Cancer: Thriving & Surviving

Evidence-Based Workshop for Improved Self-Management of Cancer Survivors

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Cancer: Thriving & Surviving
a.k.a. “Cancer PATH”

- Evidence-Based; designed by Stanford University
- www.selfmanagementresourcecenter.com
- In Michigan: “PATH”: Personal Action Toward Health
- 6-week workshops for 8-16 participants that meet once a week for 2.5 hours
- Facilitated by 2 certified leaders
Workshop Overview

- Physical Activity & Exercise
- Techniques to Deal with Stress
- Living With Uncertainty
- Managing Difficult Emotions
- Getting a Good Night’s Sleep
- Healthy Eating
- Communication Skills
- Fatigue & Pain Management
- Positive Thinking
- Problem-Solving
- Decision-Making
- Weight Management
- Working with Your Health Care Provider and System

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CHALLENGES TO THRIVING

- Cancer and the Effects of Treatment
- Problems Sleeping
- Pain
- Stress/Anxiety
- Living with Uncertainty
- Difficult Emotions/Depression
- Body Changes
- Fatigue
Chart 2

Self-Management Tool Box

- Physical Activity
- Using Your Mind
- Managing Fatigue
- Planning
- Deep Breathing
- Healthy Eating
- Weight Management
- Getting Help
- Working with Health Professionals

- Problem-Solving
- Making Decisions
- Managing Pain
- Communication
- Sleep
- Relaxation
- Understanding Emotions
- Living with Uncertainty
- Action Planning
Living a Healthy Life with Chronic Conditions

Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions

Kate Lorig, DrPH • Halsted Holman, MD
David Sobel, MD, MPH • Diana Laurent, MPH
Virginia Gonzalez, MPH • Marian Minor, PT, PhD

FOURTH EDITION • OVER 1 MILLION COPIES SOLD!

"An indispensable guide for people of all ages who are living with a chronic physical or mental health condition."
—National Council on Aging

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**Brainstorming**

**What Are Ways To Deal With Difficult Emotions?**

- a. Physical Activity or Exercise
- b. Relaxation
- c. Prayer or Meditation
- d. Call a Friend or Talk to Someone
- e. Get Out of the House
- f. Socialize

- g. Help Someone Else or Volunteer
- h. Do Something Nice for Yourself
- i. Write Your Feelings Down
- j. Think of Positive Things in Your Life
- k. Make a List of Things You Are Grateful For
Weekly Action Plan

1. Something YOU want or decide to do
2. Achievable within 1 week’s time
3. Action-specific
4. Answer questions: What? (specific action)
   - How much? (time, distance, amount)
   - When? (time of day or which days of the week)
   - How often? (number of days in the week) *avoid “every day”*
5. Confidence level of 7 or more *(On a scale of 0=not at all sure to 10=totally sure)*
Problem-Solving Steps

1. Identify the problem
2. List ideas
3. Select one
4. Assess the results
5. Substitute another idea
6. Utilize other resources
7. Accept that the problem may not be solvable now
Local Data Results (2017-2019):
Results of Pre and Post-Survey Comparison

Improved Patient Quality of Living:

• Improved self-rating of health and quality of life
• Less stress, fatigue & shortness of breath
• Less depressive mood symptoms
Local Data Results (2017-2019):
Results of Pre and Post-Survey Comparison

Improved Capacity to Self-Manage Chronic Condition:

- eating fruits and vegetables more days per week
- physically active more days per week (Average = 4-5 days/week)
- managing sleep problems better
- reduced emergency room visits (*0 in last 6 months)
Value of Partnerships with CBOs for Chronic Disease Self-Management Education

- **Time saved** with further teaching offered to patients with chronic conditions
- **Recouped value-based payment incentives, avoided penalties**
- Higher member satisfaction and **improved STAR ratings**
- **LOWER HEALTH CARE COSTS among high-risk populations:**
  - 3% reduction in hospital admissions and readmissions
  - 5% reduction in emergency room utilization
  - Fewer hospitalizations, outpatient visits = average net savings of $368/participant
Cancer PATH Contract with Henry Ford Allegiance Health

<table>
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<th>WORKSHOP YEAR</th>
<th># of WORKSHOPS</th>
<th>COMPLETERS</th>
<th>Average Group Size</th>
<th>COMPLETION RATE</th>
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<td>2017</td>
<td>4</td>
<td>18 of 25</td>
<td>5</td>
<td>72%</td>
</tr>
<tr>
<td>2018</td>
<td>4</td>
<td>28 of 31</td>
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</tr>
<tr>
<td>2019</td>
<td>2 completed; 1 in progress</td>
<td>17 of 21</td>
<td>9</td>
<td>81%</td>
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<tr>
<td>TOTAL</td>
<td>11 Workshops</td>
<td>63 of 77</td>
<td>7</td>
<td>82%</td>
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Obtaining Provider Referrals

New process through our contract with HFAH allows for:

• Sharing of Survivorship Lists
• Direct Provider Referrals
• Return Documentation for the EMR
• Uses fax or encrypted email (working on electronic HUB referral system)
2020 Plans for Cancer PATH in Michigan

• Written into the 2016-2020 Michigan Cancer Consortium Plan
  • Per 2016-2020 Cancer Plan Objective 27: Strategy 27.2 states “Increase self-management priorities by increasing access to and education on evidence-based programs like Stanford’s Cancer: Thriving & Surviving Program and CDSMP (known as PATH in Michigan)”
  • Region 2 AAA is scheduled to provide 5 workshops at Henry Ford Allegiance Health/Henry Ford Cancer Institute in 2020
• Michigan Oncology Quality Consortium: Leader Training Through Grant
Survivor Success Stories

• This workshop has provided me with tips and tools to help me while I deal with my new life with long term Lymphoma. The biggest thing that helped me is the group dynamic with humor and camaraderie... Living with Cancer can be a lonely path if you feel that you’re facing this all by yourself. It doesn’t seem so lonely anymore after learning everyone else’s personal journey. We are ALL headed in the same direction- and that is to get better.” - Donald

• “I feel like I am more able to handle problems that used to knock me down. Life is too short and uncertain to not do what I enjoy.” - Sharon
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