

## Principles of Cancer Survivorship

### Purpose

Cancer Australia's *Principles of Cancer Survivorship* (the Principles) provide a national framework to guide policy, planning and health system responses to cancer survivorship, focusing on the health and wellbeing of people living with and beyond cancer.

The Principles are intended for government, policy makers, health system decision makers, cancer organisations and consumer organisations.

### Context

An estimated 1.1 million people living in Australia have had a diagnosis of cancer.<sup>1</sup> Australians experience among the highest cancer survival rates in the world, and improvements in diagnostic methods, earlier detection and advances in treatment are contributing to more Australians surviving cancer than ever before. As survival for cancer overall continues to improve, an increasing proportion of the population will require ongoing treatments, support and long-term follow-up care.

With a 38% projected increase in cancer diagnosis between 2015 – 2025,<sup>2</sup> and an increasing number of people living longer with cancer and other chronic diseases, there is an ongoing need to address the long-term health and wellbeing of people affected by cancer.

Survivorship provides a focus on the health and wellbeing of a person living with and beyond cancer. Family members and caregivers are also part of the survivorship experience.

Cancer Australia's Principles of Cancer Survivorship have been developed to guide national approaches to reduce the impact of cancer and improve the health and wellbeing of people affected by cancer across the cancer care continuum (Figure 1).

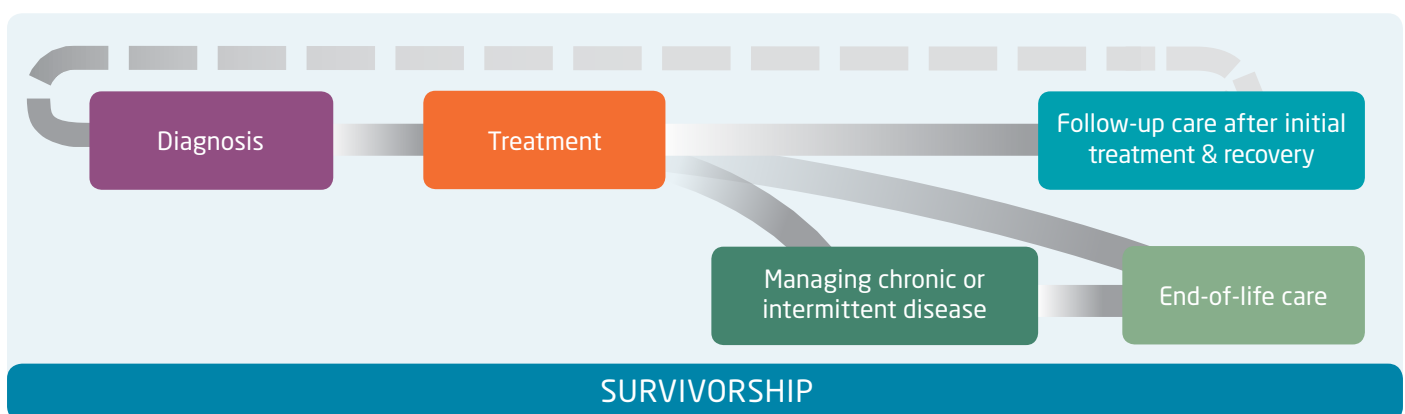
### The Principles of Cancer Survivorship

The Principles of Cancer Survivorship provide a national framework to guide policy, planning and health system responses to cancer survivorship, focusing on the health and wellbeing of people living with and beyond cancer.

The Principles are supported by intended outcomes and underpinned by elements to achieve personalised care, opportunities for self-management, an emphasis on recognising and incorporating patient experiences, and a focus on the ongoing management, recovery, health and wellbeing during and after cancer treatment.

- ▶ **PRINCIPLE 1 CONSUMER INVOLVEMENT IN PERSON-CENTRED CARE**
- ▶ **PRINCIPLE 2 SUPPORT FOR LIVING WELL**
- ▶ **PRINCIPLE 3 EVIDENCE-BASED CARE PATHWAYS**
- ▶ **PRINCIPLE 4 COORDINATED AND INTEGRATED CARE**
- ▶ **PRINCIPLE 5 DATA-DRIVEN IMPROVEMENTS AND INVESTMENT IN RESEARCH**

FIGURE 1 CANCER CARE CONTINUUM \*



\* Optimal Cancer Care Pathway<sup>7</sup>

# Principles of Cancer Survivorship

## Principle 1: Consumer involvement in person-centred care

### Outcome

People affected by cancer are enabled to be involved in shared decision-making and supported to self-manage according to their preferences.<sup>3,4</sup>

Informed and engaged consumers lead to better health outcomes and improved safety.<sup>5,6</sup>

### Elements

- ▶ People affected by cancer are provided with timely evidence-based information tailored to their individual circumstances and needs, and supported to participate in shared decision-making according to their preferences.
- ▶ People affected by cancer are empowered and supported to self-manage according to their preferences, with identified pathways for timely access to specialist providers as required.
- ▶ Care is person-centred with consideration and respect given to consumer preferences and beliefs.

## Principle 2: Support for living well

### Outcome

The supportive care needs\* of people affected by cancer are assessed and they receive appropriate referrals to promote optimal health and quality of life outcomes.<sup>7</sup>

People affected by cancer are supported to make informed lifestyle choices to promote wellness, manage treatment related side effects and co-morbidities, and reduce risk of second and recurrent cancers.<sup>8</sup>

\*Includes physical, psychological, social (including educational, financial and occupational issues), cultural, information and spiritual needs.

### Elements

- ▶ The supportive care needs of people affected by cancer are systematically assessed at key points across the continuum of care with appropriate interventions and referral as required to promote optimal quality of life.
- ▶ People affected by cancer receive information on healthy lifestyles and are actively encouraged and supported in making lifestyle choices to promote optimal health and to prevent disease and distress.

## Principle 3: Evidence-based care pathways

### Outcome

People affected by cancer receive consistent, safe, high-quality evidence-based cancer care in line with Optimal Cancer Care Pathways,<sup>7</sup> according to their individual circumstances and needs.

## References

1. Cancer Council Australia. Australian cancer prevalence exceeds 1 million. *Cancer Forum*. 2016;40(2):169.
2. Roder D. Population and cancer incidence projection data. 2015. Cancer Australia. Unpublished.
3. Richards M et al. The National Cancer Survivorship Initiative: new and emerging evidence on the ongoing needs of cancer survivors. *Br J Cancer*. 2011;105(Suppl 1):S1-S24.
4. Clinical Oncology Society of Australia Model of Survivorship Care Working Group. Model of Survivorship Care: Critical Components of Cancer Survivorship Care in Australia Position Statement. *Clinical Oncology Society of Australia*. 2016.

### Elements

- ▶ People affected by cancer receive timely evidence-based care in line with Optimal Cancer Care Pathways, including personalised care planning across the continuum of care.
- ▶ A multidisciplinary team considers all relevant treatment and supportive care options and develops recommended individual treatment plans which are adjusted over time to address changing patient needs.
- ▶ Stratified pathways for follow-up are based on tumour characteristics, treatments applied and individual circumstances, with identified pathways for timely access to specialist providers as required.

## Principle 4: Coordinated and integrated care

### Outcome

People affected by cancer receive holistic patient-centred care which is coordinated and integrated across treatment modalities, providers and health settings, including public and private sectors; and specialist, primary, community based and not-for-profit services.

Care is delivered in a logical, connected and timely manner for optimal continuity and to meet the individual needs of people affected by cancer.

### Elements

- ▶ Care is integrated and coordinated between health and other service providers to enable seamless holistic patient-centred care for people affected by cancer.
- ▶ Clear and timely communication processes are adopted between providers and with consumers.

## Principle 5: Data-driven improvements and investment in research

### Outcome

National collection and reporting of key cancer data, including consumer experience and outcome data, provides an indicator for high quality care, influences health service improvements and informs investment in research.

Published research in cancer survivorship enriches the evidence base and informs improvements to enhance the care and outcomes of people affected by cancer.

### Elements

- ▶ Consumer and carer experience, treatment and outcome data are routinely captured and consistently reported for accountability and to improve quality of care.
- ▶ Research in cancer survivorship is translated to inform practice, innovation and improvement in cancer care.

5. Cancer Australia and Cancer Voices Australia. National Framework for Consumer Involvement in Cancer Control. Cancer Australia, Canberra, ACT, 2011.
6. Macmillan Cancer Support 2010. Self-management support for cancer survivors: guidance for developing interventions. An update of the evidence. [www.healthpsychologyconsultancy.co.uk/documents/Guidance-for-Developing-Cancer-Specific-Self-Management-Programmes.pdf](http://www.healthpsychologyconsultancy.co.uk/documents/Guidance-for-Developing-Cancer-Specific-Self-Management-Programmes.pdf). Accessed: February 2016.
7. Department of Health and Human Services, Victoria. Optimal Care Pathways. The State of Victoria, 2014. <http://www.cancervic.org.au/for-health-professionals/optimal-care-pathways>. Accessed February 2016.
8. Hewitt, et al. From Cancer Patient to Cancer Survivor. Lost in Transition. Washington, D.C.: The National Academies Press, 2006.

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