

Thriving in Survivorship with Oncology Nurse Support

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Disclosure – I'm
not a physician :)

Together we play
a huge part in our
patient's journey



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Survivorship care encompasses the period after a cancer diagnosis through the rest of an individual's life. It applies not only to patients but also includes **family members, friends, and caregivers** who are impacted by the cancer journey

Cancer Survivorship duration
Completion of Cancer Treatment
Components of Survivorship Care

Follow-Up Medical Care

Adjusting to Changes

Late Effects

Family Issues

Shared Decision Making and Quality of Life

***For most patients there is a transition from cancer diagnosis to post treatment life**

<https://www.cancer.gov/about-cancer/coping/survivorship>

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Oncology nurses play a vital role in supporting cancer survivors during their survivorship journey.

<https://www.cancer.gov/about-cancer/coping/survivorship>

Identifying Cancer Survivors

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Completed treatment → Survivorship phase

Referring to Survivorship Programs

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Programs can be in:

- Cancer centers
- National programs such as American Cancer Society (ACS)

<https://www.cancer.gov/about-cancer/coping/survivorship>

Disseminating Survivorship Care Plans

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Personalized recommendations for follow-up
care, surveillance, and lifestyle adjustments

Providing Ongoing Support and Education

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Addressing questions, concerns, and uncertainties

- Utilize in-house supportive services such as financial support, psychosocial and social work
- Initiate needed referrals to specialist and community resources
- Sensitive survivorship issues
 - Sexual health
 - Relationships
 - Body image

Educate

- managing late effects
- coping strategies
- importance of screenings
- Health eating and exercise

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Quality Improvement Advocates

- Survivorship Committees
- Advocate & drive for positive change in survivorship care
 - Equitable access for all patients
- Create & participate in nurse led survivorship programs

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In summary, oncology nurses contribute significantly to survivorship care by providing holistic support, disseminating essential information, and fostering a compassionate environment for cancer survivors.