

Cancer Rehab Across Kentucky

Audrey Stockwell, PT, DPT, OCS, CLT Jaime Daniel, BA

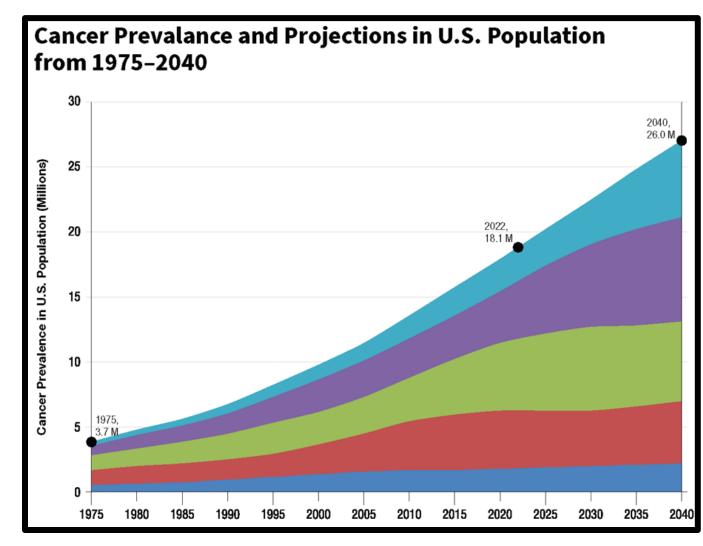
9/10/2022

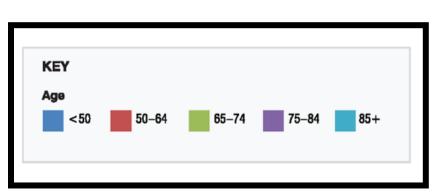


Objectives

- Why Cancer Rehab
- Cancer Rehab Across KY Team
- Mission/Vision of Cancer Rehab Across KY
- KCP Partnership
- Community and Provider Awareness
- Future Goals and Directions





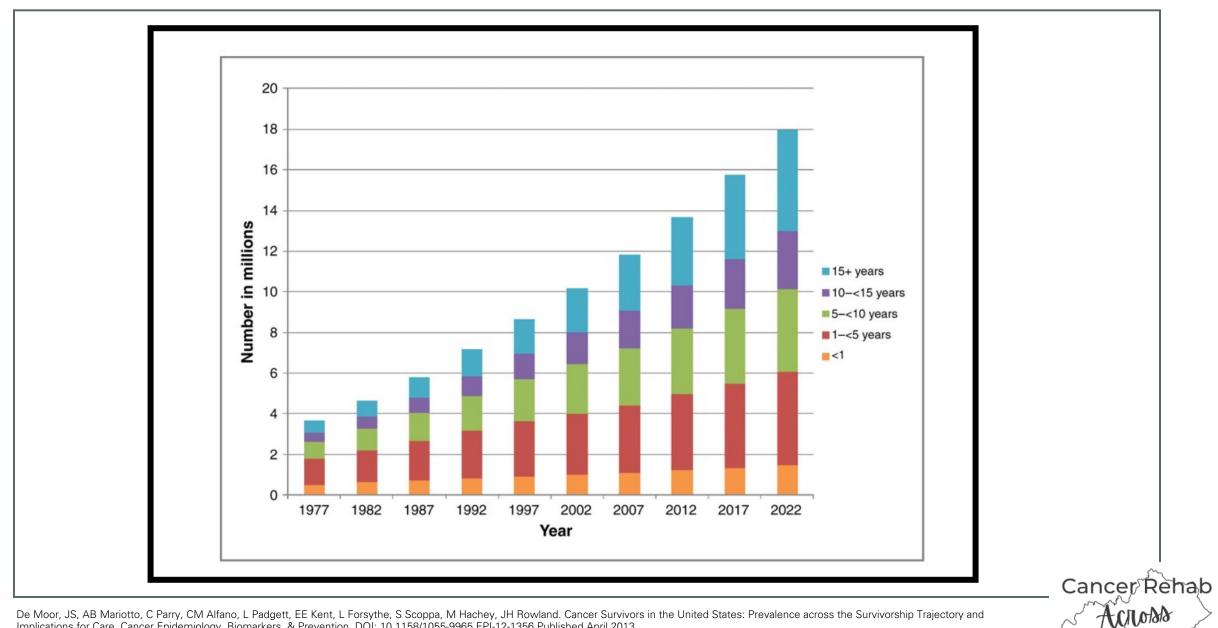


REFERENCES:

Bluethmann SM, Mariotto AB, Rowland JH. Anticipating the "Silver Tsunami": Prevalence Trajectories and Comorbidity Burden among Older Cancer Survivors in the United States. Cancer Epidemiol Biomarkers Prev. 2016 Jul;25(7):1029-36.

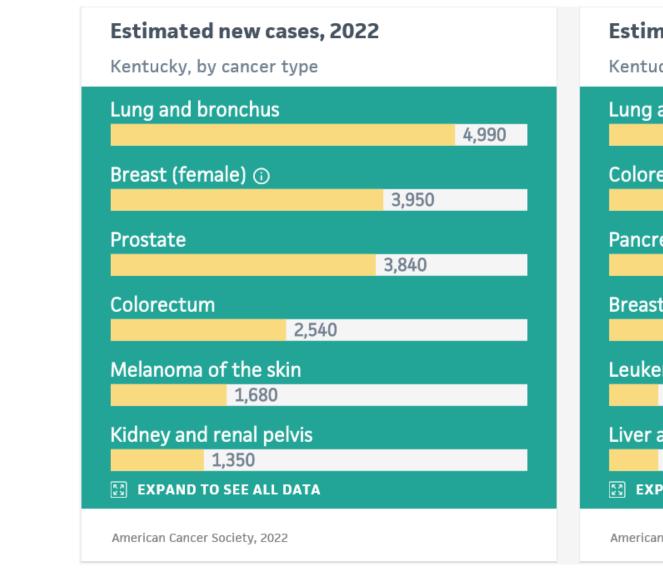
Miller KD, Nogueira L, Devasia T, Mariotto AB, Yabroff KR, Jemal A, Kramer J and Siegel RL. Cancer Treatment and Survivorship Statistics. CA A Cancer J Clin. 2022.





Kentucky

De Moor, JS, AB Mariotto, C Parry, CM Alfano, L Padgett, EE Kent, L Forsythe, S Scoppa, M Hachey, JH Rowland. Cancer Survivors in the United States: Prevalence across the Survivorship Trajectory and Implications for Care. Cancer Epidemiology, Biomarkers, & Prevention, DOI: 10.1158/1055-9965.EPI-12-1356 Published April 2013



Estimated deaths, 2022 Kentucky, by cancer type Lung and bronchus 2.730 Colorectum 880 Pancreas 740 Breast (female) () 640 Leukemia 390 Liver and intrahepatic bile duct 390 **EXPAND TO SEE ALL DATA** American Cancer Society, 2022 Cancer Rehab

Cancer Rehabilitation Needs: Impairments

- Pain
- Cancer-Related Fatigue
- Physical weakness
- Deconditioning
- Neuropathy or Sensory disturbance
- Impaired balance
- Musculoskeletal complaints
 - Pain
 - Impaired range of motion
 - Soft tissue changes (scarring, radiation fibrosis)

- Spasticity
- Amputation
- Cognitive deficits
- Dysphagia
- Aphasia
- Lymphedema
- Bowel/Bladder Incontinence
- Sexual dysfunction



Cheville AL, Troxel AB, Basford JR & Kornblith AB (2008). Prevalence and treatment patterns of physical impairments in patients with metastatic breast cancer. Journal of Clinical Oncology, 26(16), 2621; Pergolotti M, Deal AM, Lawery J, Reeve B & Muss HB (2015) The Prevalence of Potentially Modifiable Functional Deficits and the Subsequent Use of Occupational and Physical Therapy by Older Adults with Cancer. Journal of Geriatric Oncolgy, 6(3), 194-201. doi: 10.1016/j.jgo.2015.01.00

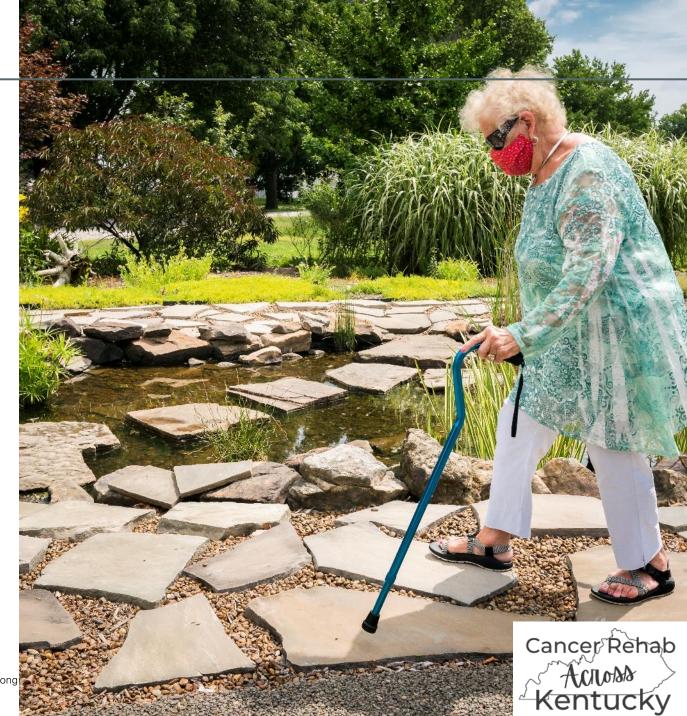
Overall Adults with Cancer:

 1/3 have difficulties with basic activities of daily living (ADLs)

 1/2 need assistance to perform instrumental activities of daily living (IADLs)

 Walking, transfers, housework, shopping, & transportation most commonly affected

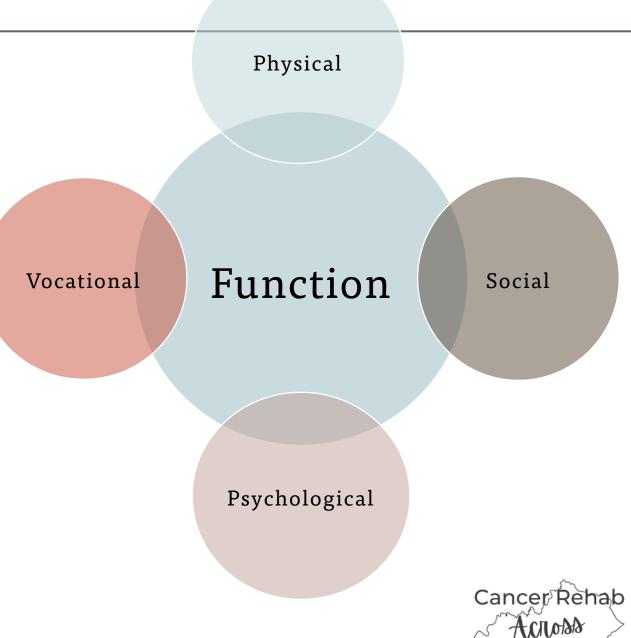
Neo, J., Fettes, L., Gao, W., Higginson, I. J., & Maddocks, M. (2017). Disability in activities of daily living among adults with cancer: A systematic review and meta-analysis. Cancer Treatment Reviews, 61, 94-106. doi: https://doi.org/10.1016/j.ctrv.2017.10.006

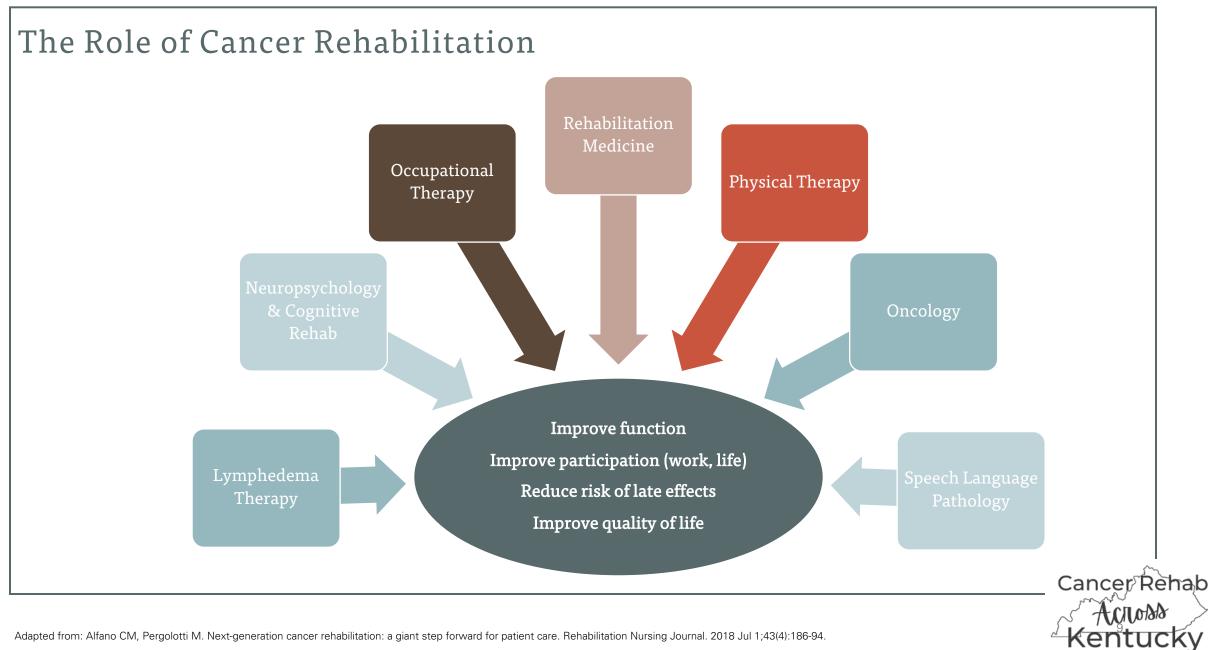


Cancer Rehabilitation: What is it?

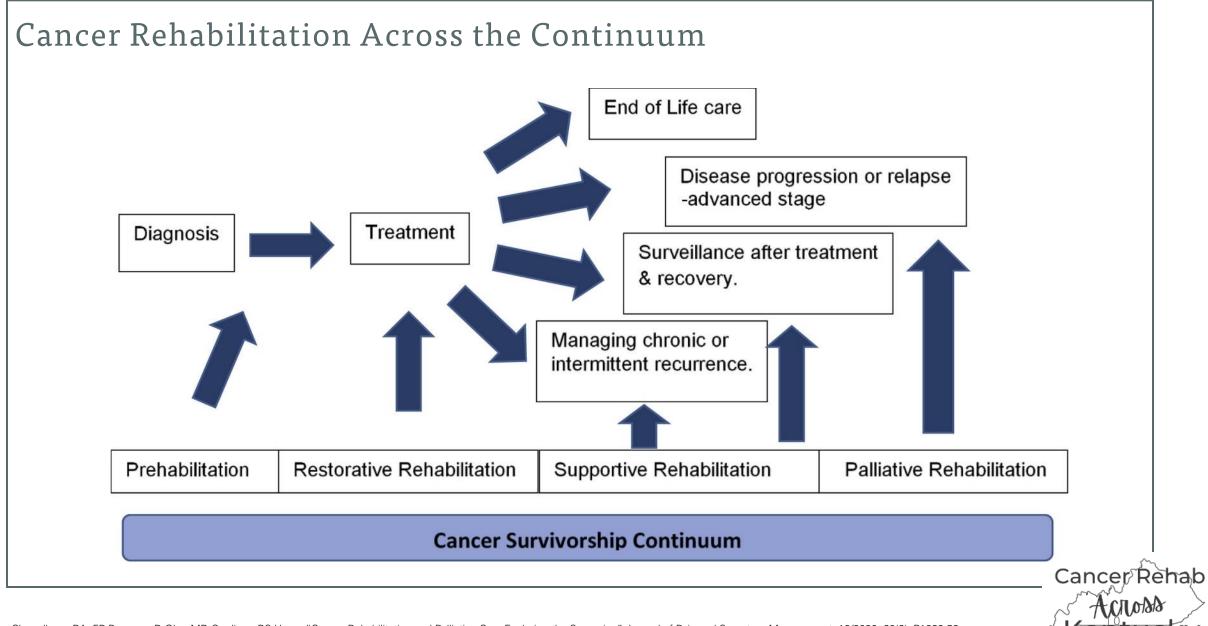
Silver et al. proposed a new definition:

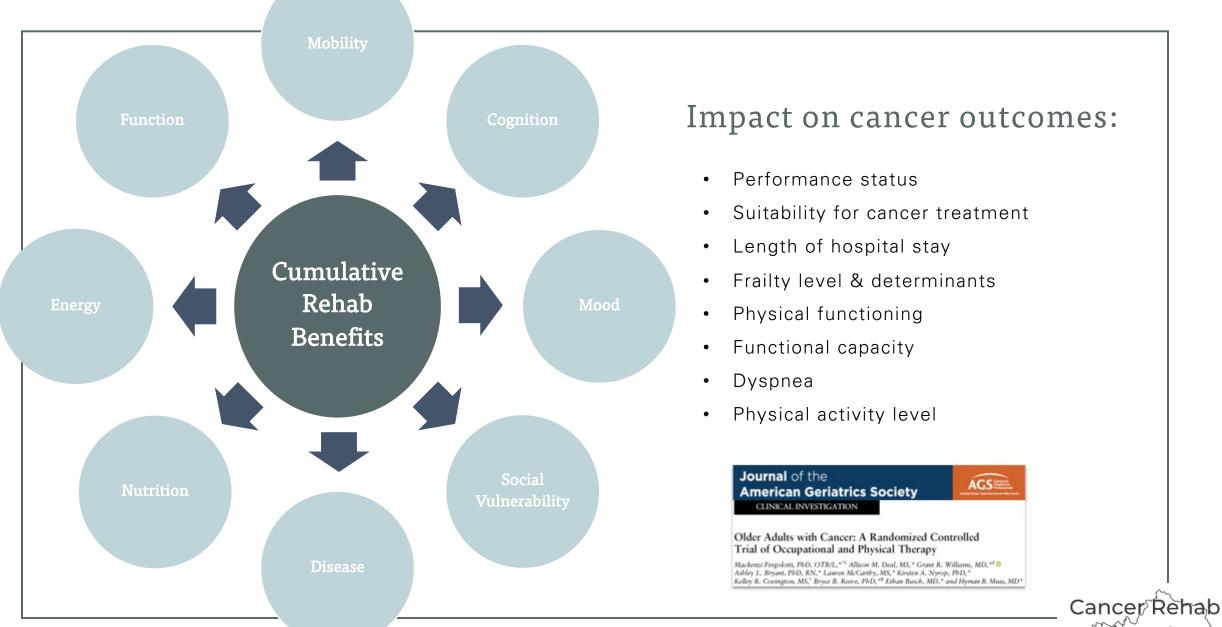
"Cancer rehabilitation is <u>medical care</u> that should be integrated throughout the oncology care continuum and delivered by <u>trained rehabilitation</u> professionals who have it within their scope of practice to diagnose and treat patients' physical, psychological and cognitive impairments in an effort to maintain or restore function, reduce symptom burden, maximize independence and improve quality of life in this <u>medically complex</u> <u>population</u>."





Adapted from: Alfano CM, Pergolotti M. Next-generation cancer rehabilitation: a giant step forward for patient care. Rehabilitation Nursing Journal. 2018 Jul 1;43(4):186-94.





Silver JK (2015) Cancer prehabilitation and its role in improving health outcomes and reducing health care costs. Semin Oncol Nurs 31:13-30. <u>https://doi.org/10.1016/j.soncn.2014.11.003</u>; Goldsmith I, Chesterfield-Thomas G, Toghill H (2020) Pre-treatment optimization with pulmonary rehabilitation in lung cancer: Making the inoperable patients operable. EClinicalMedicine 0:100663.

https://doi.org/10.1016/j.eclinm.2020.100663; Chen BP, Awasthi R, Sweet SN, et al (2017) Four-week prehabilitation program is sufficient to modify exercise behaviors and improve preoperative functional walking capacity in patients with colorectal cancer. Support Care Cancer 25:33-40. https://doi.org/10.1007/s00520-016-3379-8

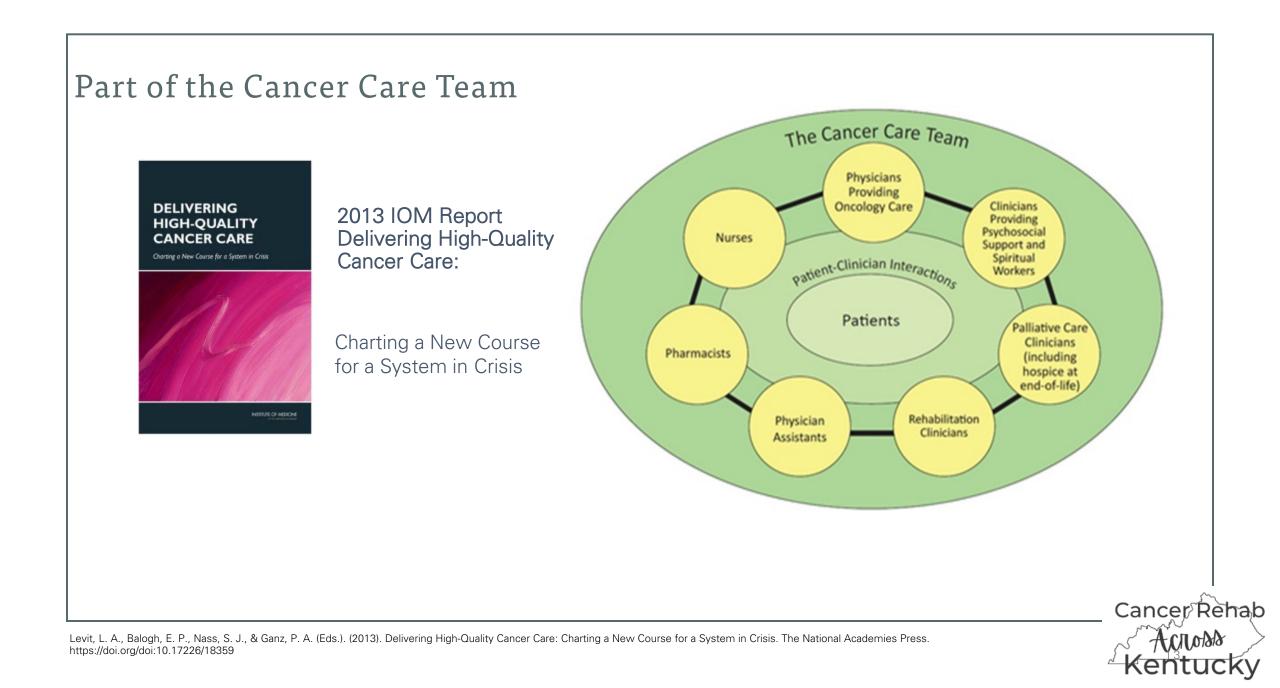
Benefits of Cancer Rehabilitation

Pre-post, patient-reported, and performance-based outcomes (N= 110)

	Pre	Post	Mean Pre-	Effect	Iournal of Cinical Oncology, > List of Isuas. > Yolume 38 Isua 15 supel. > HEALTH SERVICES RESEARCH AND QUALITY IMPROVEMENT Outpatient cancer rehabilitation to improve patient reported and objective measures of function.
	Mean ± SD	Mean ± SD	Post Δ	Size (d)	Mackenzi Pergolotti, Kelley, Renee, Covington, Ashley, N. Lightner, Jessica Bertram, Melissa Thess, Julia L. Sharo, Matthew B. Spraker, Grant Richard Williams, Peter Manning
PROMIS					
Global Physical Health	41.19 ± 9.23	44.44 ± 9.17	+ 3.26 ª	0.35 ^b	\checkmark Improved global physical health
Global Mental Health	48.50 ± 8.71	49.05 ± 9.18	+ 0.56	0.06	
Physical Function	40.55 ± 9.38	41.70 ± 8.50	+ 1.15	0.13	
Social Roles	46.91 ± 9.84	49.49 ± 8.98	+2.56 ª	0.27 ^b	 Improved participation in social roles and activities
Performance-Based Measures					
Hand Grip	52.19 ± 18.42	56.39 ± 21.36	+ 4.20 ª	0.21 ^b	✓ Improved grip strength
Timed Up and Go	10.27 ± 7.27	8.78 ± 4.29	- 1.49 ^a	0.26 ^b	✓ Decreased fall risk
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Journal of Clinical Oncology®

Pergolotti, M., Covington, K. R., Lightner, A. N., Bertram, J., Thess, M., Sharp, J. L., ... & Manning, P. (in press). Outpatient cancer rehabilitation to improve patient-reported and objective measures of function. Rehabilitation Oncology



Aligned to Established Guidelines Focused on Quality Commission National Comprehensive NCCN Cancer Network[®] A OUALITY PROGRAM of the AMERICAN COLLEGE OF SURGEONS Standard 4.6 Rehabilitation Care Services CON Compete ICCN Case • Policy for referral to appropriate services onsite or NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines" ICCN Clinical Practice Guidelines in Oncology (NCCN Guidelines' NCCN Clinical Practice Guidelines in Occultury (NCCN Guideline by referral **Cancer-Related** Survivorship Adult Cancer Pain Fatigue Include criteria for functional assessment and Version 2.2017 - May 10.2017 Version 2.2017 - July 28, 2017 Arsion 2.2017 - April 10, 2017 NCCNARE NCCN.org NCCNary referral • Define type and locations of available services Rehabilitation professionals attend cancer committee VOLUME 36 · NUMBER 22 · AUGUST 1, 2018 ASCO GUIDELINES JOURNAL OF CLINICAL ONCOLOGY ASCO SPECIAL ARTICLE merican Society of Clinical Oncology Clinical Practic Practical Assessment and Management of Vulnerabilities in **Survivorship Guidelines and Adaptations:** Older Patients Receiving Chemotherapy: ASCO Guideline for Geriatric Oncology Summary of Recommendations Tables Supriya G. Mohile, William Dale, Mark R. Somerfield, Mara A. Schonberg, Cynthia M. Boyd, Peggy S. Burhenn, Beverly Canin, Harvey Jay Cohen, Holly M. Holmes, Judith O. Hopkins, Michelle C. Janelsins, Alok A. Khorana, Heidi D. Klepin, Stuart M. Lichtman, Karen M. Mustian, William P. Tew, and Arti Hurria

Why Cancer Rehabilitation

60-90% of individuals impacted by cancer have at least one need for specialized rehabilitation

Less than 2% of rehabilitation needs are addressed



Cheville AL, Troxel AB, Basford JR & Kornblith AB (2008). Prevalence and treatment patterns of physical impairments in patients with metastatic breast cancer. Journal of Clinical Oncology, 26(16), 2621; Pergolotti M, Deal AM, Lawery J, Reeve B & Muss HB (2015) The Prevalence of Potentially Modifiable Functional Deficits and the Subsequent Use of Occupational and Physical Therapy by Older Adults with Cancer. Journal of Geriatric Oncology, 6(3), 194-201. doi: 10.1016/j.jgo.2015.01.00

Cancer Rehab Across KY Team

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Jamie Smith (KCP)

Jaime Daniel (KCP)



Our Vision:

For cancer patients in any Kentucky community to have access to and choice of quality rehabilitation care to assist with the functional needs prevalent in patients with or beyond cancer.

Kentuc

Create and expand a central access point for Kentucky patients to identify qualified cancer rehabilitation providers for their rehabilitation needs.

> Empower patients to choose cancer rehabilitation in a convenient location in their community and region within Kentucky.

> > Educate rehabilitation providers across our state of Kentucky about the rehabilitation needs of cancer patients.



Our Mission



Goals

- Increasing awareness of cancer rehab services to:
 - Providers
 - Public
 - Therapists
- Provide both urban and rural access to qualified cancer rehabilitation specialists in the state of Kentucky











The mission of the Kentucky Cancer Program is to promote cancer education, research, and service programs to reduce cancer incidence and mortality.



What is the *Pathfinder*?

Link to cancer resources near you!

The Pathfinder is an easy-to-use online tool that link you to a variety of cancer resources.







Visit: www.kycancerprogram.org





Cancer Screening Tests/Tobacco Use



Information, Referral and Navigation





Patient Assistance



Medical Care



Survivorship and Support Groups



National and State Resources

Cancer Rehab Across Kentucky

- Pathfinder updated with Specialized Cancer Rehabilitation Therapists
- Searchable by specific region









How to Navigate the Pathfinder

www.kycancerprogram.org





Did you know

CANCER

ACROSS KENTUCKY is working to bring quality cancer rehabilitation to every cancer patient in Kentucky.

Visit the Kentucky Cancer Program's Pathfinder for more information on certified cancer rehabilition therapists in your area.



Cancer Rehab AciteM Kentucky 8/05/20XX

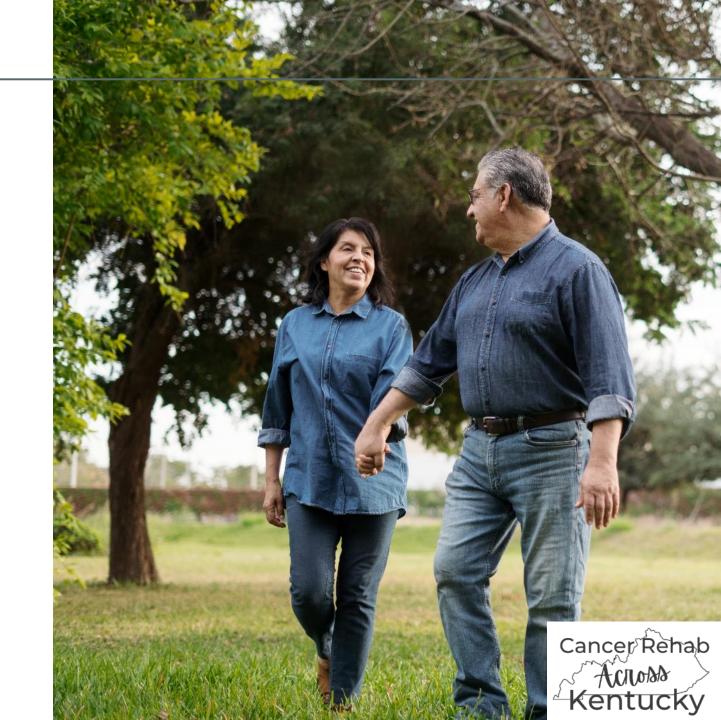
Community/Provider Awareness

- Flyer with QR code as a link to KCP website
- Future plans to distribute to:
 - Providers
 - RN Navigators
 - Support groups



Future Goals & Directions

- Expand cancer rehab specialty list to encompass all eligible providers the entire state of KY
- Guide rehabilitation providers to specialty training resources for cancer rehab
- Provide educational resources to providers and the public about the benefits and availability of cancer rehabilitation services







Thank you

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Cancer Rehab