Cancer Survivorship: Learning From Cardiac Rehabilitation

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Abstract
The American Cancer Society ranks Arizona as having the 14th highest number of cancer survivors in the nation. Survivorship often comes with a wide range of persisting medical complications that result from the cancer and associated treatment. As survival improves there will be an increased need for services tailored to the health and wellness of cancer survivors. At the Mayo Clinic Cancer Center in Arizona, survivors receive a comprehensive care plan, including the option of services in Integrative Medicine and other specialty clinics. There are other local medical and community-based programs. However, support services within the state are significantly limited for survivors from cancer compared with heart disease. There is extensive evidence to support the value of cardiac rehabilitation. This provides a successful model of healthcare delivery for oncology to consider while supporting the cancer patient in their journey of recovery.

Medical And Community-Based Cancer Survivorship Services

Mayo Clinic Arizona (MCA)
• MCA Cancer Survivorship Program: Patients in remission receive a clinical consultation from an Internal Medicine physician as a bridge in the transition from specialized oncologic treatment to mainstream primary care.
• Comprehensive care plans include clarification of the initial diagnosis and treatment, recommended referrals, instruction for follow-up care/surveillance, and patient education/support for potential physical and emotional complications.
• MSA Integrative Medicine Program: Located within MCA Cancer Center (Figure 2) survivors may access self-pay Integrative Medicine services such as acupuncture, massage, cupping, nutrition counseling and supervised exercise classes (Figure 3-7).
• Exercise Physiology (EP) Consultation: A medically-directed preventive cardiology EP consult provides individualized counseling and a home exercise prescription as a bridge to community services (Figure 8-9).
• Cardio-Oncology Clinic: Physicians specializing in cardiology work with oncology to consider while supporting the cancer patient in their journey of recovery.
• Specialist referrals for survivorship conference.
• VGPCC Medical Referral System: Oncology to consider while supporting the cancer patient in their journey of recovery.

Background
Cancers survivors often suffer from persisting medical complications due to their cancer and associated treatment, including cardiopulmonary complications (pulmonary and diastolic dysfunction, cardiac remodeling, atrial fibrillation, pulmonary hypertension, systemic sclerosis), renal dysfunction, and musculoskeletal, neurocognitive, and psychosocial sequelae.1-2 Survivors can benefit from health and wellness programs that are tailored to cancer survivorship care, with the aim to reduce medical complications, improve quality of life and decrease the probability of recurrence. Arizona is nationally ranked with the 14th highest number of cancer survivors in the nation. Survivorship often comes with a wide range of persisting medical complications that result from the cancer and associated treatment. As survival improves there will be an increased need for services tailored to the needs of cancer patients in remission.

Purpose
To identify local services for survivors and describe how the cardiac rehabilitation (CR) model provides a framework for support the wellness of this special patient population.

Learning Objectives
1. Identify common medical complications experienced by cancer survivors.
2. Describe the services available to cancer survivors at Mayo Clinic-Arizona and examples of other local medical and community-based programs.
3. Understand how the cardiac rehabilitation model may provide a framework for cancer survivorship care.

Conclusion
Cardiac Rehabilitation provides a successful model of healthcare delivery for oncology to consider while supporting the cancer patient in their journey of recovery.

Future Directions
• A state-wide survey to identify all existing services offered by medical and community-based programs.
• Collaboration between oncology and cardiology researchers and clinicians to conduct ongoing cancer rehabilitation efficacy studies and establish evidence-based practice guidelines.

References
16. Livestrong at the YMCA. www.livestrong.org