



Cancer Rehab Across Kentucky

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9/10/2022

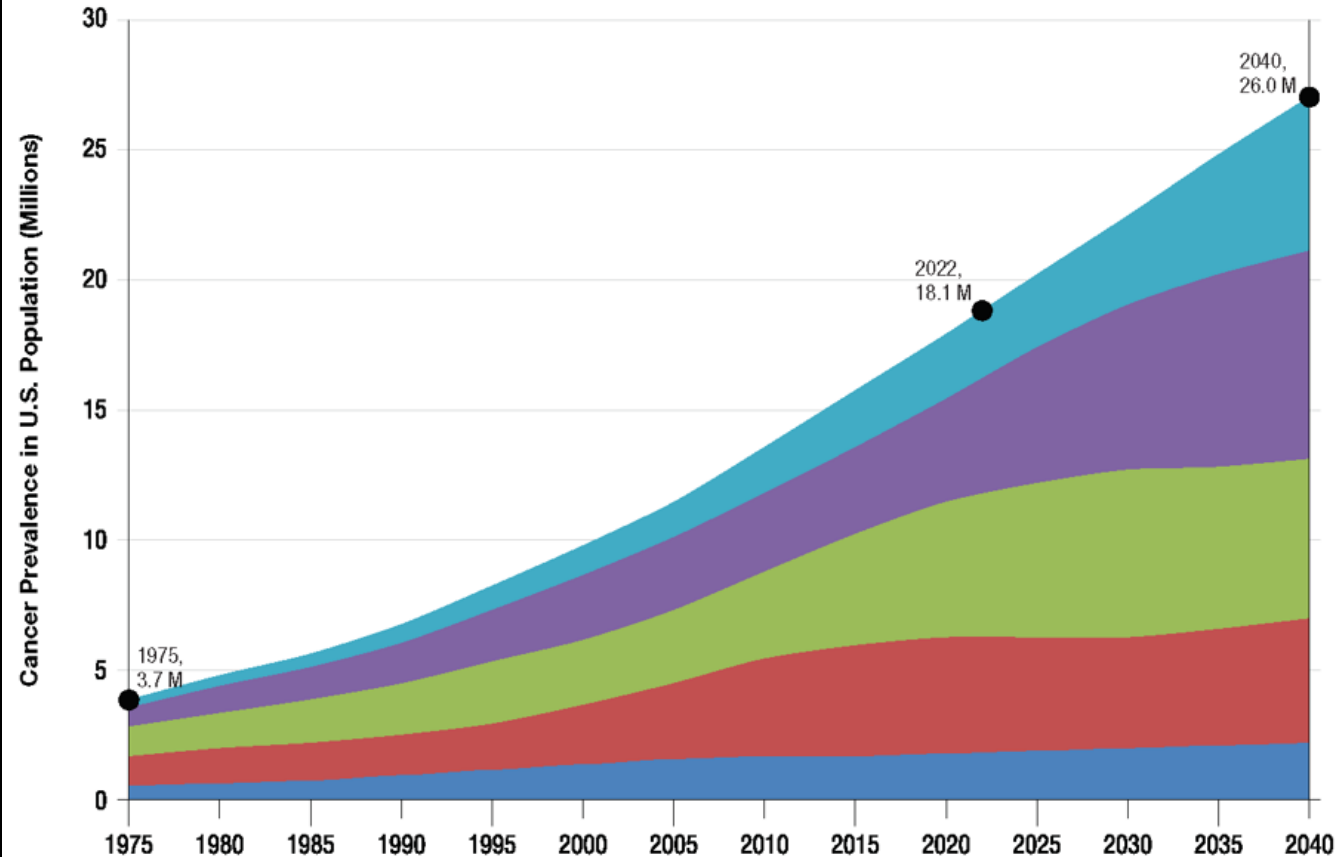


Objectives

- 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



Cancer Prevalance and Projections in U.S. Population from 1975–2040



KEY

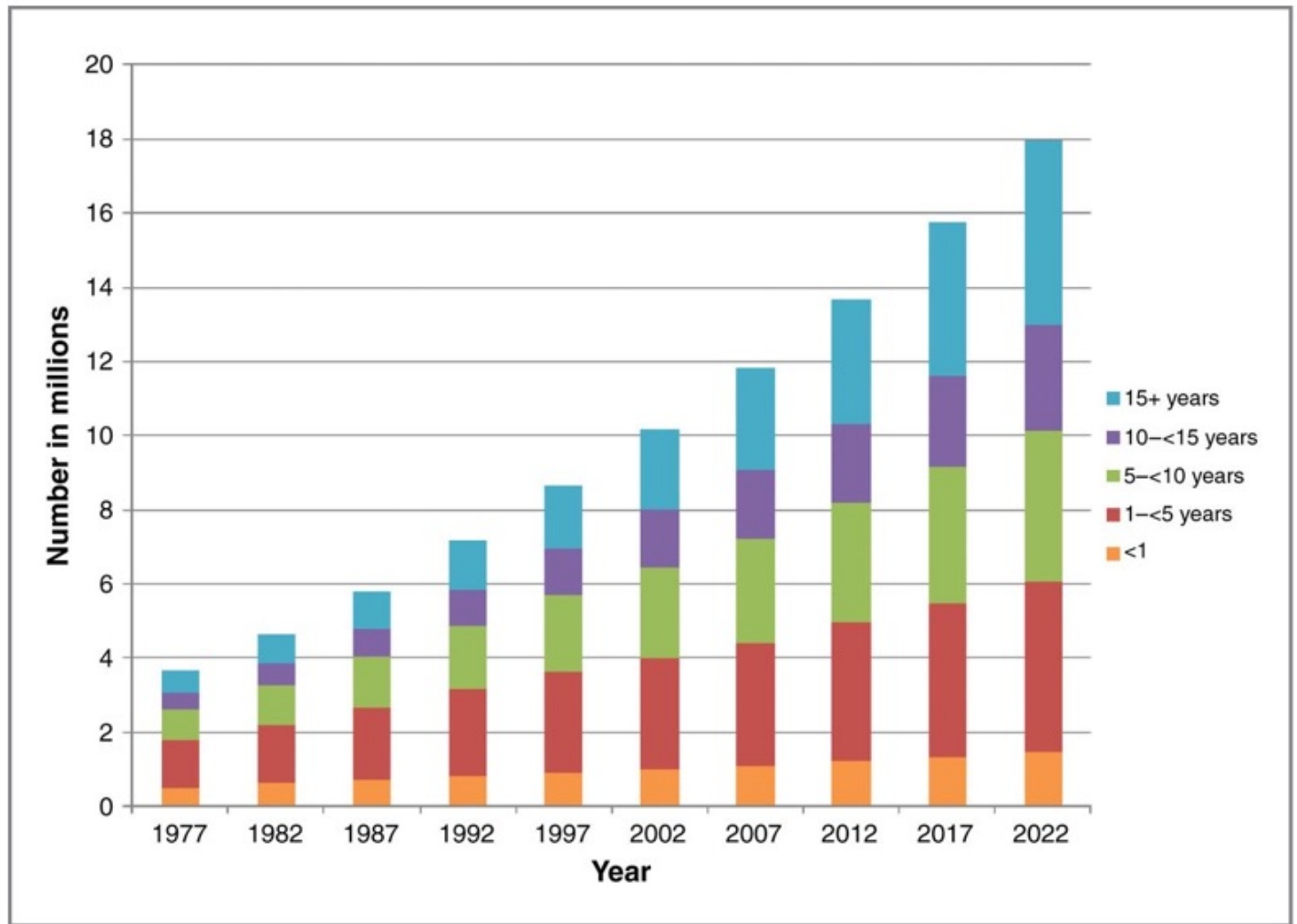
Age



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.



Estimated new cases, 2022

Kentucky, by cancer type

Lung and bronchus

4,990

Breast (female) ⓘ

3,950

Prostate

3,840

Colorectum

2,540

Melanoma of the skin

1,680

Kidney and renal pelvis

1,350



EXPAND TO SEE ALL DATA

American Cancer Society, 2022

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

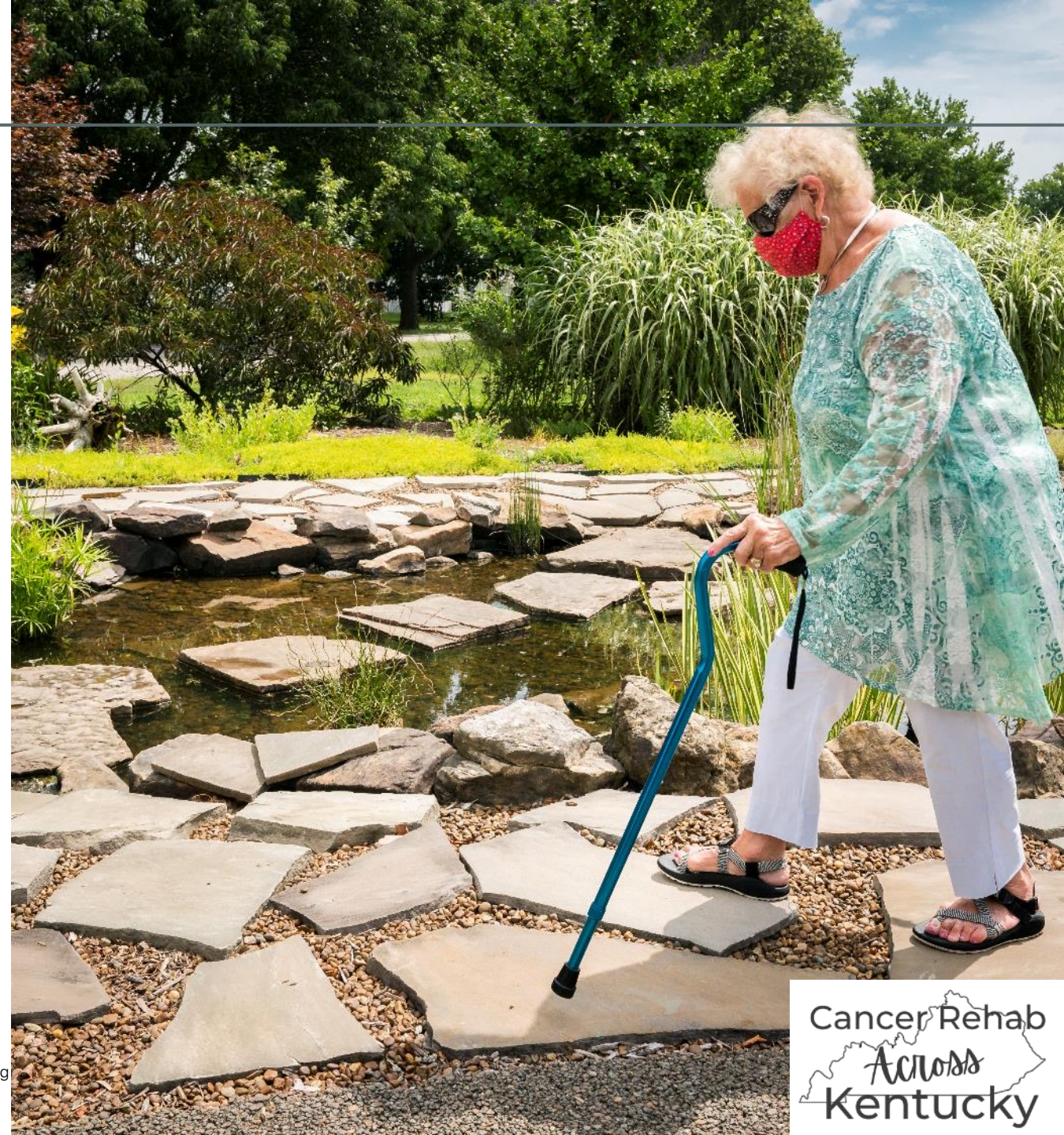
American Cancer Society, 2022

Cancer 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

Overall Adults with Cancer:

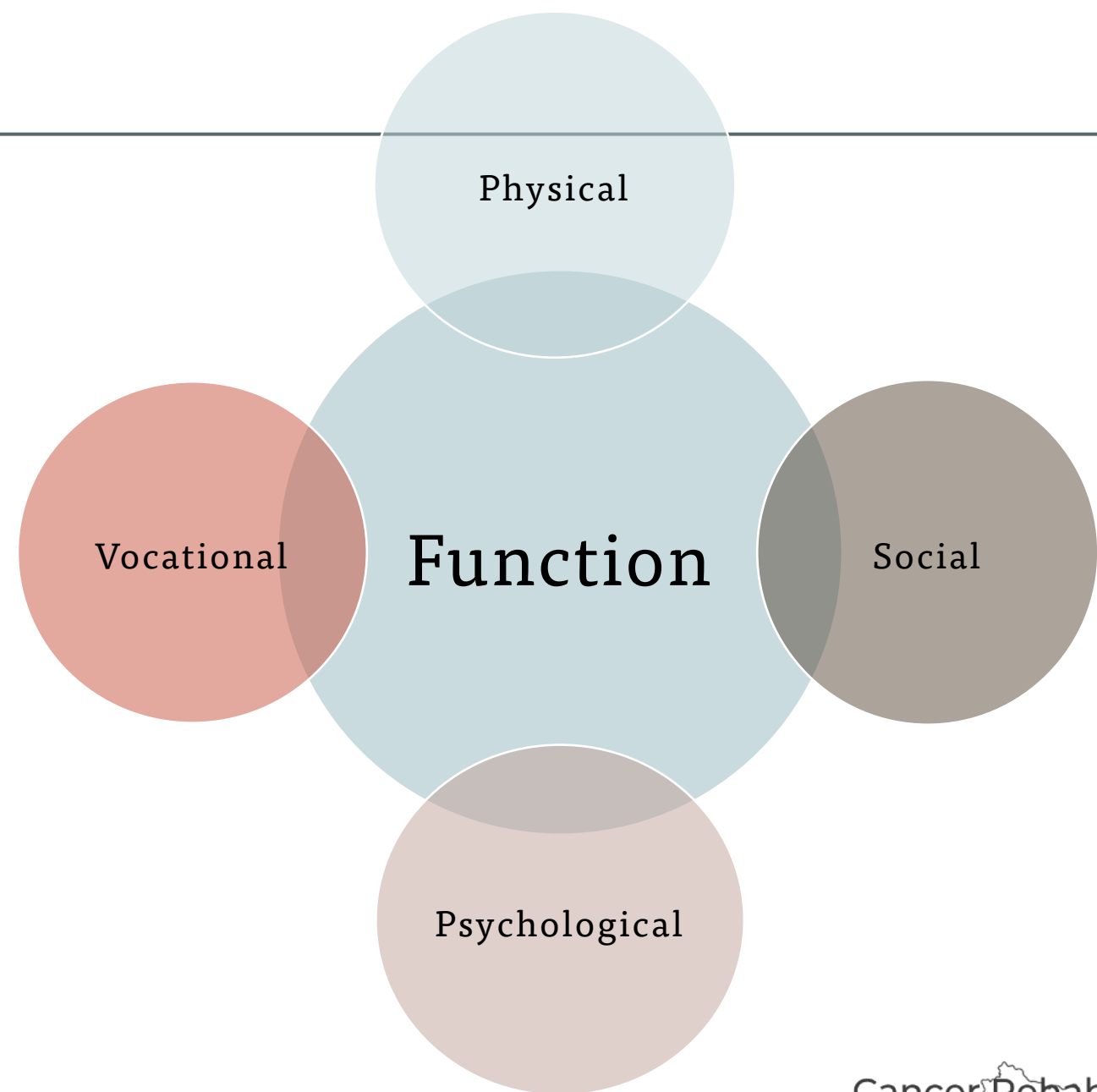
- 1/3 have difficulties with basic activities of daily living (ADLs)
- 1/2 need assistance to perform instrumental activities of daily living (IADLs)
- Walking, transfers, housework, shopping, & transportation most commonly affected



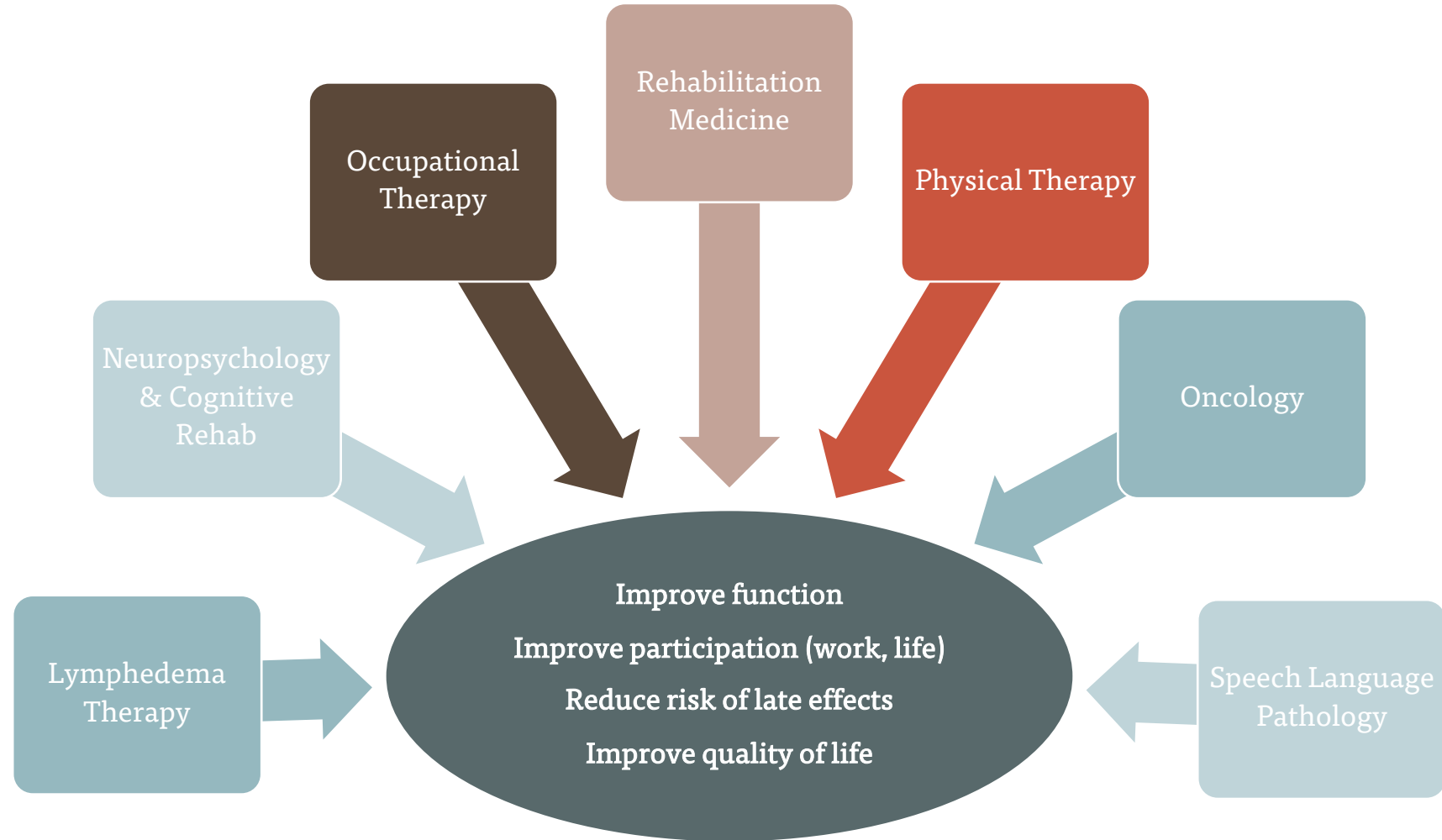
Cancer Rehabilitation: What is it?

Silver et al. proposed a new definition:

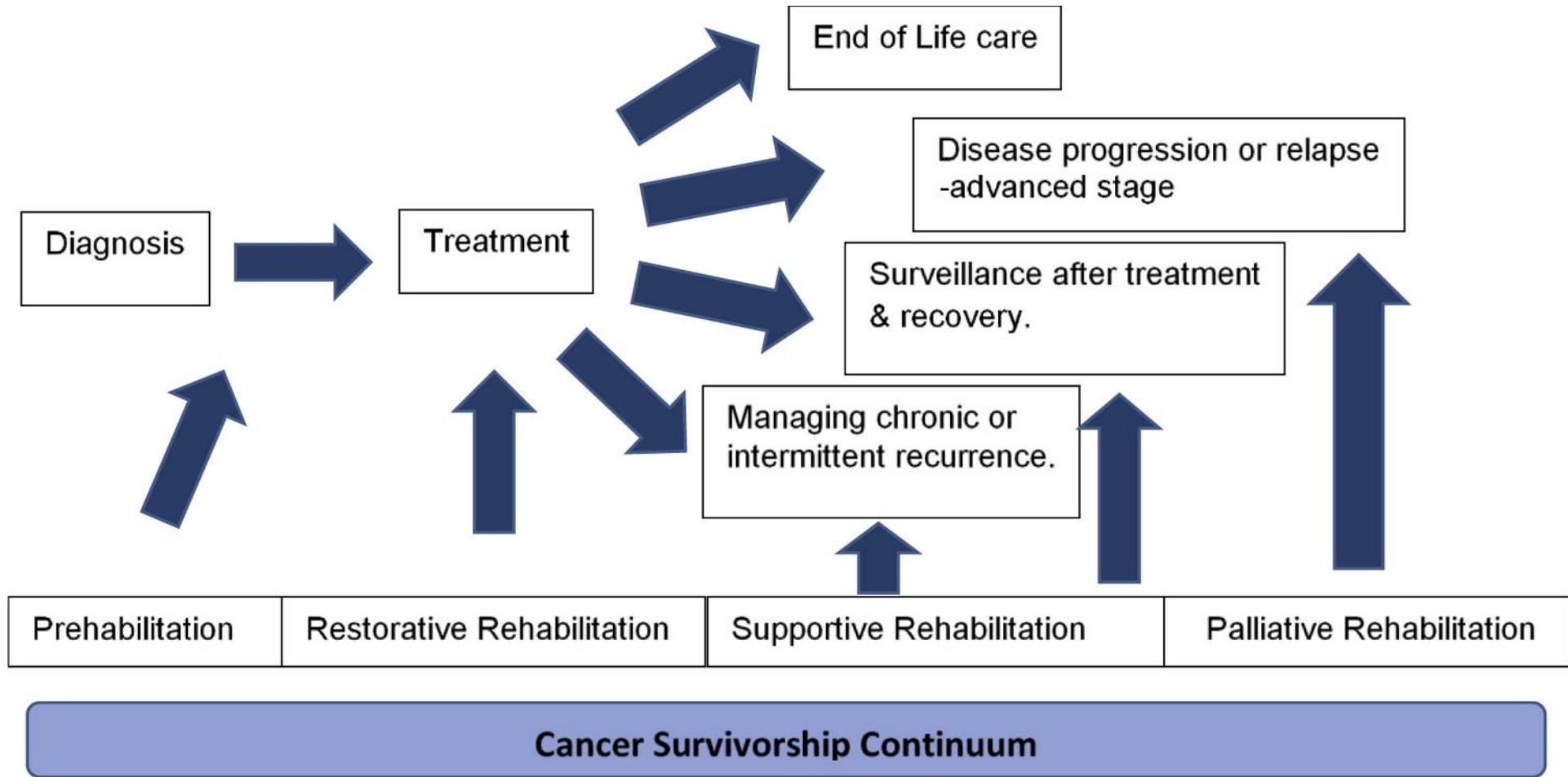
“Cancer rehabilitation is medical care that should be integrated throughout the oncology care continuum and delivered by trained rehabilitation professionals who have it within their scope of practice to diagnose and treat patients’ physical, psychological and cognitive impairments in an effort to maintain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

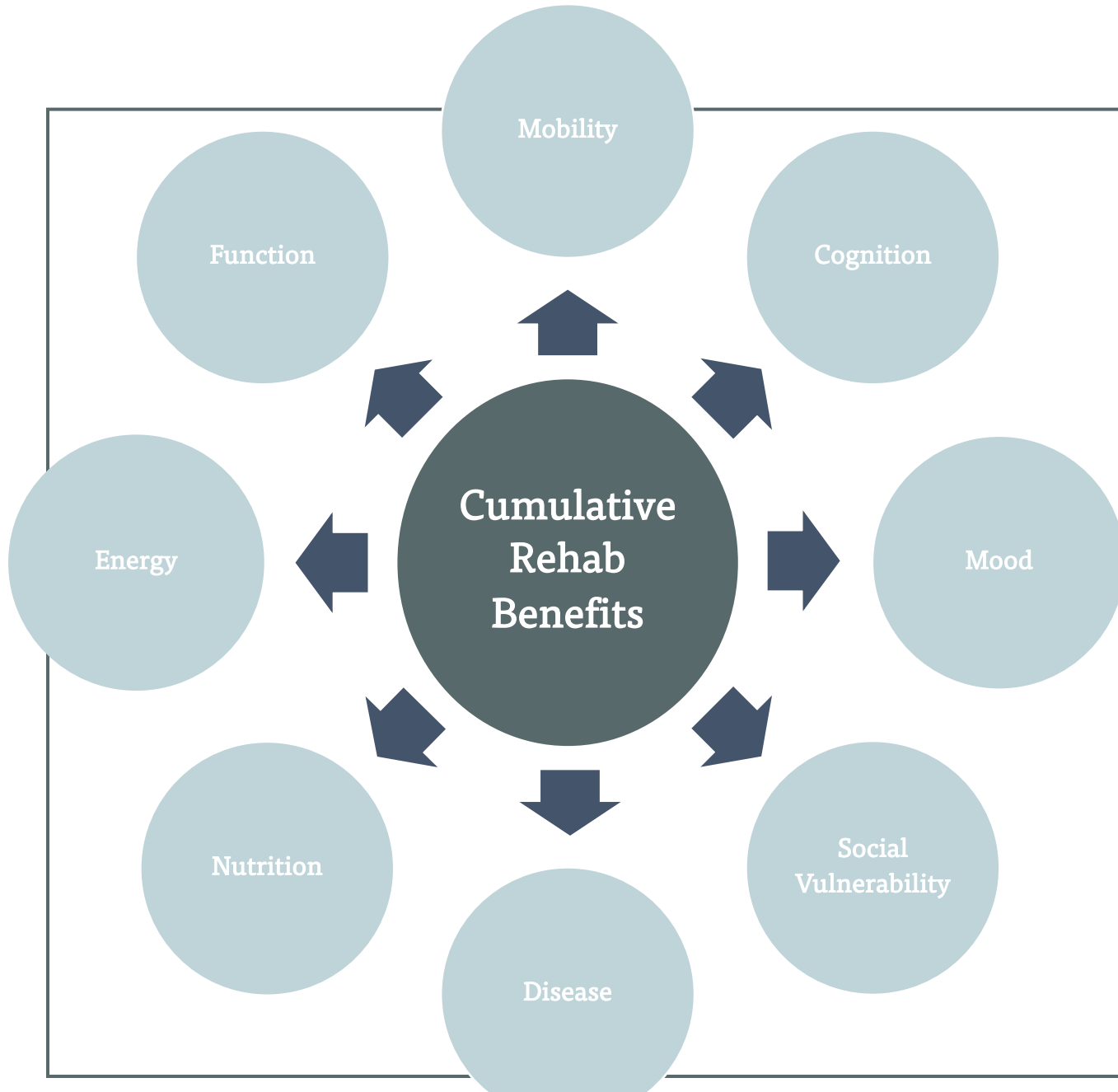


The Role of Cancer Rehabilitation



Cancer Rehabilitation Across the Continuum





Impact on cancer outcomes:

- Performance status
- Suitability for cancer treatment
- Length of hospital stay
- Frailty level & determinants
- Physical functioning
- Functional capacity
- Dyspnea
- Physical activity level



Benefits of Cancer Rehabilitation

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

	Pre Mean ± SD	Post Mean ± SD	Mean Pre-Post Δ	Effect Size (d)
PROMIS				
Global Physical Health	41.19 ± 9.23	44.44 ± 9.17	+ 3.26^a	0.35 ^b
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
Performance-Based Measures				
Hand Grip	52.19 ± 18.42	56.39 ± 21.36	+ 4.20^a	0.21 ^b
Timed Up and Go	10.27 ± 7.27	8.78 ± 4.29	- 1.49^a	0.26 ^b

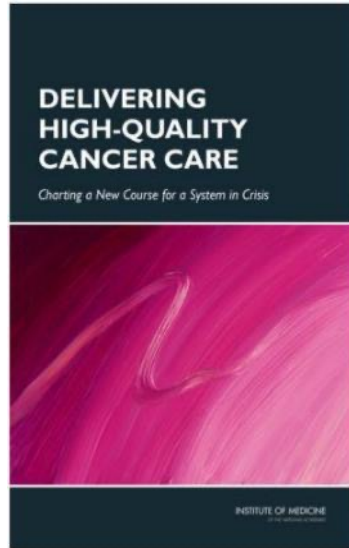
- ✓ Improved global physical health
- ✓ Improved participation in social roles and activities
- ✓ Improved grip strength
- ✓ Decreased fall risk



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

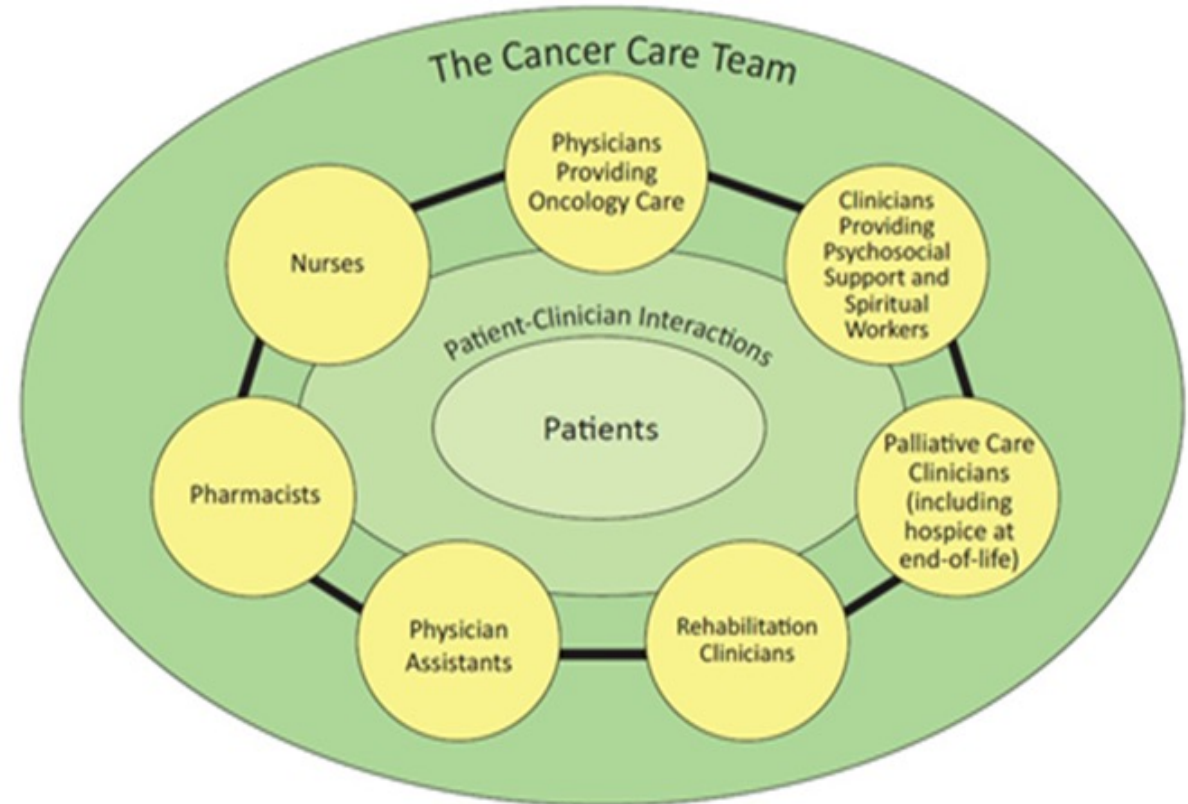


Part of the Cancer Care Team

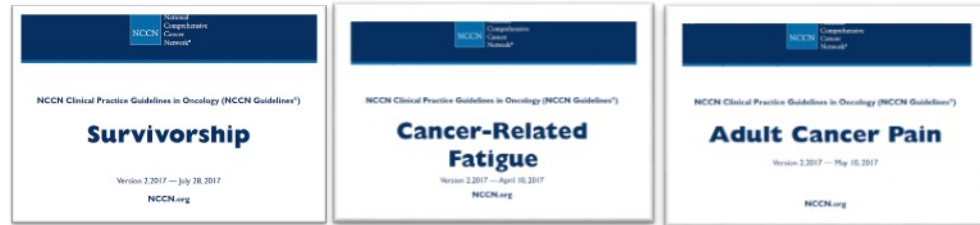


2013 IOM Report
Delivering High-Quality
Cancer Care:

Charting a New Course
for a System in Crisis



Aligned to Established Guidelines



American Society of Clinical Oncology Clinical Practice Survivorship Guidelines and Adaptations:

Summary of Recommendations Tables

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JOURNAL OF CLINICAL ONCOLOGY

ASCO SPECIAL ARTICLE

Practical Assessment and Management of Vulnerabilities in Older Patients Receiving Chemotherapy: ASCO Guideline for Geriatric Oncology

Supriya G. Mohile, William Dale, Mark R. Somerfield, Mara A. Schonberg, Cynthia M. Boysi, Peggy S. Burhenne, Beverly Canin, Harvey Jay Cohen, Holly M. Holmes, Judith O. Hopkins, Michelle C. Janelins, Alok A. Khorana, Heidi D. Klepin, Stuart M. Lichtman, Karen M. Mustian, William P. Tew, and Arti Hurria

Focused on Quality



Standard 4.6 Rehabilitation Care Services

- Policy for referral to appropriate services onsite or by referral
- Include criteria for functional assessment and referral
- Define type and locations of available services
- Rehabilitation professionals attend cancer committee

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



Cancer Rehab Across KY Team

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Becky Lotz, PT, CLT

Matt Sturgis, PT

Dr. Megan B. Nelson, MD

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.

Our Mission

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.





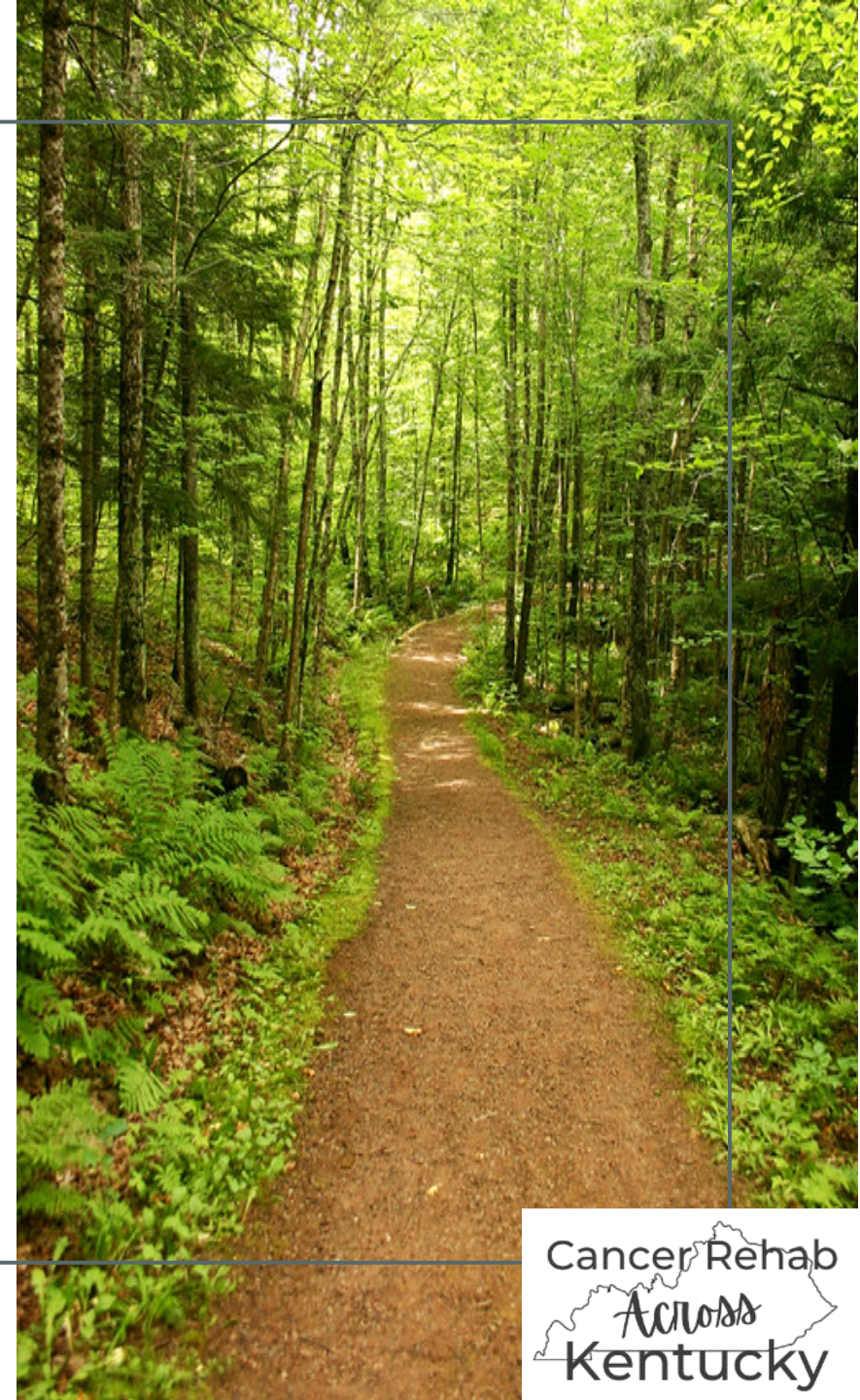
Goals

- 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

Partnership with KCP



Presented by





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 REHAB

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 rehabilitation therapists in your area.



Cancer Rehab
Across
Kentucky

8/05/20XX

KCP
Kentucky Cancer Program

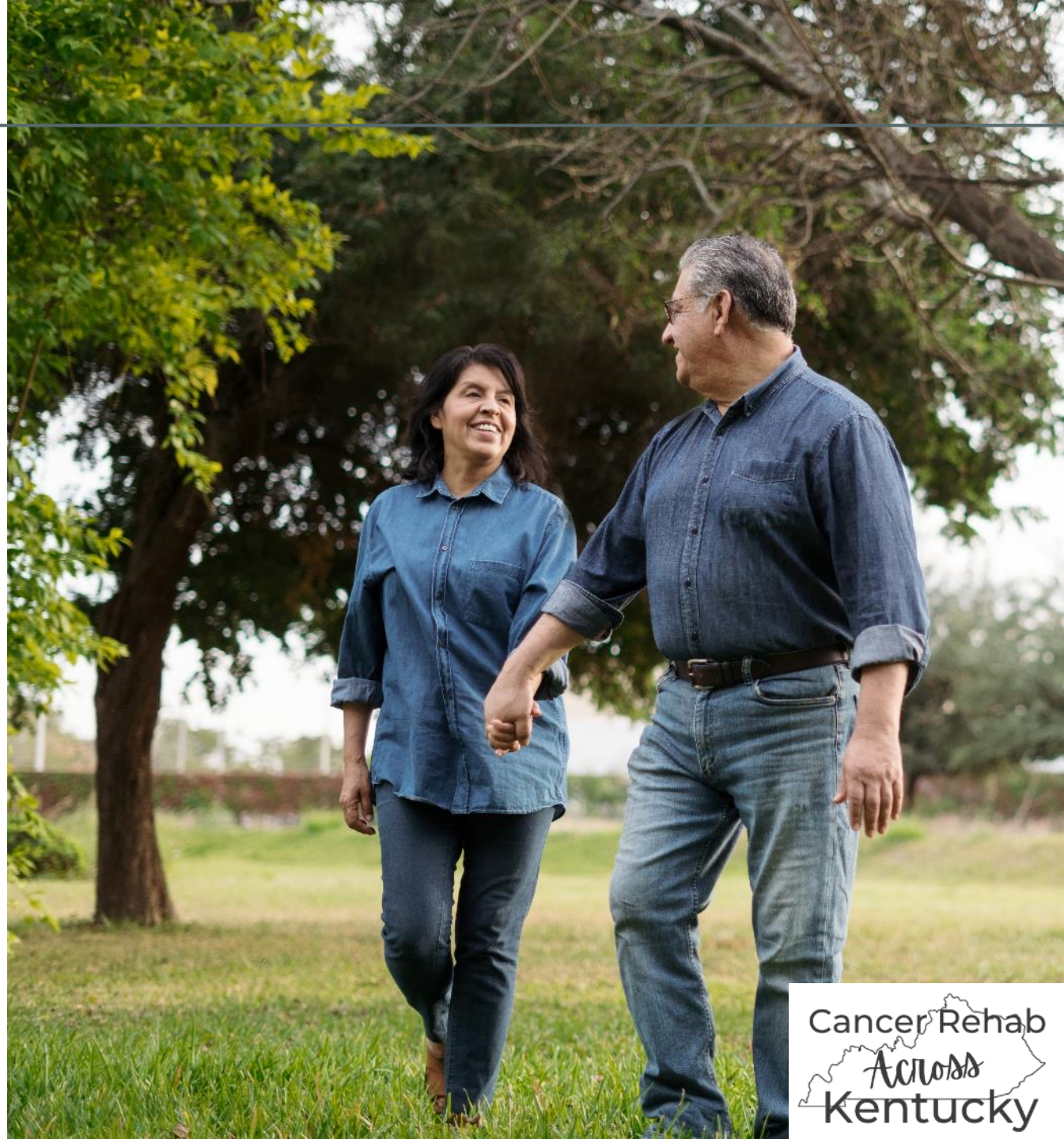
Community/Provider Awareness

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

Cancer Rehab
Across
Kentucky

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





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Thank you