Healthy IU and IU Human Resources in partnership with Indiana University Melvin and Bren Simon Comprehensive Cancer Center and the Indiana Cancer Consortium

How to Support Cancer Survivors in the Workplace and Beyond

Mary Robertson, MPH | Director, Indiana Cancer Consortium
Larry Cripe, MD | Professor of Medicine, IU School of Medicine; member, Indiana University Melvin and Bren Simon Comprehensive Cancer Center
Melissa Williams | Benefits Specialist & Cancer Survivor, IU Human Resources, Benefits

February 25, 2022
Housekeeping

✓ Webinar format; only panelists are on camera

✓ Chat is disabled. Use the Q&A box for questions
   We will answer questions at the end of the session.

✓ We are recording
   Recording & slides will be sent following the session.
Cancer Survivorship

Mary Robertson, MPH
Director, Indiana Cancer Consortium
mary@indianacancer.org
Survivorship Overview

- American Cancer Society: any person who has been diagnosed with cancer, from the time of diagnosis through the remainder of their life
- Difficult to navigate
- Growing number of survivors
- Wide range of experiences and trajectories
Three Phases of Cancer Survival

The time from diagnosis to the end of initial treatment, The transition from treatment to extended survival, and long-term survival.

Survivorship by the Numbers

- 16.9 million Americans with a history of cancer (1/1/2019)
- 22.1 million by 2030
# Indiana Data

## Table 18. Indiana Cancer Survivor Counts*

*Survivors (anyone treated for an invasive cancer, and still living) as of December 31, 2017

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Counts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Breast</td>
<td>65,105</td>
</tr>
<tr>
<td>Cervical</td>
<td>4,457</td>
</tr>
<tr>
<td>Colorectal</td>
<td>28,688</td>
</tr>
<tr>
<td>Lung</td>
<td>12,179</td>
</tr>
<tr>
<td>Melanoma</td>
<td>17,651</td>
</tr>
<tr>
<td>Prostate</td>
<td>48,694</td>
</tr>
<tr>
<td>All Types</td>
<td>291,998</td>
</tr>
</tbody>
</table>
Life After Treatment

- Quality of life
  - Physical, social, and spiritual well-being
  - Up to one-half of cancer patients show a significant level of distress.

- In Indiana (BRFSS, 2020):
  - 76.4% of cancer survivors reported having the same or fewer poor mental health days over the past 30 days as people without cancer
  - 65.6% of survivors reported having the same or fewer poor physical health days over the past 30 days as people without cancer
Survivorship Care Plans

- Utilized to assist patients with what to expect over the next five years after they complete primary treatment.

- In Indiana, 45.4% of cancer survivors had ever received a written summary of all the cancer treatments.
How can cancer survivors stay healthy after treatment?

- Routine yearly visits to primary care providers
  - up-to-date on vaccinations, complete recommended screenings, remain physically active, utilize sunscreen, and eat a healthy diet.
  - 15.8% tobacco users
  - Only 27 percent of survivors are at a healthy weight and 37.6 are considered obese

- 63.5% of adult survivors reported they had received instructions from a doctor nurse, or other health professional about where they should return or whom they should see for routine cancer check-ups after completing their cancer treatment
Advances in treatment, changes in screening recommendations, and the growing aging population, more people are living after a cancer diagnosis

IndianaCancer.org/resources/

- Little Red Door Cancer Agency
- Cancer Support Community Indiana
- Cancer Services of Northeast Indiana
- River Bend Cancer Services
- Cancer Services of Grant County
- Cancer Pathways Midwest
Thank You!

Email me: mary@indianacancer.org
Supporting the Person with Cancer

Larry D Cripe, M.D.
Professor of Medicine
Indiana University School of Medicine
Indiana University Melvin and Bren Simon Comprehensive Cancer Center
Living with cancer - I

- Navigating a new (threatening, unwelcome) world

- Managing
  - Information: voluminous, complex, difficult to comprehend
  - Intrusions: examinations, needles, scans, medications, etc
  - Uncertainty: misunderstanding, miscommunication, inherent

- Maintaining commitments and (valued) roles
  - Caregiver
  - Employee
Coping with Cancer

Primary Appraisal

- Not Threatening
- Threatening

Secondary Appraisal

- Problem focused
- Emotion focused

Coping with Cancer

- Adequate Resources
- Inadequate Resources
Supporting the person with cancer - I

- Honestly assess your pre-illness relationship with the person
  - “One is silver, the other is gold”

- Simple and doable is often more than enough
  - Snail mail cards rather than emails
  - Practical gift cards

- Think about supporting the person supporting the person with cancer
# Living with cancer - II

## The Cancer Care Continuum

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Treatment</th>
<th>Observation</th>
<th>End of Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keywords</td>
<td>Keywords</td>
<td>Keywords</td>
<td>Keywords</td>
</tr>
<tr>
<td>Initial</td>
<td>First-line</td>
<td>Remission x 5 years = cure</td>
<td>Supportive or palliative care alone</td>
</tr>
<tr>
<td>Relapse/Refractory</td>
<td>Second-line or greater</td>
<td>Partial remission / stable</td>
<td>Hospice</td>
</tr>
<tr>
<td>• Initial</td>
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</table>

### Selected challenges

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Treatment</th>
<th>Observation</th>
<th>End of Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Selected challenges</td>
<td>Selected challenges</td>
<td>Selected challenges</td>
<td>Selected challenges</td>
</tr>
<tr>
<td>• Hurry up and wait</td>
<td>• Understanding where to be when and why</td>
<td>• Risk of recurrence</td>
<td>• Moving away from anti-cancer treatments</td>
</tr>
<tr>
<td>• Uncertainty about stage, risk, prognosis</td>
<td>• Side effects</td>
<td>• Testing for recurrence</td>
<td>• Mourning future losses</td>
</tr>
<tr>
<td>• Multiple providers</td>
<td>• Complications</td>
<td>• Re-integrating into “normal life”</td>
<td>• Moving away from anti-cancer treatments</td>
</tr>
<tr>
<td>• Goals</td>
<td>• Goals</td>
<td>• Long term complications, e.g. neuropathy</td>
<td>• Mourning future losses</td>
</tr>
</tbody>
</table>

### Support and resources we can offer

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Treatment</th>
<th>Observation</th>
<th>End of Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support and resources we can offer</td>
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</tr>
<tr>
<td>• Creating schedule of events</td>
<td>• Provide practical resources: transport, watching, food</td>
<td>• Anticipate fears</td>
<td>• Be present</td>
</tr>
<tr>
<td>• Attending visits or helping others attend</td>
<td>• Accompany treatment sessions</td>
<td>• Avoid false reassurance</td>
<td>• Help deliberate</td>
</tr>
<tr>
<td>• Connect with advocacy groups</td>
<td>• Educate yourself but...</td>
<td>• Seek alternative approaches but...</td>
<td>• Affirm</td>
</tr>
</tbody>
</table>
Supporting the person with cancer - II

- **Empathy:**
  - Express a willingness to understand the experience but remember you can’t
  - Sharing similar experiences (?)

- **Ask-Tell-Ask**
  - “What can I do?” feels respectful and sensitive but may be overwhelming
  - “I’d like to ______” runs the risk of missing the boat
  - “I heard ______ and thought I’d offer ______. I’ll coordinate with ______.”

- **Acknowledge** by asking open-ended questions and paying attention to answer
Thank You!

Email me: lcripe@iu.edu
Cancer Survivor Story & IU Medical Plan Coverage

Melissa Williams
Benefits Specialist and Cancer Survivor, IU Human Resources, Benefits
Survivor story – Melissa Williams

▪ Diagnosed @ age 39

▪ Not just how I am going to survive?
  ◦ How am I going to be a wife, mom, daughter, sister, friend, etc.?
  ◦ What does this mean for my job?

▪ Things that helped me to cope

▪ Things I wish I had known

▪ Local Resources
Questions for those that have received or are impacted by a cancer diagnosis

- Who do I need to tell?
- What do I have to say?
- Am I able to continue working?
- How does treatment impact my job?
- Am I able to get accommodations?
- Are there long term impacts?
- How can I help?
Tips & Resources

- Cancer + Careers (cancerandcareers.org)
- Triage Cancer (triagecancer.org)
- Meal Trains
- Cleaning
- Shopping
- Local cancer resources
IU Cancer Resources – Healthy IU

- https://healthy.iu.edu/wellness-information/cancer-resources.html
IU Cancer Survivor Community & Support

- Virtual Microsoft Teams Group
- Voluntarily join and participate
- Contact healthyu@indiana.edu to join
IU Medical Plan Coverage

Human Resources, Benefits
IU Sponsored Insurance Plans
Benefit Coverage

• Colonoscopy or Sigmoidoscopy
• Colorectal Cancer Screenings
• CT Colonography (as appropriate)
• Fecal Occult Blood Hearing Screenings
• Lung Cancer Screening
• Prostate Cancer (PSA)
• Preventive PAP/HPV exams & tests are covered 100% by the plan
• Preventive Mammograms covered by the plan at 100%
Screening Coverage

Coverage

• **Preventive** screenings covered at 100%
  - 1X year at any age

• **Diagnostic** screenings (i.e. have a diagnosis code) are subject to cost-share (deductible, coinsurance, out-of-pocket maximum)

• **Benefits Questions?** Email [AskHR@iu.edu](mailto:AskHR@iu.edu)
Anthem or IU Health Plans both offer Cancer Care Case Managers.

- Act as a single point of contact for you and your care teams.
- Connect to community resources; and answer questions about treatment, medication, side effects and plan benefits.
- Contact your plan’s customer service phone number on the back of your ID card to request a Cancer Care Case Manager.
Thank You!

Any questions?

Please add them to the Q&A BOX at the bottom of your screen.