

UVM Project ECHO

Cancer Survivorship for Primary Care

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Didactic presentation is recorded. Registered participants will receive the link.

Session Agenda

- Welcome
- Objectives
- Didactic Presentation (25-30 min)
 - Q&A
- Case presentation(s)
 - Clarifying questions
 - Discussion
- Closing Announcements
 - Topic and cases for next session
 - Feedback and evaluation



ECHO Model: All Teach, All Learn



Cohort-based learning on ZOOM

- Have your camera on as much as possible, especially when joining the meeting and during discussions
- Questions and comments are welcome – use the “raise hand” feature or put them in the chat
- This is not a webinar! Participation is key

Case-based learning

- 1-2 participant cases each session using provided template
- Contact Mark Pasanen to present a case

Series Objectives

Learning objectives for this ECHO series include the ability to:

1. Describe the medical and psychosocial issues cancer survivors may face and strategies to address common challenges
2. Identify the range of resources and support available to cancer survivors, with a focus on rural settings
3. Apply current evidence to improve care provided for cancer survivors
4. Develop care plans, including coordination strategies, to deliver patient-centered care for cancer survivors

CMIE Disclosures

The Robert Larner College of Medicine at The University of Vermont is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME), to provide continuing medical education for the healthcare team.

The University of Vermont has approved your application and designates each session a maximum of **1.0 AMA PRA Category 1 credit(s)**TM.

This program has been reviewed and is acceptable for up to **1.0 Nursing Contact Hours**.

The Robert Larner College of Medicine University of Vermont has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for **1.0 AAPA Category 1 CME credits**.

As a Jointly Accredited Organization, The Robert Larner College of Medicine at the University of Vermont is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The University of Vermont maintains responsibility for this course. Social workers completing this course receive 1.0 continuing education credits.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to **1.0 MOC points** in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program; It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM or ABP MOC credit.

This activity was planned by and for the healthcare team, and learners will receive 1.0 Interprofessional Continuing Education (IPCE) credit for learning and change.

Participants should claim only the credit commensurate with the extent of their participation in the activity.

CMIE Disclosures

Interest Disclosures: As an organization accredited by the ACCME to sponsor continuing medical education activities, UVMCMIE is required to disclose any real or apparent conflicts of interest (COI) that any speakers may have related to the content of their presentations.

Meeting Disclaimer: Regarding materials and information received during this educational event, the views, statements, and recommendations expressed during this activity represent those of the authors and speakers and do not necessarily represent the views of the University of Vermont.

Support for Cancer Survivors: Psychosocial Needs and Community Resources

Jennifer Franzoni, MSW

Kathleen McBeth, Psych/MA

Michele Mosley, MSW

April 1, 2025

Session Objectives

Learning objectives for this ECHO session include the ability to:

- 1. Identify psychological issues** post oncology treatment
- 2. Recognize Health Related Social Needs barriers** specific to rural communities
- 3. Explore what community resources are available** to address survivorship care in our rural areas and **provide strategies to address financial toxicity and food insecurity** in survivorship
- 4. Engage in a case presentation** and inter-professional dialogue related to next steps in a patient care scenario.

Cancer... the “Elephant in the Room”



Who am I now?

“For many, there appears to be a great divide between ‘getting back to who I was’ and charting a new path forward, learning to step toward the pieces of self that define us, while giving permission to set down the ones that no longer serve. Recently, a client and current group member described this process as “folding these feelings into who I am now rather than trying to get back.””

Michelle S. Hayes, LCSW, OSW-C

Transitioning from Active Treatment to Survivorship

- Does the patient consider themselves a survivor?
- Does completing treatment bring a sense of relief or fear of recurrence
- How to manage returning to work?
- Who is managing my care?
- How to manage the perspective of those around me who think now I am done treatment cancer is behind me?
- Feeling uncertain or untethered now that treatment has ended.
- Feeling left behind, or feelings of isolation-- The nurses, doctors, radiation therapist, etc that followed so closely through my active care are not as central as I return to my life.

Getting through the Tunnel



Feelings of Uncertainty

Fear of Recurrence (FOR):

- ❖ Prevalent for patients primarily because diagnosis often felt like it “came out of the blue”
- ❖ If your office was also involved in the diagnosis, returning can sometimes be emotionally triggering

Scanxiety: Anxiety related to follow up imaging

- ❖ This anxiety can be for weeks pre-scan and not resolve afterward
- ❖ Some literature show that 40 – 80 % of medical information provided by healthcare practitioners is forgotten immediately and that almost half is remembered incorrectly

Stress Intolerance: Perceived threat of future cancers

- ❖ Heightened awareness of physical symptoms often needing reassurance from primary care to “rule out” any concern about recurrence or new cancers

Living with, through and beyond cancer

“Cancer may leave your body but it does not leave your life.”

Survivors often do not feel “cancer free” and therefore it is important to address emotional and social stressors.

According to the Vermont Department of Health’s report on cancer survivorship March 2024:

- ❖ 26% of people 65+ are more likely to report depression post diagnosis compared to 17% on non-cancer patients in this age group

Cancer Related Post-traumatic Stress (PTS)

Survivors sometimes experience,

- ❖ Repeated frightening thoughts,
- ❖ Feelings of being detached from oneself or reality,
- ❖ Trouble sleeping,
- ❖ Practice avoidance

Supports for PTS

- ❖ Clear understanding of their cancer diagnosis and stage
- ❖ Good social connections with loved ones or community
- ❖ Open relationship with health care providers

<https://www.cancer.gov/about-cancer/coping/survivorship/new-normal/ptsd-hp-pdq>

Posttraumatic Growth (PTG)

- ❖ Positive psychological change experienced as a result of struggling through a diagnosis.
- ❖ PTG involves “life-changing” psychological shifts in thinking and relating to the world and self.
- ❖ This change can include: appreciation of life, relating to others, personal strength, new possibilities and spiritual, existential or philosophical change.
- ❖ Psychologist Richard Tedeschi and Lawrence Calhoun at the University of North Carolina at Charlotte, report as many as 89% of survivors report at least one aspect of PTG.

What to say to a Cancer Survivor

Work to keep the focus on them and how they managed this diagnosis

Acknowledge their specific situation, ask meaningful questions about current needs or supports available to them

It is not helpful to hear stories about someone else's cancer experience or get bombarded with unrealistic positivity

HRSN and Rural Areas



Financial Toxicity of Cancer- Achieving Health Equity

“The psychosocial impact of financial toxicity refers to the adverse financial burden experienced by cancer patients from their diagnosis and treatment. It has far-reaching psychosocial implications that can significantly impact a patient's emotional well-being, quality of life and treatment outcomes. This often leads to increased emotional distress, including anxiety, depression, uncertainty and helplessness” **Vilmarie Rodriguez, LCSW**

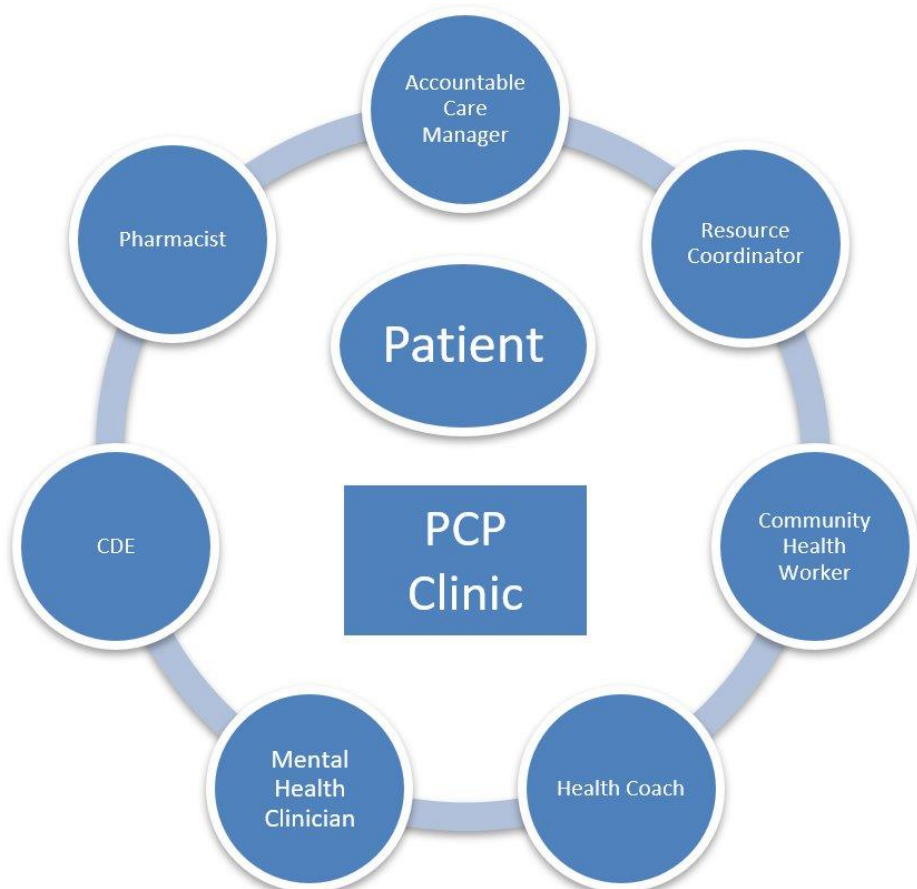
Examples:

- Patients forgoing follow up care due to financial concerns
- Skilled Nursing Facilities not supporting certain oral chem/therapeutic agents
- Missed work/shifts due to treatment and financial implications

Role of HealthCare Team:

- **Connecting patients** to grants/financial assistance programs, maximizing eligibility for insurance, etc
- **Sensitivity and awareness** of the financial strain cancer leaves on a person; regardless of a person's income level cancer has a financial impact on most people. It is impossible to plan for this type of interruption to your life.
- **Opportunities for advocacy** by health care professionals through Government Relations

Care Management, UVMHN Primary Care



- **Care Managers:** HRSN screen, PHQ, GAD, resource navigation, medication reviews, care coordination, long term care planning, condition/disease education, referral support, treatment coordination
- **Resource Coordinators:** Housing resources, economic supports, transportation needs, application completion (PFAP, housing, CFC, ALF, 3squares, heat), medication affordability, food resources, legal concerns (MLP)

Where we are: VT

UVMHC	CVMC	Porter
Milton Family Medicine	Waterbury Family Medicine	Vergennes Primary Care
Colchester Family Medicine	Mad River Family Medicine	Middlebury Primary Care
South Burlington Family Medicine	Green Mountain (Northfield)	Middlebury Pediatrics
South Burlington Adult Primary Care	Montpelier Integrative Medicine	Brandon Primary Care
Burlington Adult Primary Care	Berlin Pediatrics	
Hinesburg Family Medicine	Berlin – Main Campus	
Williston Adult Primary Care	Berlin Family Medicine	
Essex Adult Primary Care	Barre Adult Primary Care	
University Pediatrics (Burlington & Williston)		

Cancer Center Supports



DOCTORS

Surgeons, Specialists,
Residents, Medical &
Radiation Oncologists,
Fellows



NURSES

Registered Nurses
(RNs)



SUPPORT STAFF

Medical Assistants,
Intake Coordinators,
Radiation Therapists,
Schedulers, Treatment
Specialists, Volunteers



SOCIAL WORKERS

Financial, disability & other
practical matters



AMERICAN CANCER SOCIETY NAVIGATOR

Transportation, lodging,
hair loss & wigs,
educational materials



NURSE NAVIGATOR

Advocate, educator,
guide & team liaison



GENETIC COUNSELING

Hereditary evaluation



PALLIATIVE CARE

Symptom management
& pain control



ADVANCED PRACTICE PROFESSIONALS

Nurse Practitioners
(NPs), Physician
Assistants (PAs)



WHOLE SELF SUPPORT

Nutrition, rehabilitation
and survivorship
services, support groups,
mindfulness & more



COUNSELORS

Emotional support for you
and all family members
affected by cancer



RESEARCH STAFF

Research coordinators,
nurses



YOU & YOUR FAMILY
are the most important
team members, and you
know your own body
best. Please speak up
whenever you have a
question or concern so
that we can improve our
care for you.



Key Resources for Support

Connecting with others who have been through a similar experience. Gaining understanding and possibly perspective from their experience:

- **Kindred Connections** (Local Vermont Resource) or **Imerman Angels** (National Organization)- Connection with a survivor with a similar or the same cancer.

The practical of financial, employment, etc never end. Key organizations for navigating your reality as a cancer survivor:

- **Triage Cancer**[®] is a national, nonprofit organization that provides free education on the legal and practical issues (insurance, financial, employment) that may impact individuals diagnosed with cancer and their caregivers
- **Cancer and Careers**- empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events.

Activism Opportunities- **Vermonters Taking Action Against Cancer** (VTAAC) is a growing network of groups and individuals that speaks with one voice about reducing cancer risk, detecting cancers earlier, creating better access to quality cancer treatment, and improving the quality of life for cancer survivors.

Volunteerism- Hope Lodge, Relay for Life, Dragon Heart

Future Steps, Making Meaning of Experience- Health Coaching, **Steps to Wellness**, counseling

Questions?

Case Presentation

Bringing Knowledge to Action through interactive, case-based discussions

Speaker presents the case and poses the question(s) for the group



Clarifying questions about the case from group to case presenter



Ideas, suggestions, recommendations from participants



Ideas, suggestions, recommendations from ECHO faculty team



Full group discussion



Summary and wrap-up by facilitator



Case Presentation



DO NOT INCLUDE:

Names, Address, DOB, Phone/Fax #, Email address, Social Security #, Medical Record #

Consider the level of detail necessary. Go with less when possible.

The discussion and materials included in this conference are confidential and privileged pursuant to 26VSA Section 1441-1443. This material is intended for use in improving patient care. It is privileged and strictly confidential and is to be used only for the evaluation and improvement of patient care.

Case Presentation

For registered participants only

UVM Office of Primary Care and AHEC Program

University of Vermont Project ECHO Cancer Survivorship for Primary Care

2025 SPRING SERIES – Tuesdays from 12:00 to 1:00PM

WHO SHOULD ATTEND?	SCHEDULE
Primary care providers and teams, including nurses, social workers/ case managers and other roles that interface with primary care to care for the physical and psychosocial needs of cancer survivors.	Mar 18 Cancer Survivorship: An Introduction , <i>Kathy McBeth Psych-MA, Penny Gibson PA-C, Jess Okrant NP, Jane Bensimhon MSW</i>
	Apr 1 Support for Cancer Survivors: Psychosocial Needs and Community Resources , <i>Kathy McBeth Psych-MA, Michele Mosley MSW, Jen Franzoni MSW</i>
	Apr 15 Living Well with Cancer and Beyond , <i>Alison Jones RD, Rebecca Reynolds CPT, Jessica Coleman NBC-HWC</i>
	Apr 29 Prevention for Cancer Survivors: Managing Co-morbidities , <i>Jennifer Kelly DO, Mark Pasanen MD</i>
	May 13 Late Effects of Cancer and Cancer Treatment , <i>Mark Pasanen MD, Jess Okrant NP</i>
	May 27 Care Coordination for Cancer Survivors: Models of Care and Best Practices , <i>Rebecca Hewson-Steller RN, Jess Okrant NP</i>

Closing Announcements

- Slides are posted at www.vtahec.org
- Recording of didactic portion will be sent by email to the full cohort
 - **All recordings are for the use of registered participants only**
- Please complete the evaluation survey
- CMIE information and session QR code auto-send after evaluation
- Please contact us with any questions, concerns, or suggestions:
 - Mark.Pasanen@uvm.edu
 - Patti.Smith-Urie@uvm.edu

References

- [NCCN Cancer Survivorship Guidelines: Development and Clinical Use](#)
- [NewsDetails](#)
- [New NCCN Guidelines® for Survivorship Care in: Journal of the National Comprehensive Cancer Network Volume 11 Issue 5S \(2013\)](#)
- [National Survivorship Standards Subject Matter Expert Consensus Meetings: An Initiative of the President's Cancer Cabinet - 11/29/2023](#)
- National Cancer Institute. (2024, May 9). *Cancer statistics*. NCI. <https://www.cancer.gov/about-cancer/understanding/statistics>
- Jacobs LA, Shulman LN. Follow-up care of cancer survivors: challenges and solutions. *Lancet Oncol*. 2017 Jan;18(1):e19-e29. doi: 10.1016/S1470-2045(16)30386-2. PMID: 28049574.
- Hayes, M. (2024, November 19). *Transitioning Into Survivorship*. AOSW.COM. <https://aosw.org/newsletter-article/transitioning-into-survivorship/>
- Rodriguez, V. (2023, August 31). *Navigating the Psychosocial Impact of Financial Toxicity and Health Equity Disparities in Oncology*. AOSW.COM. https://aosw.org/newsletter-article/navigating-the-psychosocial-impact-of-financial-toxicity-and-health-equity-disparities-in-oncology/?gad_source=1&gclid=EAlaIQobChMI_efSooOjjAMVfEb_AR2qWA_7EAYASAAEgJGI_D_BwE

Resource Links

[Cancer and Careers | The Top Resource for Working People With Cancer](#)

[Make a Kindred Connection - Vermont Cancer Support Network](#)

[Insurance - Employment - Finances | Triage Cancer](#)

[Imerman Angels](#)

[VERMONTERS TAKING ACTION AGAINST CANCER | VTAAC](#)