hospital  
Kellogg Room G868

1st and 3rd Wednesdays, 8 a.m.

NorthShore Glenbrook and Highland Park  
Hospitals Videocast

### Thoracic Cancer Conferences

NorthShore Evanston Hospital  
Kellogg Room G868, Tuesdays, noon

NorthShore Glenbrook and Highland Park  
Hospitals Videocast