

Survivorship and Rehabilitation

Malta EU 2017



CanCon
Cancer Control Joint Action

Malta | 14 February 2017



INTRODUCTION

Develop an European framework for
high-quality cancer survivorship care
and **rehabilitation**
to be **promoted at the EU level**

The paradigm change from
How long people live to how well they can expect to live



Impact on our health care systems

SURVIVORSHIP CARE PLAN (SCP)

The SCP is based on the type of cancer & treatment
the patient received

- Cancer long term follow-up care includes
 - Management of late effects
 - Tertiary prevention
 - Psychological support
 - Social rehabilitation including employment issues

SURVIVORSHIP CARE PLAN

- **Why ?**

- ✓ *Allow regular monitoring of patient's condition*
- ✓ *Improve quality of health care*
- ✓ *Improve clinician-patient communication*
- ✓ *Help patients themselves*

- **When ?**

- ✓ *At every step of cancer journey: diagnosis, treatment, rehabilitation, follow-up, end of life*

- ✓ **Who ?**

- ✓ *Health care professionals: patient navigator, GP, ...*

SURVIVORSHIP CARE PLAN

- **How to assess ?**

Tools & measures defined at local level but common items agreed at European level:

- ✓ *Qualitative*
- ✓ *Very brief*
- ✓ *Validated in the local language*
- ✓ *Good performant parameters: validity, reliability, specificity, ...*
- ✓ *By using traditional or digital tools*

SURVIVORSHIP CARE PLAN

- Early and personalized follow-up programme for all patients
 - ✓ Tailored & updated regularly
 - ✓ Baseline info on personal and medical patient profile
 - ✓ Supportive care info
 - ✓ Tertiary prevention: tobacco cessation, healthy lifestyle issues
 - ✓ Social support info and rehabilitation services
- Elaborated & implemented by MDT (oncologist, nurse, GP, social worker, psychologist, ...)

Personal interactions between health professionals & patients remain crucial to obtain valuable, reliable & viable information for appropriate treatment

IMPLEMENTATION

- **Improving survivorship and rehabilitation care**
- Enhance healthy lifestyles/behaviours:
 - tobacco consumption restriction
 - improve access to healthy food
 - facilitate physical activity
- Systematic screening of distress (physical & psychosocial needs)
- E-health platforms for psychosocial support
- Education & self-management programmes

IMPLEMENTATION

- **Improving management**
 - Adequate financial & human resources
 - Facilitate information & communication technology supports
 - Professional experts networking
 - Undertake economic evaluation

- **Ensure visibility & recognition on the policy agenda**
 - S&R issues in national cancer plans / strategies
 - Involve patients in the development of survivorship care
 - Implement LT follow-up policies for children & AYA

IMPLEMENTATION

- **Ensure equal opportunities for all cancer patients**
 - Create opportunities for socially disadvantaged people
 - Give better access to self-management programmes
 - Implement public policies to support return to work
 - Involve employers to adapt workplace for cancer survivors by offering economic facilities
 - Implement a pan-European strategy to tackle differences between workers with cancer

CANCON WP8 PARTNERSHIP

Associated partners	Collaborating partners
<ul style="list-style-type: none">- Catalan Institute of Oncology (Spain)- Institute of Public Health (Slovenia)- National Cancer Research Centre GPII (Italy)- Trondheim University Hospital (Norway)- Cancer Society of Finland	<ul style="list-style-type: none">- EU Cancer Patient Coalition (ECPC)- Dutch Cancer Society- Institute of Public Health (Belgium)- Ministry for Energy and Health (Malta)- International psycho-oncology society- Association of EU Cancer Leagues- EU CanCer Organisation (ECCO)- European Organisation for Research and Treatment of Cancer (EORTC)- European Collaborative Group on Cancer Survivorship (ECGCS)

Thank You